

Ask for help when you need it.

Vetlife's three support services:



helpline



health support



financial support

wellbeing tips

1
Eat well



What we eat may affect not just our physical health, but also our mental health and wellbeing. Meal-prepping for busy workdays can help you to get the nutrition your body needs, even when you're short on time.

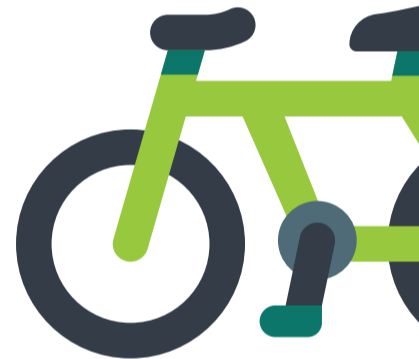
2
Exercise



Exercise has been proven to lower levels of anxiety and depression as well as improving your fitness levels. Just 30 minutes of aerobic exercise, 5 times a week can make a difference.

3
Indulge in your favourite hobby

Spending time on an activity that you enjoy can improve your mental health and wellbeing. People with hobbies are less likely to suffer from stress, low mood, and depression.



4
Take a break



Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer.

5
Spend time with others

When we are feeling anxious or depressed it can be tempting to isolate ourselves. Spending time with others can help us to feel a greater sense of belonging and can help to challenge feelings of loneliness.



6
Learn to say no

Saying 'yes' can feel all too easy at the time. But regularly putting others needs before our own can be at the expense of our wellbeing.



If you're struggling or need to talk, remember that Vetlife is here for you.

Vetlife 24/7 Helpline
0303 040 2551

www.vetlife.org.uk

vetlife

Support for the
veterinary community

 VetlifeVBF  @VetlifeVBF