

## **NHS Staff Personal Health & Wellbeing Pledge**

As a dedicated member of the NHS, I recognise the importance of maintaining my own health and wellbeing to effectively care for others. This personal pledge reflects my commitment to prioritising my overall wellbeing.

### **My Personal Health & Wellbeing Pledge**

I pledge to:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

*By signing this pledge, I affirm my commitment to these actions and my dedication to maintaining my health and wellbeing as an essential part of my role within the NHS.*

*Disclaimer: This pledge is a personal commitment and is not a contract between you and my employer.*