

Safety Facts: Self-Care and Wellness*



Self-care and wellness are important for all employees, no matter what their job is.

Self-care is taking time out of the day to take care of your body, mind, and spirit. It can be as simple as taking a few minutes to stretch or meditate, or as involved as a full day of rest and relaxation.

Wellness is taking care of your physical and mental health, including getting enough sleep, eating healthy, exercising, and making time for hobbies and interests.

Why is it important?

When employees practice self-care and wellness, they are better able to cope with the demands of their job. Taking care of themselves helps employees stay focused and productive. They can think more clearly, make better decisions, and maintain a positive attitude. This can help increase morale in the workplace, which in turn leads to increased productivity.



Employees who practice self-care and wellness are also better equipped to handle stress. Stress can cause mental and physical health problems, so it's important to manage it in order to support a healthy work life balance. Self-care and wellness are important for all employees, as they can help them stay healthy and productive.

Employee self-care and wellness are essential for maintaining a healthy work-life balance and promoting physical, mental, and emotional wellbeing. Taking the time to prioritize self-care and wellness can help employees feel more productive, focused, and successful in the workplace. Additionally, promoting a culture of self-care and wellness in the workplace can help to reduce stress, improve morale, and foster a more positive environment.



Preventive next steps

Simple tips to promote self-care and wellness:

- Eat a balanced diet: Eating a balanced diet of fruits, vegetables, proteins, and whole grains to improve overall health
- Get enough sleep: Getting at least 7 hours of sleep each night ensures a healthy and rested start to the day
- Exercise regularly: Incorporate physical activity into your daily routine to stay healthy and motivated
- Manage stress: Take time to relax and manage stress levels through activities such as yoga or meditation
- Connect with others: Maintaining a strong social network can help to improve happiness and wellness
- Avoid unhealthy habits: Avoid smoking, drinking alcohol in excess, and taking drugs to maintain good health
- Take breaks: Take regular breaks during the day to help manage stress levels and stay focused



For additional resources visit:

Health and Wellness CCOHS website

Work-life balance: Make it your business CMHA website

Self-Care and Wellness Toolbox Talk

Name of Facilitator: _____ **Date:** _____

Supervisor Signature: _____ **Date:** _____

Employee feedback/questions/recommendations

Workers who attended

[illegible]

Key Talking Points (Facilitator Notes)