

Ideas for Employers



18-24 November

About this resource

Getting the most out of your Self-Care Week initiative takes planning and this resource aims to provide ideas on how employers can participate to help boost the self-care practise of employees.

Further resources are available from the website www.selfcareforum.org here are useful links:

- [Self-Care Week case studies to share best practice.](#)
- [A comms doc available on the resources page](#), also logos, social media assets etc
- [Subscribe to our newsletter to stay updated](#)
- Follow us on [twitter](#), [facebook](#) and [LinkedIn](#)
- Get in touch via selfcare@selfcareforum.org

1.0 Why Participate in Self-Care Week?

Healthier, happier and better motivated employees lead to increased productivity, reduced absenteeism and improved workplace morale and job satisfaction.

And, Self-Care Week provides employers with a focus and opportunity to support employees to better take care of their health and wellbeing in the work place.

This is important since workplace stress is on the rise with 79% of people in work experiencing it with workload cited as the biggest cause of stress.

Indeed, according to ONS figs, 32.5m UK working days were lost due to injury and illness in 2019/20.

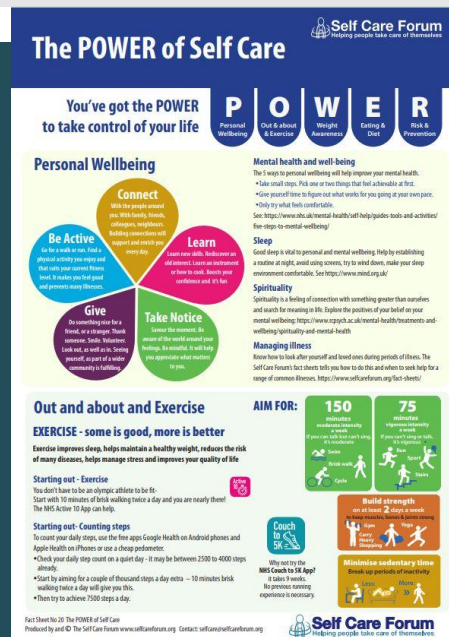
In 2020, of British adults in employment - a staggering **79%** commonly experience work-related stress.

2.0 Encourage employees to exercise

Exercise is essential for healthy bodies and minds and is proven to reduce stress. There are several ways to encourage exercise amongst your employees:

- Offer employees free or discounted gym membership;
- Invite a Tai chi, yoga instructor or physical trainer to do taster sessions with employees.
- Start up a lunchtime or early morning running club

Self-Care Fact Sheets are excellent resources for employees – look at our popular well-being fact sheet.



The POWER of Self Care

You've got the **POWER** to take control of your life

P Personal Wellbeing | **O** Out & about & Exercise | **W** Weight Awareness | **E** Eating & Diet | **R** Risk & Prevention

Personal Wellbeing

Mental health and well-being

The 5 ways to personal wellbeing will help improve your mental health.

- Take small steps. Pick one or two things that feel achievable at first.
- Give yourself time to figure out what works for you going at your own pace.
- Why try what feels comfortable.
- See <https://www.selfcareforum.org.uk/mental-health/self-help/guides-tools-and-activities/> for steps to mental wellbeing.

Connect - With the people around you. With locally, health, community, workplaces. Building connections will support and encourage you every day.

Be Active - Go for a walk or run. Find a physical activity you like and try and work your current fitness level. It makes you feel good and prevents some illnesses.

Learn - Learn new skills. Reduce your risk of mental health problems. Learn an instrument or learn to cook. Boost your confidence and it'll feel great.

Give - Do something good for a friend, or a stranger. Thank someone. Smile. Volunteer. Look out, and help out. Smiling yourself, as part of a wider community's wellbeing.

Take Notice - Notice the moment. Be aware of the world around you. Perhaps, be mindful. It will help you appreciate what makes life great.

Step - Good sleep is vital to personal and mental wellbeing. Help by establishing a routine at night, avoid using screens, try to wind down, make your sleep environment comfortable. See <https://www.selfcareforum.org.uk/>

Spirituality - Spirituality is a feeling of connection with something greater than ourselves and search for meaning in life. Explore the positives of your belief or your mental wellbeing. <https://www.selfcareforum.org.uk/mental-health/beliefs-and-wellbeing/spirituality-and-mental-health/>

Managing illness - Know how to look after yourself and loved ones during periods of illness. The Self Care Forum has resources to help you be in the best place to ask help for a range of common illnesses. <https://www.selfcareforum.org.uk/fact-sheets/>

Out and about and Exercise

EXERCISE - some is good, more is better

Exercise improves sleep, helps maintain a healthy weight, reduces the risk of many diseases, helps manage stress and improves your quality of life.

