

# Prioritising YOU and Your Self-Care

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# What we will cover today:

How to prioritise YOU through self-care using simple wellbeing rituals. We will look at:

- ✓ What **Self-care** means and potential barriers to applying it
- ✓ **4 Simple Self-Care/Wellbeing Rituals** to improve your working day
  1. **Hydration:** *the importance of adequate hydration*
  2. **Nutrition:** *the importance of a protein rich start to your day*
  3. **Breathing Techniques:** *to support the central nervous system: how to use breathwork to re-energise as well as relax*
  4. **Stretching and Movement in a work setting:** *how to re-set and re-charge and exercises to consider*



# Self-Care

**Self-Care** is the practice of taking care of your physical, mental, emotional, and spiritual well-being to promote overall health.

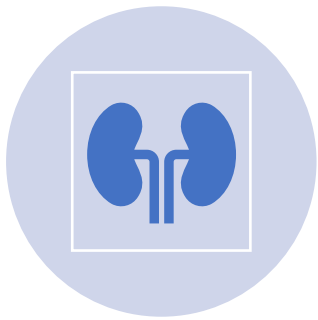
## Barriers to Self-Care

- ✓ Time
- ✓ Cost
- ✓ Mental and Physical Exhaustion
- ✓ Access to Resources
- ✓ Confidence
- ✓ Motivation
- ✓ Self-Awareness of burnout/balanced state



*"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly"*

## 4 Easy Steps to manage burnout and improve your Health & Wellbeing



**ADEQUATE HYDRATION** THROUGH WATER (ANY DRINKS WITH SUGAR OR SWEETENERS WILL CAUSE A BLOOD SUGAR SPIKE LEADING TO A BLOOD SUGAR CRASH THEN FATIGUE)



**HIGH PROTEIN** START TO YOUR DAY THEN PROTEIN RICH SNACKS TO SUPPORT BLOOD SUGAR LEVELS DURING YOUR WORKING DAY



**BREATHING EXERCISES AND MEDITATION** TO SUPPORT THE CENTRAL NERVOUS SYSTEM AND HELP TO SUPPORT WITH STRESS AND ENCOURAGE ADEQUATE REST AND RESTORATIVE SLEEP



**ADEQUATE MOVEMENT BUT EQUALLY CONSIDER ADEQUATE REST** AND RELAXATION TO KEEP FATIGUE AT BAY

# Getting the right start to your day

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Hydration is central to our overall Health and Wellbeing. If our hydration levels are good, so are our energy levels and physical and mental health.

- ✓ Water makes up two thirds of our body so it is vital we drink enough fluid to maintain a healthy balance and support our Immune System to ensure that nutrients can reach their destination through our blood stream.
- ✓ When we become dehydrated so do our muscles and so we become more prone to inflammation and injury and ultimately fatigue.

## Simple Self-Care Ritual:

- ✓ **WATER WHEN YOU WAKE:** Try to start your day with some water or lemon water before you have any caffeine.



# Getting the right start to your day

## *Nourish Your Mind & Body*

- ✓ Blood sugar stability is key to maintaining our energy levels and weight.
- ✓ Our typical breakfast of bread or cereal is very disruptive for blood sugar regulation.
- ✓ Many of us rely on caffeine and sugar to top up our energy rather than protein.

## *Simple Self-Care Ritual:*

- ✓ **PROTEIN RICH BREAKFAST:** Try to start your day with a non-processed breakfast pot. Easy to make, delicious to eat, perfect fuel for a busy day



# Make your own Breakfast Pot

## MAKE YOUR OWN POT! ✨

Nourish your reusable pot!  
and  
LOVE your gut...



START YOUR DAY WITH A SIMPLE HIGH PROTEIN, NON PROCESSED BREAKFAST POT

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## WHAT TO DO... ✨

- 1 Grab yourself a pot and a spoon.
- 2 Use your spoon to add in oats.
- 3 Use your spoon to add in seeds & fruits. Try something new!
- 4 Head for the fridge. Add either full fat yoghurt, milk or milk alternative.
- 5 Reuse your pot and repeat...

