

IMPORTANCE OF SELF CARE IN THE WORK PLACE

Topics.

1. What is self-care?
2. Factors influencing self-care.
3. Importance of self-care at the work place.

1. WHAT IS SELF CARE

Self-care is the process of establishing behaviors to ensure holistic well-being of individual, to promote health and actively manage illness when it occurs.

It involves taking time for one self to tend to their physical and emotional health needs to the best of one's ability.

Also we can describe self-care as individuals', families' and communities' ability to promote health, prevent disease, maintain health and cope with illness and disability with or without the support of a health worker.

Self-care includes everything related to staying physically healthy – including hygiene, nutrition and seeking medical care when needed. It's all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

There for, in simple way; self –care is anything you do take care of yourself so you can stay physically, mentally and emotionally well.

TYPES OF SELF-CARE

- i) Emotional self-care
- ii) Physical Self-care
- iii) Mental Self-care
- iv) Social Self-care
- v) Spiritual Self-care
- vi) Practical Self-care
- vii) Professional self-care

Emotional Self-care

Refers to the ability to regulate our emotions and cope with difficult feelings as the arise to our happiness and overall quality of life.

It's important to observe actions we take to connect with our emotions and process them in a healthy way.

Examples of emotional Self-care activities include:-

- a) Journaling
- b) Talking to a health coach, life coach, therapist, spiritual mentor or other counselor.
- c) Utilizing affirmations or mantras.
- d) Meditation.
- e) Practicing gratitude

Physical Self-care

Refers to any activities you deliberately engage in to enhance your physical well-being.

While caring for yourself physically is beneficial for everyone, the way you choose to engage in it will depend on your lifestyle. For instance, if you're sitting in an office chair all day. Taking your dog for a walk would be a great form of self-care.

Examples of physical Self-care activities:-

- a) Taking snap
- b) Getting a massage
- c) Dancing to your favorite song
- d) Being active (going for a walk, a bike ride, taking fitness, etc.)

Mental Self-care

This includes anything you do specifically to stimulate your mind and cultivate a healthy psyche.

This it's about understanding and developing a loving relationship with your mind.

Examples of mental self-care:-

- a) Listening to a podcast
- b) Trying new hobby
- c) Going to a museum
- d) Reading a book

Social self-care

Human beings we are social, which means we need regular connection with others to thrive. That's why we should prioritize activities that nurture our relationships with others.

The problem is, oftentimes when our lives get hectic and overwhelming, we tend to cancel our plans and withdraw.

If you're living alone, or thrive off the energy of in-person communication, you may be requiring some extra social self-care as of late.

Examples of social Self-care activities

- a) Scheduling a regular phone touch-base with your mom.
- b) Hosting a game night with your friends
- c) Going on a date with your significant other
- d) Cuddling with a furry friend

Spiritual Self-care

This form of self-care encompasses any activities you engage in to connect with and nurture your soul.

This practice is fundamental about connecting with your inner spirit.

Examples of spiritual self-care

- a) Spending time in nature
- b) Doing yoga
- c) Engaging in prayer or attending a worship service

Practical self-care

Any actions you take fulfill your core needs and reduce stress can be catalogued as practical self-care.

Practical self-care can be especially helpful for college students or young professionals, caregivers, stay-at-home parents, or anybody that struggles to stay organized.

Examples of practical self-care activities:-

- a) Organizing your email inbox
- b) Tidying your living place

- c) Meal prepping
- d) Meeting with a financial advisor

You can also use practical self-care as a way to create sustainable, healthy habits.

Professional Self-care

If you're employed, it's essential to make time for professional self-care. These are the activities and actions that support feeling balanced and fulfilled in your career.

Examples of professional self-care activities:-

- a) Setting calendar reminder to take a lunch break.
- b) Spending time with coworkers after hours.
- c) Setting your phone to Do Not Disturb at the end of your work day.

2. Factors influencing self-care

There are several factors that affect self-care. These factors can be grouped as personal factors, external factors and processes

a) Personal factors

- **Lack of motivation:** when one doesn't have enough energy. This can be caused by stress, anxiety, or other mental health illness.
- **Cultural beliefs:** this includes traditional gender roles, family relationship, and collectivism. This can also affect self-care behaviors.
- **Functional and cognitive abilities:** by not being perfect humans, one tends to focus on their weakness
- **Self-efficiency or confidence:** one's confidence can positively or negatively affect their mental state.
- **Support from others:** such as from family or friends can be crucial to have a healthy and positive mindset to do self-care.

b) External factors

- **Living situation:** can greatly affect an individual's self-care.
- **Surrounding environment:** must be safe and promote self-care for all residents.
- **Proximity of health care facilities:** are important to have at a close radius from one's household. As well as office/clinic opening hours and affordability must be taken into consideration.

3. IMPORTANCE OF SELF-CARE AT WORK PLACE

- i) Getting enough sleep helps us wake up early, giving us more time for job preparations such as preparing early breakfast, choosing the right attire for your job.
- ii) Learning how to say “No”. It’s great that we want to help others, for instance the coworkers, customers, clients or even our bosses at work, but we also need to learn when to put ourselves first. Next time a coworker asks us for help on a project, and we’re already swamped, say no to prioritize our energy and time.
- iii) Self-care leads to better relationships, i.e. between you with coworkers, employees, employer and relatives. It makes sense if you think about it: the happier and healthier you are, the more you can give to a relationship.
- iv) Self-care protects your mental health; making changes to priorities self-care can help to manage mental health issues and might even prevent them from getting worse. Self-care is not a substitute for professional help, and you shouldn’t feel you have to tackle your problems alone. If your mental health is suffering, you should always talk to someone.
- v) Exercise between two and eight hours per week throughout our lives reduces the risk of early retirement at jobs or even early deaths.
- vi) Enough sleep leads to proper function of mind at work, also sets proper mood between worker and coworkers and also between workers and employers. A study published in 2017 found too little sleep (less than seven hours per night) was linked with higher mortality rates, though too much sleep wasn’t healthy either.
- vii) Getting out or having a nature walk is associated with a lower mortality rate, it also refreshes mind and makes able to handle the upcoming task or job or project at work.
- viii) Finding purpose: having a strong life purpose was associated with decreased mortality rate hence providing long job term.
- ix) Self-care allows you to find your misplaced self-esteem.
- x) It allows you to overcome fear that might hold you back from things you enjoy.
- xi) Positive thinking is an integral part to a healthy life and self-care allows you to find peace and happiness within.
- xii) Regularly practicing self-care techniques reduces stress and leaves you feeling calm and in more in control.
- xiii) It gives you time to relax, meditate and reflect on issues and how to solve them
- xiv) You are able to live a more balanced life.
- xv) It gives you renewed energy.

xvi) Your mind and soul are in harmony with the things happening around you.

CONCLUSION

In conclusion, it is essential to overall health and quality of life and affects how one thinks, feels and responds. When it comes to mental health, self-care can help people manage stress, lower their risk of illness and increase energy levels.