

## Wellness Week (WW) 7th -13th April 2019

In 2019, Wellness Week is focussed on health care professionals wellbeing and performance.

In particular how departmental and organisational strategies can enable this.

Ways to celebrate WW:

- Check out WRaPEM.org content
- Consider joining in a Wellness Morning Tea on Thursday 11 April in your ED
- Conduct wellness activities in your department
  - o Start a Staff Resuscitation Trolley
  - o A wellness-themed education session
  - o Maybe even a yoga session or massage break!