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## WHAT'S IN IT FOR ME? ✨



High in essential minerals.  
Vitamin C  
Fibre  
Adding fresh or frozen berries is even better



Rich in essential minerals - zinc, copper, magnesium and calcium.  
Antioxidants, fibre and protein  
Stabilise blood sugar  
Slow releasing



Improve Cholesterol and blood sugar levels.  
Rich in essential vitamins and minerals



Live yogurts and Kefir are healthy probiotics, supporting our immune system via our microbes.  
Avoid sweetened yogurts

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# Breathwork: Self-Care In A Simple Breath



- ✓ Your breath brings oxygen into your body so that you can thrive. When you are physically or emotionally stressed, it affects how you breathe. Breathwork helps to calm your stress and bring balance to your body.
- ✓ People have been practicing breathwork for thousands of years, and it has roots in yoga practice. The basic idea of breathwork is to release toxins and stress when you breathe out and nourish your mind and body when you breathe in.

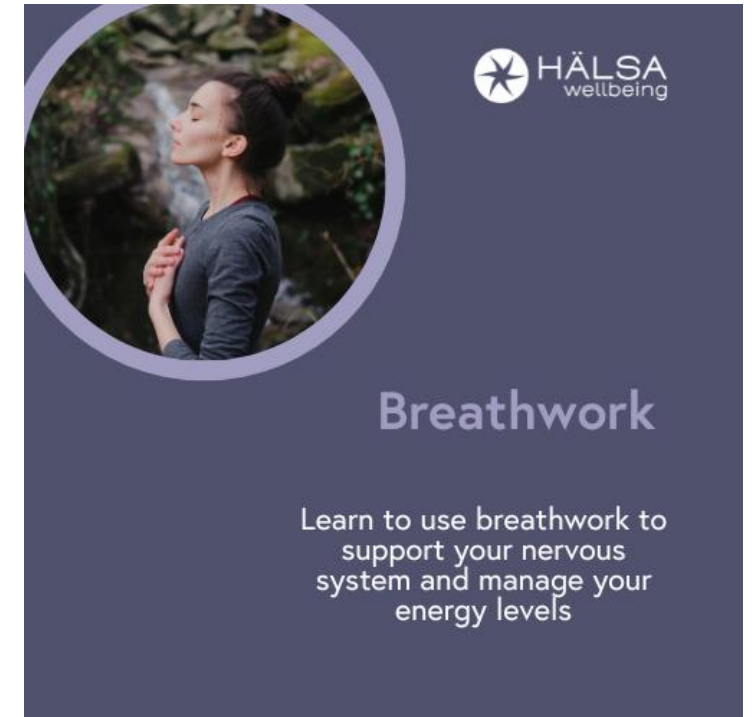
## Benefits of Breathwork

### Physical:

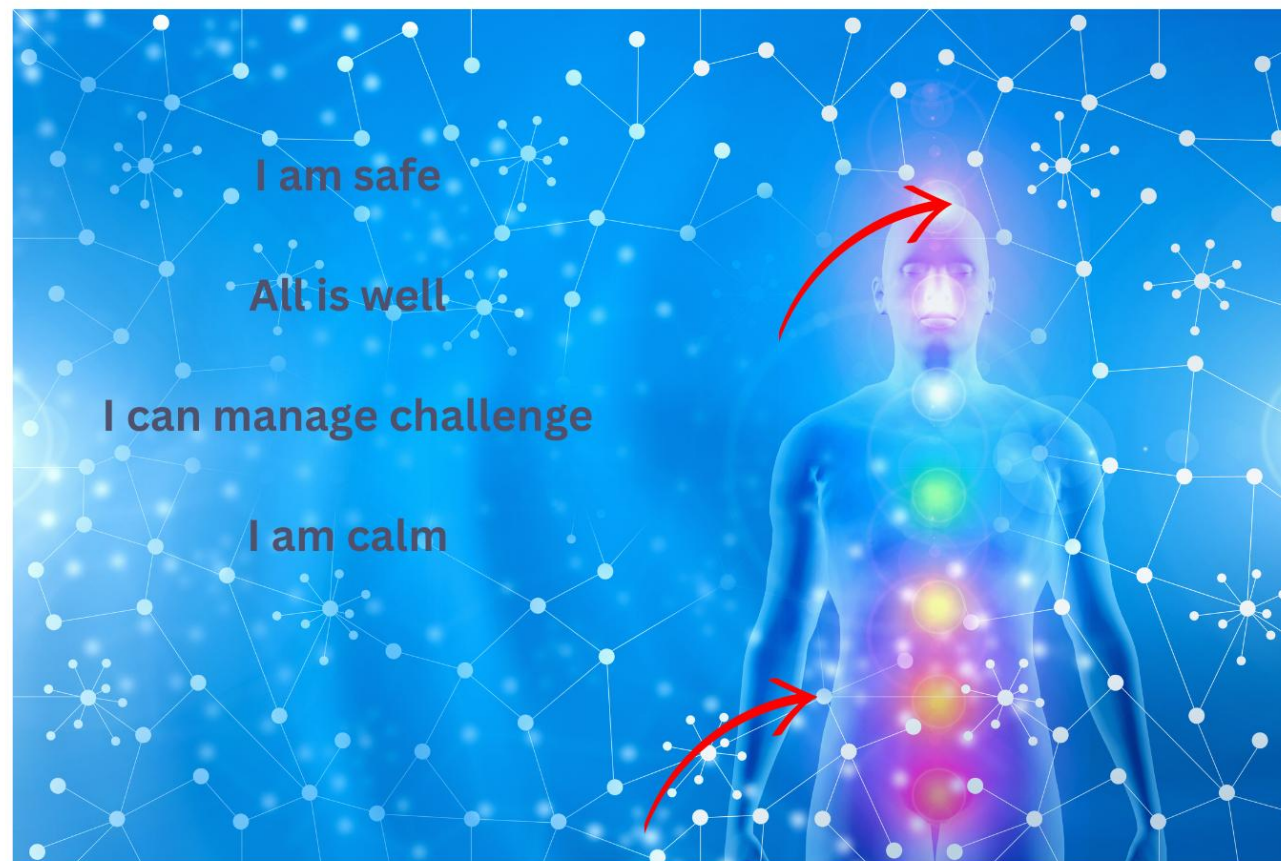
- ✓ Balanced blood pressure
- ✓ More time in deep, restorative sleep
- ✓ Reduction of PTSD and feelings of trauma
- ✓ Stronger respiratory function
- ✓ Better immune system
- ✓ Release of stress hormones from your body

