

## Self-Care

Looking after our physical health is easy to comprehend – eat well, don't drink too much, get some exercise. Looking after our mental health is the other aspect which can be easy to forget. But looking after both makes you feel stronger all round!



## HELPFUL TIPS:

### Why self-care?

- ▶ Increased productivity, stronger self-esteem and self-awareness, resistance to illness, better able to manage stressful events, more relaxed around family, friends and colleagues.
- ▶ **Work Tips: Log Off:** Rather than working till late, set a time when your workday is over.  
**Set up routines when working from home:** Getting up and sitting at a laptop gives you no 'barrier' between home and work the way your commute normally does. Doing some exercise or going for a walk before and after work helps you connect to work in the morning, and decouple at the end of the day.
- ▶ **Move:** Yoga is great but stretching also works very effectively. Run or swim if you like that. Otherwise a walk, enough to elevate your heart, helps wash away the stress hormones.
- ▶ **Mindfulness:** Just do ONE thing and put yourself into it. Jog and enjoy the feeling. Play with your dog – they are only ever in the moment! Dim the lights and listen to music.
- ▶ **Learn to meditate:** There are many free apps that teach you the basics. Start with five minutes a day.
- ▶ **All about balance:** Eating healthy food and keeping hydrated are keys to good physical and emotional health.
- ▶ **Learn a new skill:** Keeping your brain active boosts your emotional state. It could be a language or an instrument. Calligraphy photography, or dancing. There are free online courses as well as more structured diploma courses.
- ▶ **Connect with people.** Humans are social beings, and connecting with friends and family reduces isolation. This is also a good time to connect with neighbours who may be feeling isolated. You both get the emotional boost of social connection.
- ▶ **Volunteer.** The payoff you get by giving your time in terms of skills building, connection and self-esteem is immense.

All through the year we bring people together to help build : BETTER **CONNECTIONS**

