

The Emotional Credit Card



Cambridge
University Hospitals
NHS Foundation Trust

It's ok to put your emotions on credit to get you through the shift, the day, and only as a last resort, the week (but don't leave it longer)

Check your statement regularly

- Make a time to do it
- How much is on it?
- Are there any surprises?
- How manageable is it?
- How does it leave you feeling?
- Learn to recognise how you receive emotional income and how to seek it.

Work out how to pay it off

- A minimum payment?
Just relieves the pressure
- Pay it all off in one go?
Great!
- Arrange an instalment plan
Diary dates with yourself for refreshment activities
- Set up a Direct Debit
A regular restorative activity, such as reflective supervision

The Emotional Credit Crisis

- What if the bill is overwhelming?
- Don't Panic!
It can often be restructured
- Don't be afraid to ask for help!
- Chaplaincy is available to help you, and/or find and put you in touch with the right services to support you.

Contact us:

08:00 – 16:00
01223 217769

16:00 – 08:00
Contact Centre on
call Chaplain

Email: chaplaincy@addenbrookes.nhs.uk



This is part of the CUH staff wellbeing provision, more options and information are available on Health and Wellbeing staff portal, accessible via this QR code.