### Emotional:

- ✓ Fewer feelings of depression and anxiety
- ✓ Better mental focus
- ✓ Decrease in addictive behaviours
- ✓ Allowing emotional scars to heal
- ✓ Better outlook on life
- ✓ Contentment and joy



## Breath Moving



# The Habit of a Breath

## The Butterfly

- ✓ Sit up straight
- ✓ Clasp your hands behind your head
- ✓ Inhale and reach your elbows out wide
- ✓ Exhale and bring your elbows back in together

***Imagine moving the wings of a butterfly as you slide your shoulder blades around your ribs to move your elbows***



# Adequate Movement: Self-Care In A Simple Stretch

## Tips for reducing muscle stiffness and fatigue

- Stand up and move every 20-30 mins
- Gentle stretching and mobilisations
- Keep well hydrated-when you are dehydrated muscles fibres become more dehydrated
- Look at how your desk and chair is set up-regular DSE assessment and following guidance for set up when home working
- Regular exercise



### *Be Body Aware:*

Think about your Postural muscles (which act as a corset or scaffolding to your trunk). Remember **fatigue can set in after 20-30 minutes of sitting** – you will then begin to slump, increasing the load on your spine and although this may be comfortable just be aware to move regularly to combat stiffness and potential discomfort

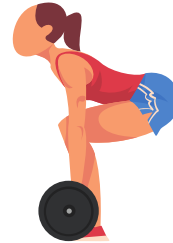
# Adequate Movement: Self-Care In A Simple Step



## Stretching

**Examples:** Yoga, Pilates

**Impact:** Aids relaxation, sleep, reduced anxiety



## Strength

**Examples:** Circuits, weightlifting

**Impact:** Increased confidence, reduced anxiety and depression



## Cardiovascular

**Examples:** Running, swimming, tennis, cycling

**Impact:** Reduced anxiety and depression, confidence

# Any Questions?



Feedback and question:  
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[info@halsawellbeing.com](mailto:info@halsawellbeing.com)

## Resources

[Self-kindness toolkit | British Red Cross](#)

[Self-help - NHS](#)

[Self-care and looking after yourself | Free guides, tips & activities - Priory](#)

### Reading List

- ✓ [The Power of Habit, why we do what we do and how to change.](#) Charles Duhigg, 2013
- ✓ [Atomic Habits.](#) James Clear, 2018
- ✓ [Spoon Fed.](#) Tim Spector, 2020

### Videos

- ✓ Video of gentle stretches: [Video Link](#)
- ✓ Video of Reflexology for MSK support: [Video Link](#)
- ✓ 5 Minute Desk Yoga [Video Link](#)