

Strategies to Improve Your Wellness

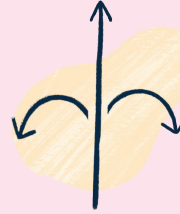
I Matter: Build Resilience

As much as we would like to keep home and work life separate, your brain doesn't see it that way. Here are a few tips to buffer yourself against bad days.



Be good to yourself

Treat yourself with as much kindness as you would a patient, client, friend, or colleague.



Be flexible

This doesn't mean planning ahead. It's about finding creative solutions when things don't go as planned.



Build a strong support network

Find people who you can talk to and who will support you.



Embrace a Growth Mindset

Understand that you are not perfect, but you can learn and get better.



Protect yourself from stress

Forgive yourself for being human and having limits.



Be mindful

Have awareness of your own physical and emotional state, and how it affects your thoughts and behaviour.

I Matter is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

Visit www.i-matter.ca

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