reach out to regional healthcare science leadership who are there to support the healthcare science
workshop, particularly if it is related to the current systemic issues.
I have myself felt the pressure from my various roles and at times felt overwhelmed over the last year or so.
But there is great support to be had from colleagues and peers, so please do just reach out to your immediate
colleagues, and wider networks to support each other. We really are all in this together, and I have been really
heartened by how many people have been willing to step up and support their peers.
I have also tried to become better at recognising when I need to just take time out to look after my own
wellbeing. Please do remember to reflect on how you are feeling from time to time and put things in place to
look after yourself as much as possible. We cannot afford to lose any of the audiology workforce, so taking
time now to protect yourself against burn out will ultimately help others.
Sometimes what’s needed is just forgetting about audiology and making a little time to do things that give you
joyjoy