



5 - Self-care tips

For Parents and Carers

- **Find creative ways to make time for yourself** - Get creative and rethink your routine. Don't carry on with a practice that is not allowing you any room to breathe. Sit down and plan where you can fit time for yourself, with no responsibility for children, into your schedule. This may involve carving out 30 minutes to an hour in an evening or getting up earlier than everyone else to have some alone time.
- **Look after your body** - Your body is important; you need it to be strong to look after the little ones and keep a straight head. Eat healthily, try and get outside to exercise regularly, even a 15-minute brisk walk will do it, and listen to what your body is telling you. If it's tired, rest. If it fancies that odd bit of chocolate cake, feed it!
- **Hobbies** - Before being a parent or carer, you were once you, and you might have had hobbies such as dancing, football or painting. Keep in touch with your hobbies. If you're struggling for time, find a way to include them in your day, such as playing an instrument for your little one, or if they're a bit older, let them help you paint.
- **Take Deep Breaths** - Ever find yourself running around like a headless chicken? When you're a parent, you have a million things to do. But one thing we can all find time for is to stop and be present in the moment. A way to do this is by taking some deep breaths. Try this from psychotherapist Anna Mathur: "Breathe steadily, in for four through your nose, right down into your tummy. Then breathe out through your mouth to the count of eight. Start with four repetitions and increase as you feel more confident."
- **Be flexible** - Some days, your job will require a lot of you; others, your children will need more from you. Learn to be okay if you have a bad day and nothing seems to get done. There will always be tomorrow. Be kind to yourself, and try this mantra "I am doing my best with all that I am juggling."

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In The Work Place

- **Enlighten your working space** - Take time to personalise your workspace with things that make you happy. Cleaning out or adding decorations is a simple way to customise your desk. Include photographs of loved ones or beautiful places; even investing in special stationery could bring joy to your day. It's important to build a workspace that encourages comfort and good posture. Take some time to research what an ergonomic workspace setup looks like. Scan the QR code to get instructions on how to do this.
- **Love your lunch, love yourself** - Taking a lunch break can improve productivity and reduce stress in the workplace. Rather than grabbing from the cafeteria yet again, consider taking a few extra minutes each morning to pack yourself a lunch that you can look forward to. Choose ingredients that will energise you, and try to eat away from your desk.
- **We are all human** - We all make mistakes, which is a normal part of learning. Rather than dwell on an error you made at work, reframe it as an opportunity to grow in your role. Reflect on what you could improve next time. Start to turn the situation around by showing your problem-solving abilities.
- **Boundaries** - While being a helpful team member is essential, it's also important to set boundaries for yourself at work. Managing co-workers' expectations is vital to keep your to-do list from overflowing.
- **Ask for Feedback** - Understanding how you are doing at work can improve your awareness and emotional well-being. Rather than constantly wondering how your manager views your efforts, ask them to meet one-on-one to discuss your performance. This is an excellent opportunity to learn your strengths and what you can improve.



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For Men

- **A Mental Health Day** - A mental health day isn't just a millennial buzzword or something you need to announce to the whole office; it's an excellent self-care idea to take a minute to breathe. You can use your mental health day to disconnect from everyday stress and do anything you enjoy. To start, try to block out at least one day a month in your diary where you switch off from everything and indulge in your favourite activity or catch up on sleep or grooming.
- **Men that Meditate** - Stress is not exclusive to one gender, so neither should its solutions be. Regularly practising yoga, meditation, or any mind and body relaxation has proven health benefits. Keeping a spot in your calendar for regular unwinding with meditative practices can positively impact your day-to-day life. Yoga and meditation can help reduce stress-related issues such as cardiovascular disease, depression, and anxiety.
- **Reach Out** - Feeling connected to other people is essential. It can help you feel valued and confident about yourself and give you a different perspective. If you can, try to spend some time connecting with friends and family. Just a simple phone call or text will do it.
- **Positive Self Talk** -Being kind to yourself is key when it comes to self-care. Your mood will be different every day, but it's important to be honest with yourself when you are feeling sad or in a low mood as much as when you are on your happiest days. Practising positive-self talk every day, especially when you need kind words, becomes easier the more you do it.
- **Vitamins for Men's Health** -Testosterone is an essential hormone for everyone, but for men, it plays an integral part in maintaining health throughout life and supporting these functions - bone and muscle mass, production of red blood cells and sexual and physical health. Try these Vitamins to support your Testosterone levels, Ashwagandha, Vitamin D, Zinc and Garlic.

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