



Nurturing
Our Wellbeing
with
Angelique Benois

TIPS TO SUSTAIN YOUR SELF-CARE PRACTICE AND HELP OTHERS SUSTAIN THEIR OWN PRACTICE

1. Add an “out of office” reply during certain hours of the day to focus on work.
2. Fake a commute to transition your mind from one role to another (i.e. daddy role to employee, manager role to mommy role).
3. Continue with active listening, but include Mindful Listening. This involves being aware of your own biases or notice if/when you are triggered by another person’s words, behaviors or simply being around them.
4. Suggest teams add a self-care practice to existing workplace expectations (i.e. promote 5 minutes of deep abdominal breath before turning on the computer).
5. Model feeling emotions of distress or worry, BUT then demonstrate HOW to MOVE through it in a healthy manner. Remember self-care is learned, purposeful and continuous.
6. Keep in mind that on average an individual is productive three hours every day, and these hours should be free of interruptions or multitasking.