

Creating a plan for self-care can appear daunting. But starting with some simple healthy choices can have a positive effect on your health.

sleep

Improve Your Sleep Hygiene

Many administrators identify poor sleep or lack of sleep as a major wellness issue they struggle with. The term 'sleep hygiene' refers to a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep.

Examples of healthy sleep habits include exercising regularly and maintaining a healthy diet; limiting exposure to bright light in the evenings; and avoiding the consumption of caffeine in the late afternoon or evening, and alcohol before bedtime.

Explore the resources below to see if you can improve your sleep quality.

1. A humanworks team member had a life-changing experience after attending a workshop by Dr. Glenn Landry, PhD, a sleep expert based in Vancouver. You can find out more about his work at elitesleep.ca

2. Books:

"The Circadian Code" by Satchin Panda, PhD.

"Why We Sleep" by Matthew Walker, PhD.

meet

Book A Date with a Friend

Work isolation and a lack of contact with peers outside of work can lead to low mood and underlying anxiety.

Research shows that social connection improves physical health and mental and emotional well-being.

People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them.

In other words, social connectedness generates a positive feedback loop of social, emotional and physical well-being.

Reach out to someone you've been wanting to connect with for a while and enjoy an evening together.

track

Track Your Daily Activity

Exercise has been proven to be a benefit to your physical, psychological and emotional health.

With technology improving on many fronts, activity tracking devices such as Fitbit and Apple watch have become welcome technological advancements.

A fitness tracker enables you to set your own fitness goals, stay motivated, track your sleep, monitor your heart rate, track your diet, and much more.

Tracking your daily activity develops a greater awareness around your physical activity. This can lead to more mindful choices we make throughout the day to enhance our health and well-being.

by

Jack MacNeill

MEd (Coun.Psych.), RCC, CVRP, RRP
President, humanworks