What are the importance of self-care at work place?

Self-care at work place involves prioritising your own health and wellbeing , setting boundaries and putting yourself at the too fare of your own list. It is also showing love to yourself and this allows one to be more authentic , wonderful self. Self care can be categorized into physical, emotional,and spiritual in which self care is divided,In physical self-care one looks at herself or himself and feels stronger, healthier and have more energy.By prioritizing enough sleep, maintaining regular exercise and eating a healthy diet you're engaging in physical self-care

Emotional self-care could be catching up with friends, taking time to read a book or have a bath , doing a hobby you enjoy or just saying no to activities that cay cause stress to an individual

Spiritual self-care for some is attending church, praying, meditating, keeping a good relationship with God may be to some a method to avoid stress.Most say that main source of stress is work place

The importance of self-care at work include:

Reduces burntout: This is the feeling of being constantly exhausted, emotionally drained, unproductive and unmotivated. Prioritizing yourself during the day can help you be more present,productive and motivated.To help combat burnout employees need to believe that their manager will address their problems and they need to feel like their manager genuinely care about them as people and this encourages the importance of self care at work.

Helps one feel well-rested : This helps an individual reduce stress and also increases the energy at the work place hence increasing the workforce.It also boost creativity and the ability to solve problems,but it also makes the time actually spent on work more efficient.Resting is an essential way of working well and working smart.Ut actually improves performance at work.

Self-care enables one maintaint self-confidence: This builds up the belief that one is capable of doing a particular task at work. This encourages individuals to work smart since they believe in themselves .It allows an individual to take risk, while also evaluating areas of improvement, both things that help one develop at work.without confidence one may fear speaking up to share their ideas or they may feel uncomfortable while at their work place.

Through self-care one enhances his or her self-esteem: This encompasses the way we think about ourselves,the way we talk to ourselves and the beliefs of our capabilities at work place.This increases the performance of an individual.A high self esteem makes an employee able to trust his /her thinking and judgement and likely to make better decisions.This in turn helps to create more effective interpersonal and work relationship and hence a comfortable working environment.

It supports the overall wellbeing of an individual: Through self-care one is able to eat well,stay hydrated, exercise and connect socially.Through all these practice an individual will be always available at the work place.

Self-care helps you perform at your best: Through self-care one is able to maintain balance and be able to attend to all tasks on time .This enhances best performance at work hence yielding the best results.

Self-care allows one to be resilient: Through doing things to honor ourselves mentally,we are in a better place to take challenges and stressors we all inevitably face.That is copying up with any challenges that come across at our work places.

It make us more aware of our needs while working: Through this one is able to plan on the support area that your body needs in order to function properly while at the working place or performing it's roles .

It inreases productivity: Through self-care one is able to rest properly.Through resting one is able to build up energy and workforce hence increasing productivity level .Employers and employees who feel physically and emotionally well are likely to focus on tasks and complete them effeciently.

It inreases team members engagement at work place: Through self-care individuals at work place are able to engage with each other at their resting time hence encouraging togetherness making work to be done or finished at the agreed time.Thus leading to development of the organizations or workplace.

It reduces the level of stress: Self-care can help reduce stress levels among employees.Highlever of stress can lead to burnout, which can have detrimental effects on an individual's health and performance.stress can also lead to poor performance at work place since one is completely withdrawn.To manage work related stress one can try self-care activities such as meditation or mindfulness, taking time away from work or pulling back on extra workload.

Increased job satisfaction: Self-care can help improve job satisfaction.Employees who feel supported and valued by their employers are more likely to be engaged in their work, leading to better overall job satisfaction .Hi employees satisfaction is the key to reducing employee turnover . Especially with a post-pandemic workforce,being people focused is more important than ever. Those who are satisfied with their job and work place feel aligned with their professional life,are happy to go to work, and have no reason to leave.

Reduced health care cost: Investing in employees wellness through self-care practices can help reduce health care cost for employers.Employees who practice self-care are less likely to suffer from chronic illnesses such as heart disease, diabetes, hypertension and Throbosis which can be costly to treat leading to poverty in families and also death of breadwinners.

Attract and retaintop talent: Employers who prioritize employees wellness through self-care practices are more likely to attract and retaintop talent.Employees are looking for employers who prioritize their well-being,and offering self-care resources can be available recruiting tool.

Employees who engage in self-care activities are more likely to be productive and motivated at work: With exercise and a healthy diet,they are likely to be healthier with a strong immune system, which in turn leads fewer sick days,when an organization offer's self-care activities, employees feel like the employer cares about their health and wellbeing.Employees are more likely to speak positive to their friends and family about their work place and are more likely to stay with the organization reducing frequency turn over rates.

Self-care helps one to be more energized at work:In addition self care can also boost our energy levels. When make time for activities that nurture as we are more likely to feel more happier and more motivated .we may also find that we have more energy to put towards important things at our work places.

It helps reduce depression :This helps one adapt to changes,build strong relationship and recover from setbacks.

It helps an individual to be happy at his or her work-place: Through self-care an individual is able to be happy at work and concentrate at the work-place .This enables an individual to perform well at the working place or organization.