

9 Simple Health & Wellbeing Tips



Begin your day with gratitude



Movement and activities you enjoy



Feel the sunshine on you



Healthy veggie meals



Walk your furry friend



Spend time outdoors in nature



Connect with like-minds



Laugh and stay positive



Quality sleep and rest

See the new NMHPV Health and Wellbeing Toolkit with resources for nurses, midwives and students to support your health, wellbeing and self-care at: www.nmhp.org.au/wellbeing

 **NMHP**
Nursing and Midwifery
Health Program Victoria

2020
Year of the 
Nurse and Midwife



**THANK YOU
NURSES &
MIDWIVES**

Nurses and Midwives in Victoria can call **9415 7551** for free, confidential and independent counselling and support for any sensitive health issue.
www.nmhp.org.au

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