

The benefits of encouraging self-care to your team



As we head into an especially busy time of year, it's important to remember to look after ourselves. And, as a leader, there are ways you can help your staff manage their wellbeing. One of the most important, is encouraging them to practise regular self-care.

Ideally, a self-care routine is ongoing, not just something to use during particularly busy times, like the festive season. An active self-care routine is beneficial for work life and homelife, as it contributes to overall wellbeing.



What do we mean by 'self-care'?

'Self-care' is the activities and practices we deliberately engage in to maintain and improve our general health and wellbeing. It's not just about responding to stress or burnout - it's about creating good daily habits (and sticking to them) that support our wellbeing. These can be getting regular exercise, eating well, getting enough sleep, or making time to relax with a good book.

Of course, what makes us feel good, or what can become a habit we will stick to, is different for everyone. So, when encouraging self-care to your colleagues, remember to reiterate the self-care strategies (as outlined below) are suggestions only, it's up to each individual to find what works best for them.

How self-care strategies help.

One of the main benefits of self-care is that it helps reduce stress and anxiety. Regular self-care activities give the mind and body the chance to recharge, helping to meet and manage life's challenges.

It can be as simple as taking a break for a peaceful walk, reading a book, or practicing mindfulness - any activity that can reduce feelings of being overwhelmed or burning out.



5 tips to self-care in the workplace

How it works for workers.

It's well documented that self-care increases productivity. Taking regular breaks, getting proper sleep, and eating healthy foods, allow the mind and body to function at their best, which enhances focus and efficiency at work.

Essentially, self-care is your relationship and connection to self. So, in relation to work life, it means those practising self-care understand how to be their most productive, effective, and authentic self.

Another important message for your staff, is to let them know self-care isn't an 'outside of work' activity, as they can (and should) incorporate self-care habits into their workday.

As mentioned above, there's no 'one size fits all' though, so how your team define their care is up to them, but here are some tips you can pass on regarding practising self-care at work.



1. Go easy on yourself.

When it comes to evaluating our work, sometimes our harshest critic is ourselves. But if you can keep your internal critic at bay, and maintain a more positive mindset, you'll find it easier to move past the moments of self-doubt or anxiety.

2. Give yourself a pat on the back.

When you're busy, it's easy to just move on to the next item on your 'to-do' list. But often it's worth reflecting on what we have achieved, and celebrating the wins, no matter how big or small. Having a debrief with yourself and recalling something successful or satisfying, is a powerful way of keeping yourself positive and on track.

3. How about a workspace update?

It might seem like a relatively small thing, but our immediate environment has a significant impact on our productivity. Can you add pictures, artwork or other personal items that help you feel comfortable? We work better when we're free to be our authentic selves, your workspace should reflect this.

4. Let's get physical!

Physical activity is one of the best forms of self-care. Regular exercise releases endorphins, which boost your mood and reduce stress. Whether it's going for a run, getting a walk in at lunch, stretching at your desk, or even having a walking meeting where you discuss work while walking, moving your body daily can really improve your mental and physical wellbeing.

5. Stay mindful.

Mindfulness practices, like meditation or journaling, can help you stay in the moment and reduce your worries. Taking time to reflect on your thoughts and feelings is a great way to manage your stress and emotional wellbeing. Especially in a busy workplace environment. Mental health apps are also a good way to maintain your emotional balance.

You can think of self-care as a necessary tool for peak mental and physical wellbeing, and essential for professional success.



Better wellbeing is better for business too.

Self-care benefits for the workplace are varied and numerous, here are just a few more:



Increasing emotional resilience - the ability to 'bounce back' after stressful periods.



Boosting creativity - a recharged mind can problem solve with innovative thinking.



Improving energy - more stamina and mental agility to take on tasks.



Better immunity - strong immune system = strong mind (and fewer sick days).



Greater confidence - boosting self-care boosts self-esteem.



Enhancing cognition - improved reasoning, learning and problem-solving.

Self-care - a critical factor for success.

There's no doubt, self-care is beneficial to individuals and to their workplace. Finding ways to discuss these benefits with your team is important, so use the above points as a starting guide.

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The information contained in this article is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.

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