

# Working towards a healthy you

Healthy workplace, healthy you

A decorative graphic at the bottom of the page consisting of several overlapping, wavy lines in various colors including purple, yellow, green, blue, and orange, creating a sense of movement and energy.



# Healthy you

This leaflet identifies techniques to help you prevent and manage physical and emotional stress. Self-care and self-compassion are the foundations on which you are able to engage positively with others, be that your family, colleagues or patients.

The *Boorman review* into health and wellbeing in the NHS highlighted the relationship between staff health and wellbeing and patient safety, the patient experience and the effectiveness of patient care.

To start with, here are some common areas to consider:



# My body

Physical self-care strategies could include:

- healthy eating
- regular exercise
- attending medical appointments
- relaxation and rest
- being aware of safe alcohol limits.

*If physical needs aren't met the human body cannot function and ultimately fails.*



# My mind

**Mental health self-care strategies could include:**

- **reducing stress in your life**
- **acknowledging how things affect you and your state of mind**
- **writing a journal**
- **letting others know different aspects of you**
- **saying no to extra responsibilities when necessary**
- **engaging in activities which stimulate you.**

***Taking care of your mental health will help you meet the demands of everyday life.***



# My heart

Emotional self-care strategies could include:

- spending time with those whose company you enjoy
- giving yourself praise
- showing self-compassion
- allowing others to support you
- allowing yourself to cry
- confiding in someone you trust.

*Acknowledging your feelings can provide you with valuable insight about your situation and your needs.*



# My work

Self-care strategies while at work can include:

- taking breaks
- knowing your physical and professional limitations
- setting boundaries with patients and colleagues
- asking for help when needed
- prioritising important tasks
- making quiet time to complete tasks.

*Even short breaks can help to improve your productivity and avoid stress building up.*



# My career

Career self-care strategies could include:

- taking stock of your career progression
- reflecting on your skills and experience
- considering your continuing professional development needs
- seeking support from your peers
- interacting with your employer
- understanding your talents and aspirations.

*Believing that you have some degree of control over your career is one aspect of self-care.*



# My spirit

Spiritual self-care strategies could include:

- connecting with the self, nature or a higher power
- being open to inspiration
- being aware of the non-material aspects of your life
- identifying what is meaningful to you
- making time for contemplation
- cherishing optimism and hope.

*Nurturing your spirit can provide you with meaning and purpose and improve your coping skills.*





# My balance

**Balancing self-care strategies could include:**

- **checking in with yourself regularly to understand when your work/life is off balance**
- **taking a little time to gently re-centre yourself**
- **balancing giving and receiving**
- **reviewing your self-care strategies.**


*When you achieve balance that works for you, more often than not, you feel calm, grounded, clear-headed, and motivated.*



# **The RCN is on your side**

**You hold the power to improve your level of health and wellbeing, and through our range of 'Healthy you' resources and strategies, we're here to support you.**

**To find out more, go to [www.rcn.org.uk/healthyworkplace](http://www.rcn.org.uk/healthyworkplace)**



**If you are a member of the RCN, and are concerned about your level of self-care, you can talk to a counsellor. Please call RCN Direct on 0345 772 6100 to book an appointment.**

**And remember, you can also discuss your health and wellbeing with your GP or with friends, family or others that you trust.**



The RCN represents nurses and nursing, promotes excellence in practice and shapes health policies

September 2015

RCN Online

[www.rcn.org.uk](http://www.rcn.org.uk)

RCN Direct

[www.rcn.org.uk/direct](http://www.rcn.org.uk/direct)

0345 772 6100

Published by the  
Royal College of Nursing  
20 Cavendish Square  
London W1G 0RN

020 7409 3333



[www.facebook.com/  
royalcollegeofnursing](http://www.facebook.com/royalcollegeofnursing)



[www.twitter.com/thercn](http://www.twitter.com/thercn)



[www.youtube.com/rcnonline](http://www.youtube.com/rcnonline)

Publication code: 004 970