

Five ways to self care at work



1. Plan your day

Spending 5-10 minutes to plan your work for the day can reduce your stress levels, make you more productive, and reduce the need to redo work or correct mistakes.

2. Sit comfortably at your desk

Sitting with a good posture can reduce your risk of back pain. Adjusting your chair so your lower back is properly supported.

3. Have a lunch break

Taking the time to recharge your batteries, socialise with colleagues or friends, and eat a healthy lunch, can improve your overall health and wellbeing.



4. Go for a “walk and talk” meeting

Arranging a meeting on the move can boost collaboration, productivity, and creativity, as well as your physical health. For most people it only takes 15 minutes to walk a mile.



5. Drink plenty of water

Drinking water helps to keep you hydrated and your body working properly. You should aim to drink 1.2 litres (6-8 glasses) of water every day.