Starting out - Exercise

You don't have to be an Olympic athlete to be fit. Start with 10 minutes of brisk walking twice a day and you are nearly there! The NHS Active 10 App can help.

Starting out - Counting steps

To count your daily steps, use the free apps Google Health on Android phones and Apple Health on iPhones or use a cheap pedometer.

- Check your daily step count on a regular day. 10 steps to between 2500 to 4000 steps already.
- Start by aiming for a couple of thousand steps a day extra – 10 minutes brisk walking twice a day will give you this.
- Then try to achieve 7500 steps a day.

AIM FOR:

- 150** minutes of moderate intensity activity each week (e.g. brisk walking, cycling, swimming, dancing, gardening, housework, etc.)
- 75** minutes of vigorous intensity activity each week (e.g. running, swimming, cycling, etc.)

Build strengths on at least 2 core areas:

- Strength** - Push-ups, sit-ups, squats, lunges, etc.
- Balance** - Stand on one foot, heel-to-toe walk, etc.
- Flexibility** - Yoga, stretching, etc.
- Endurance** - Brisk walking, cycling, etc.

Caution to SMI

Who is the SMI Coach to SMI App?

- It's the NHS.
- It prevents serious experience is necessary.

Minimum voluntary time

Break up periods of inactivity

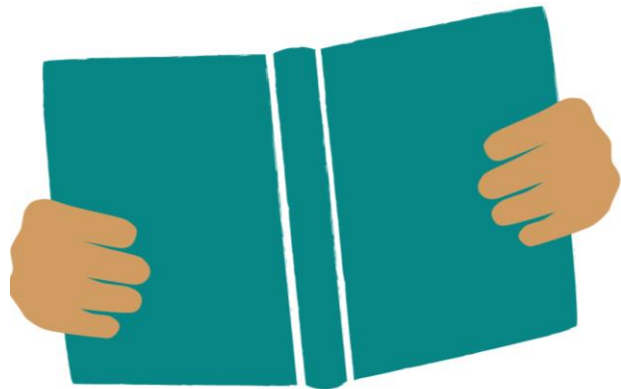
Fact Sheet No 20 The POWER of Self Care
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Self Care Forum
Helping people take care of themselves

2.1 Mental Wellbeing

Stress in the workplace is on the rise and employers have a duty to do all they can to mitigate stressful conditions at work, here are a few short-term ideas for the Week:

- Create a chill-out zone. Having a dedicated space with natural light, and which is comfortable and free from technology offers employees a short break to re-energise themselves.
- Invite a little relaxation in the office by booking someone to do head or back massage or a bit of reflexology for employees.
- Meditation is known to help people de-stress and another possible activity for the week.



2.2 Doing things differently

Shaking up the usual mundane routine in the office is one way to look at things a little differently for the Week, and perhaps as a format for going forward. Here are a few examples:

- Move more - change the usual sit-down meetings to standing or walking meetings. By taking meetings outside you may add a different perspective and invite more lateral thinking amongst employees.
- New office furniture - introduce standing desks or Swiss balls to the office as healthy alternatives to sitting all day;
- Consider swapping coffee for smoothies and having bowls of fruit or healthy snacks in meeting rooms and staffrooms.
- Encourage a culture of leaving work on time and taking lunch breaks.

2.2 Social Interaction

Often employees spend around 8 hours with their colleagues each day and so it is important to nurture positive relationships. A good way of doing this is through social activity:

- Arrange an away-day that involves something creative such as a cooking or crafting activity which will be enjoyable for everyone in the team.
- Invite employees to suggest a regular social gathering such as a book club or cheese and wine social event.



3.0 Connecting to National Self-Care Week

As the organiser of Self-Care Week, the Self Care Forum will be promoting the benefits of self-care as much as possible at the national level, particularly via social media.

Watch out for social media assets

available nearer the time, check the website or subscribe to the newsletter to be notified.

Use [#selfcareweek](#) and [#mindandbody](#) when getting involved on social media and include the Self Care Forum in your posts for a share and like.

Follow us on [twitter](#), [facebook](#) and [LinkedIn](#)

3.1 Don't forget branding

Business knows the importance and power of branding, so it is good to connect to the National Self-Care Week activity using official branding material, which is available on the Self Care Forum website.

Your colleagues will identify your Self-Care Week activity and connect it to the bigger, national public health initiative.

Invest in a pop up banner, free artwork is available, to ensure your activities are linked to National Self-Care Week.



Thank you for getting involved in Self-Care Week and do let us know how you got involved.

Consider entering our Self Care Awards. Details on the website

