

# CAN YOU PLAY A PART?

## 5 WAYS TOWARDS A BREAK-TAKING CULTURE



### PLAN YOUR BREAKS

Considering how you might be able to make your (and your colleagues') breaks best work for all of you can help you in finding suitable times and help ensure you needn't skip a break.



### DISCUSS ISSUES & BARRIERS

Acknowledging there is an issue to resolve is a good first step! Bringing this up in a team meeting is a good place to start, and can act as a chance to discuss barriers and potential solutions to break-taking.



### HELP ACCOMMODATE BREAKS

Playing your part within the team to ensure not only you but your colleagues can also enjoy quality breaks is key. Encourage your team not to skip them - always try find a way!



### LEAD BY EXAMPLE

Take your breaks. If you're a manager or leader, help accommodate and encourage break-taking amongst your team by finding a way to make them happen and insisting they're taken.



### REVIEW AND ADAPT

This is a cultural change which will help us towards better, safer and more effective patient care. But we aren't likely all get it right straight away. Take the time to continue discussing and adapting.



### LEARN MORE

Scan the QR Code or visit [tinyurl.com/gh-sleep](https://tinyurl.com/gh-sleep) to find out more about the importance of breaks, rest and sleep, their benefit to yourself and our patients and much more.