

**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**



**FECAVA**  
Federation of European Companion  
Animal Veterinary Associations

**IVSA**  
International Veterinary Student's Association