

Look after myself and my colleagues in the face of adversity and 80 unfinished discharge summaries

Speak up against bullying, harassment or unprofessional behaviour in my workplace

Stay at home when I am sicker than my patients

Be hydrated enough not to initiate MET calls for my low urine output

First take my own pulse in an emergency, and check on my colleagues' wellbeing as part of post-resuscitation care I WILL

Ask for help if I am struggling, having a bad day, or having difficulty responding to 11 simultaneous pages

Prioritise my allocated education time over non-urgent administrative tasks

Not feel guilty over taking my half day or claiming hard-earned overtime, and support my colleagues to do the same

Be a doctor to everyone but NOT my family, friends or to myself

Have my own GP and prioritise my physical and mental wellbeing to set a good example, and to protect my patients.



