DISCUSSION POST

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Self-care- is the process of establishing behaviour to ensure holistic well-being of one-self ,to promote health and actively manage illness when it occurs. We can engage in this by dental care ,our sleep and even our food choice.

Routine self care is important wen someone is not experiencing any symptoms of illness but self cre becomes essential when illness occurs.

Self care practices can greatly vary fom individual to individual as it is very personal act.

Self- care is seen as partial solution to the global rise in health care costs that is placed on government.

And in this we also find something called self neglect which is lack of self care in terms of personal health,hygiene and living conditions.

Self-care is all about caring for yourself . Its the relationship you have with yourself and also and showing yourself the love that makes you to be your most authentic effective and wonderful self. It involves prioritizing your own health and wellbeing. Setting boundaries and keeping yourself top care of the list.

***IMPORTANCE OF SELF CARE IN WORK PLACE***

By taking breaks outside from work place ,one can consider going outside for some fresh air and light exercise. Going for nature walk,or around the block help one to clear mind and rejuvenate your body . Even going for some stretch outside your building can increase your blood flow and make you feel better.

However,drinking more water may seem like basic one but drinking more water throughout the day ,can make you feel energised. If you need help remembering to drink water consider getting a special water bottle for your desk.

You could even have some fun and as your work friends to be your water buddy . Make the process more fun by infusing fruits ,cucumbers or fresh fruit.

Setting goals for yourself by adding some purpose to your workday by setting personal and professional goals for yourself.

You may find that by having list of goals in front of you , you'll start feeling more motivated and inspired to succeed. When setting goals,use the smart method meaning they are specific ,measurable,attainable,relevant and time bound.

It makes you create a goal in line with your lifestyle.

Create an ergonomic workplace by spending a lot of time at work,its important to build a workplace set up look like. Consider investing in things like stand up desk to improve your comfort levels at work. You even find that by bringing this up to your employer that they will reimburse you for the expenses.

Along with feeling better,you'll be taking care of your body.

One improves his or her demeanor and make you feel like a professional as long as your favourite outfit within your dressing cords. Considering wearing wearing it to work . Even just incorporating a small accessory or fun colour into your work day more enjoyable. Choose clothing that make you feel confident and showcase your unique personality.

You can find that wearing the right outfit can improve your demeanor.

Meetings deadlines by limiting your responsibilities. This is done by setting boundaries for yourself at work. Saying no might be so difficult but it contributes so much to your well being.

Incase your to-do list is really fully packed and your co- workers ask you to have the for a favor on them,it is good to say "I would to help you but am extra busy today ". This will make you respect your capacity to responsibility and make you meet your deadline having the ability to work on a relaxed pace.

The day goes faster by socializing with workers. If socialization with workers brings you joy then make an effort to connect to your colleagues. When you see something has pause in their work , try to start a lightened conversation with them you can share a funny comment or joke to liven up the mood . By showing interest in your co workerslives may feel more inclined to chat with you. Along with building comeraderies in the work place. This socialization can make the day go faster.

You can also ask for feedback from your colleagues this makes you understand how you are doing at work and this improves awareness and wellbeing. Rather than constantly wondering how your manager views your efforts. Ask them to meet one on one to discuss your efforts. This is great opportunity to learn your strengths and to correct on your weaknesses. Use this discussion to ho through your goals and get advice from your manager. You will find that asking for performance reviews enhances your relationship with your manager and this shows them that you are take initiative .

Some of people feel better when they take off,one can do this by requesting some time off.This can be done by a little vacation or simply few days to relax at home. Some people even feel better after taking a few days off work to catch up on personal errands appointments and chores. What you choose to do on your off day depends on what is to help you feel recharged when you return to work. Start by putting in a paid time off request and getting your work prepared for you on your absence.

Decorate your desk to personalize your work space with things that make you feel good and smile . Additional of few trinkets or decorations is a simple way to customize your desk. Add some joy to your work area. You can include some of your favourite art paints to showcase your personal taste and visualise interest in your work.

One can listen to favourite song when working on a task where one can listen to a music ,consider creating an uplifting playlist for yourself. Choose songs that help you feel upbeat and focused on what you're doing . If songs with lyric makes it difficult to focus,consider choosing instrumentals . Music can help your mood and make your effort more fun.

