Share your appreciation with those closest to you - send them a gratitude message. Is gratitude the secret of happiness?

We act with humility and respect by listening and encouraging openness from our diverse team. We allow colleagues and team members to share moments of normality.

We build relationships beyond our own team, through trust and shared goals. We work to create safe spaces for connection, conversation and support.

Understand your fatigue using the Fatigue Self-Assessment Tool and learn about the benefits of fatigue management by reviewing the Fatigue Management Plan.

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Have you checked the Thrive Mental Toolkit recently? Find a resource which resonates with you, and share with a colleague.

Perform an act of kindness today. Here are some ideas.

"Kindness makes you happy and happiness makes you kind"