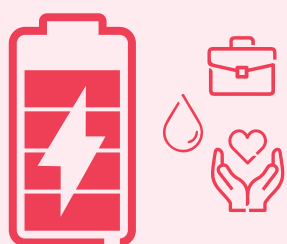


'Spotlight on' series

Keeping refreshed during the working day and switching off after work

Clinical radiologists and clinical oncologists work in a highly demanding environment, requiring intense focus and emotional resilience. It is essential to stay refreshed during work and establish boundaries outside of work for long-term well being.

1 Stay energised at work



Take regular short breaks to help reset focus and reduce fatigue, for example using the Pomodoro technique as a time management method.

Stay well hydrated and do not skip meals.

Step outside for fresh air and movement when possible.

Engage in mindfulness techniques to help improve focus. Meditation and mindfulness apps can be helpful.

2 Maintain physical health



Minimise physical strain by setting up ergonomic workspaces.

Ensure you have optimal posture for sitting at a desk and carrying out procedures.

Avoid looking at a screen for a long period of time. Follow the 20-20-20 rule: every 20 minutes, take a 20 second break to look at something 20 feet away. This will help prevent prolonged eye strain.

3 Manage workload effectively



Set realistic daily goals.

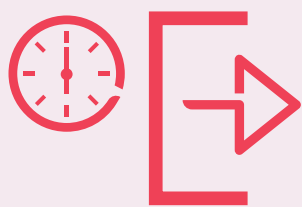
Prioritise your task list and plan what can and cannot be achieved in the time you have.

Focus on one task at a time eg avoid looking at emails while in clinic or during a reporting session.

Set aside time to focus on projects. Do not let clinical work take over your Supported Professional Activities (SPA) time.

Make time for informal chats with colleagues ie 'water cooler' conversations.

4 Switch off after work



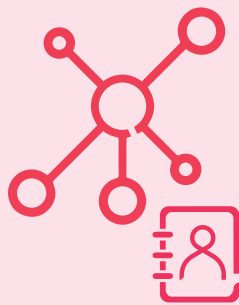
Don't routinely check work emails when not at work.

Remember to set an 'out of office' email reply when on leave.

Try and avoid work-related social media when not at work.

Make time to enjoy the things you want to do outside of work.

5 Seek support if you need it



Talk to friends and colleagues.

Consider formal mentoring support or supervision.

Discuss issues with your line manager and consider using professional well-being services if needed.

References and useful links

1. <https://www.pomodorotechnique.com/>
2. The effects of breaks on digital eye strain, dry eye and binocular vision: Testing the 20-20-20 rule. Talens-Estarellles, Cristian et al. Contact Lens and Anterior Eye, Volume 46, Issue 2, 101744
3. <https://www.hse.gov.uk/msd/dse/good-posture.htm>
4. <https://www.health.harvard.edu/healthbeat/mindfulness-practice-for-focus>
5. Support and Wellbeing at the RCR: <https://www.rcr.ac.uk/career-development/support-wellbeing/>