Furthermore, we realise that accepting mistakes also is a normal part of learning process. Rather than dwelling in an error that you made,reframe it as an opportunity to grow in your role. Once you take accountability for what you did,start to turn the situation around by showing your problem solving

activities. When thinking back to this situation,enjoy the solution you figure out rather than your initial mistake.

Learn to br present while at work. Try to keep your mind on the current task you are doing rather than your other responsibilities. When you find you are day dreaming in the day light about house chores and after work errands. Try to recenter your focus on opportunities to grow in your role. Being mindful can help you do more intentional work and help manage the stress levels. If you feel like you have a lot of going at once,yake a moment to do some breathing exercises or set aside some ten minutes to do some meditation work to help yourself feel refocused on the presence.

Depression can be treated and also anxiety this can be done by moving more which is the best way of coping up with stress. Regular physical activities has also been recommended to strengthen the immune system. You can also turn your exercise routine as a way of outdoor activity . Walks , hikes or runs may be easier to fit into your schedule. Studies have shown that spending time outdoors has is the best way to fight fatigue making it a good way to fight depression and burnout.

Nevertheless,when one plan a self care and set boundaries is also very important. Ypu can think of the best method that will help you be grounded. It is better to decide to do things that gives you joy and makes you alive which help you to recharge . If you are feeling anxious setting boundaries helps one to feel safe and comfortable in the surroundings especially if you have pandemics related concerns. Boundaries include setting expectations around physical safety measures with friends and families or putting limits on some activities . Another thing is that you can create a no-list of things you don't want to do fr example picking several calls which are unnecessary in work place. You can learn to say no to things that cause stress and this will impact positively to your mental wellbeing. Think about the advise we get on aeroplanes that we put on our oxygen mask before assisting someone else because without caring for yourself you cannot care for the other. Similarly,if you are not taking care of your mind ,you can't be a good example for the other especially when others need you. With self care routine that gives you joy you are able to reap the benefits of healthier mind and body. And that includes being there for others when they need you.

Self care is also recommended for social workers because it reduces stress and the activities with stress management includes brisk walk after work or turning off emails notification in the evening and says that you are off.

It also increases wellbeing of the worker;self care can have a cascade effect meaning an improvement in one aspect of someone well being such as mental health. Can also improve the wellbeing in other aspects incincluding their mental and physical health.

It helps in sense af accomplishments by setting goals and achieving them this also boosts someone's confidence at work.

It also help to improve health;self care can help someone to improve their physical and emotional health which can lead to better long term disease management and can also prevent illness.

It also helps in health relationships ; burnout can cause stress ,depression and some negative emotions to sleep into individual's personal and professional relationships. Conversely,self care can improve personal relationships with family and colleagues.

Moreover,self care can also help in professional satisfaction . When someone takes care of his or her physical and emotional health ,it give them a lot of zeal at work and perform effectively on their day to day activities at work.

Learning into your work community is also very important . The last two year has reminded us that what we need to do is self care in work place. Lock down ,border closures and stay at home orders has been so much difficult for us. And when we are still managing the case orders,there has never been a more important time to learn support system and to feel like a sence of belonging. Consider your professional group both inside and outside . If you would like to build a relationship with those inside and outside is sti better by joining clubs or professionals social groups with your colleagues. Whether you are moving into professional careers for advise or anything or meeting with co-workers for run clubs or social groups for your collegue it is believed that these interactions fulfils the human need of belonging.

One can also foster and sustain relationships. The activities you choose to participate in your self-care should help you achieve balance in different areas of work and this promote overall wellness. SAMHSA has defined eight dimensions of wellness to help you focus on optimizing your health .These are emotional spiritual, intellectual,physical, environmental financial,occupation and social life. While thinking about different self care activities to try to better your health,think about these dimensions in life and how you can improve them. If you are thinking of how to make your own life better you need just to fine yourself the first priority.

Employees who engage in self care activities are likely to be productive and motivated at work . With exercise and healthy diet, they're likely to be healthier with strong immune system which in turn lead to fewer sick days.

When the organisation offers self care activities,employees feel like the employer cares about them and their wellbeing. Employees are more likely to speak positively to their friends and family about their work place and more likely to stay with an organisation reducing frequent turn over rates.

Employees well being programs are a great way to show your employees that your organisation values them. Through fully customized programs that offer mutual benefits as a result.

In a nutshell,it is very important to put yourself first in everything and employers to put in place self care programs at workplace for employees and this will really result to a very positive feedback at workplace.

**REFERENCES**

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