TAKE TIME TO BE KIND TO YOURSELF



DON'T
ALWAYS
GET EVERYTHING
CORRECT
AND PERFECT



TAKE A
LUNCHBREAK
AT WORK



YOU ARE STILL

a good vet

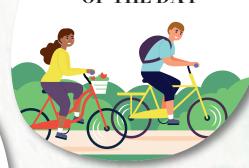
WHEN YOU

ASK FOR HELP





SWITCH OFF AT THE END OF THE DAY



PRIORITISE YOUR MENTAL HEALTH







