

THE BIG 5

1. YOU ARE NOT ALONE

None of us have been here before and we are all a little afraid

2. KINDNESS WILL GET US THROUGH

A smile makes a huge difference

3. EMBRACE THE CHALLENGE

We will all learn something new

4. LOOK AFTER EACH OTHER

... and look after yourselves

5. YOU ARE STRONGER THAN YOU THINK

We can TOTALLY do this!

Inspired by a slide from GSTT Ward Staff - Thank you!