

Practicing Self Care in the Leadup to Go-Live

- **You are part of a BIG team** that's here to support you! Escalate issues to your manager or a member of the Digital Health team if you need additional support.
- **Connect with each other**, share ideas, offer encouragement and ask for help if you're feeling overwhelmed or facing challenges.
- **Take breaks** and grab something to eat, hydrate and clear your mind - if possible, get outside for some fresh air.
- **Celebrate the wins** – acknowledge the team's success, no matter how small.
- **Rest and recharge** – prioritise sleep and plan for time off or some down time after Go-Live.

