

7 self-care IDEAS FOR the workplace

1



connect WITH NATURE

Go outside during breaks and connect with nature to boost energy levels and mood.

INVEST IN YOUR posture

Utilize a standing desk or riser to fight afternoon fatigue and body aches.



2

3



BUILD A support SYSTEM

Spend time socializing with friends and family to achieve a healthy work-life balance.

spin IT OUT

Reduce anxiety and ease stress with a fidget toy to help you relax and focus.



4

5



meditation BREAK

Sit in a quiet area and meditate or listen to a mindfulness app to promote wellness.

HOST A happy hour

Plan a fun, relaxing event and encourage employees to bring their drink of choice.



6

7



LISTEN TO music

Listen to music to improve your mood, concentration, and mental performance.

Practicing self-care will help you stay healthy, happy, and resilient. Me-time shouldn't make you feel guilty or selfish, it should give energy to tackle your toughest challenge. A recent article published by The Harvard Business Review titled, [Reframe How You Think About Self-Care](#) states investing in your resilience is a high-priority business issue if you're leading a team. Follow us and stay connected with the Fierce Team!

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