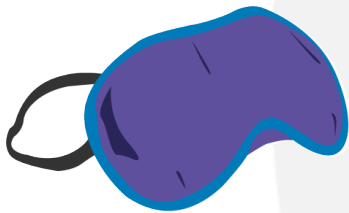


# THOUGHT FOR THE DAY

## Wednesday 17<sup>th</sup> February

### Sleep

We all know how important a good night's sleep is to our physical and mental health, but with everything going on at the minute it can be difficult to wind down and switch off. Take a look through our [steps](#) on how to set yourself up for a good night's sleep. You may find using apps such as [Sleepio](#) or [Daylight](#) helpful, these are free to NHS Staff.



## Thursday 18<sup>th</sup> February

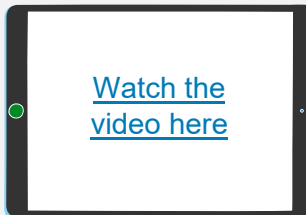
### Staying active

While staying physically active is something that we know is good for our emotional and physical wellbeing, it can be difficult to keep active in between busy work schedules, especially when you can't leave your home. There are lots of [great resources online](#) to help you.

## Friday 19<sup>th</sup> February

**A change of routine** can help to reduce feelings of stress, monotony and burnout. Watch Richard, a Consultant Oncologist discuss how small changes he makes to his journey to work help him to feel refreshed each day.

[Watch the video here](#)



## Saturday 20<sup>th</sup> February

### Self-care strategies that work

We all have so many responsibilities in life that we can forget to take care of ourselves. This is particularly true for those of us who have significant caregiving responsibilities. Check out this website for a huge range of tips and techniques for self-care.

[The Importance of Self-Care for Health and Stress Management](#)



**MACMILLAN  
CANCER SUPPORT**

# THOUGHT FOR THE DAY

## Sunday 21<sup>st</sup> February

### Practical resources to support you at this time

As our Thought for the Day series comes to an end, we're mindful of the continued challenges and pressures you'll face as we respond to the ongoing impact of the pandemic. We're here to continue to support you with practical guidance such as our [10 Top Tips for carrying out effective virtual consultations](#)

## Monday 22<sup>nd</sup> February

### Thank you for all that you do, and all that you continue to do

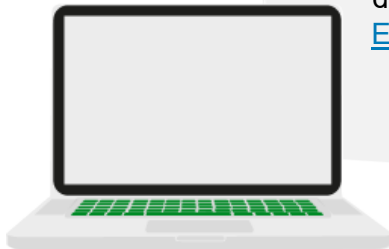
Here is a reminder of the difference you make every day from someone supported by their health and care team during COVID:

"You provide a wonderful service, kind, caring and sensitive all the way...and really helped me through the huge minefield that is."

## Tuesday 23<sup>rd</sup> February

### Let's continue the conversation

We want to be here to help support you wherever we can as we work through the impact of the pandemic. You can stay up to date with what we're developing through the [Emotional Health and Wellbeing page](#) of our [Professionals Coronavirus Hub](#)



**MACMILLAN  
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Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.