

Re←Connect

CARING FOR SELF

Presented by Mary-Louise Myers

To truly care for another, we must care for ourselves first.

SELF-CARE IN THE WORK PLACE

Work Stress is a major issue, with huge financial ramifications for employers, but what about the costs in health and quality of life to the individual employee, their family and friends, and the community at large?

The advent of emails and mobile phones has turned work into a 24x7 experience for many, and thus it seems there is never a respite from the constant stress.

No matter what your job, given that your health and wellbeing are at risk, it's time to consider the impact of workplace stress. A great starting place can be to simply evaluate if there is an undue amount of stress in your own work day, and from there you can decide on the next steps. Many might say "stress is just part of the job", but given the costs to both the individual and companies, it is worth taking a few minutes to take stock with these questions:

- Do you put others' needs before your own, at your expense?
- Do you feel exhausted by the end of the day, or before your day even begins?
- Do you take on the emotional and energetic issues of your clients/colleagues?
- Do you feel stressed, anxious, overwhelmed or have physical discomfort?
- Do you skip lunch or eat lunch at your desk because there is too much to be done?
- Do you start early and finish late simply because there is so much to do?
- Are you constantly working outside work hours, for example doing emails or taking phone calls?
- Do you need constant coffee, tea or sugar snacks to have enough energy to work?
- Do you have a to do list which you feel needs to be ticked off by the end of the day?
- Do you have difficulty sleeping at night?

The responses to the questions above, when presented to a group of people from many different walks of life – nurses, shop assistants, administrative workers, builders and cleaners – was that we have all had the same experiences . . . it didn't matter how 'high up the corporate ladder', or what the role was, or even what the industry. People from all walks of life were consistently working in a way that was detrimental to their bodies – and thinking that was the only choice they had.

Let's look at stress from another angle: is the stress you have caused by the job you do, or is it as a result of how you respond, react and see yourself in that job?

Each role brings its own time pressures and demands. Is what you think of as being 'dedicated to your job' actually putting yourself second, in detriment to yourself, and hence your work? Is this approach to work creating constant stress, and in fact putting you on a pathway to burnout?

RE-CONNECT ~ CARING FOR SUPPORT STAFF ~ CARING FOR CARERS ~ CARING FOR SELF

Mary-Louise Myers - ml@mary-louise.net - T: 0419 106 702 – ABN: 44 837 590 583
15 Blue Hills Avenue, Goonellabah NSW 2480

Re←Connect

CARING FOR SELF

The fact is we could probably see potential stress in every job there is. So this begs the question: **is it possible that the stress we live with is not about the job we have, but how we respond to the day-to-day needs of the job?**

If there are two different people doing the same job, why is it that one can feel stressed, but the other not? **This simple but irrefutable fact provides an important insight on how to deal with stress, and provides a clue that there is a way of living and working without stress being the norm.**

This is where self-care comes in. By adopting self-care as part of how you live and work, you can start to address workplace related stress. You can discover how it is possible to care for yourself in the workplace, and also how to choose to respond (rather than react) to what is going on around you.

Small but empowering self-care choices made on a regular basis can make a huge difference in reducing the ongoing workplace stress that many deal with daily.

Enter Self-Care, a way of living that puts the care of your-self at the centre of all that you do each day. Self-care makes no claims of overnight transformations but is instead an ongoing process that pays full attention to the quality in which you are living. Through choosing to make even small changes in your life, you develop your own version of self-care and you will build a new, natural way of being that turns your past way of living on its head.

Self-care has a profound effect on the quality of your life. Although it includes exercise, eating well, getting a good night's sleep, as well as the way you relate to your-self and others, to leave it there is only telling a tiny part of the story.

Self-care is about being connected with you while you do all you do. In every moment you have an opportunity to self-care.

This workshop will provide

- an opportunity to explore what is going on within you and in your workplace that leads you to feeling stressed, anxious, overwhelmed and uninspired.
- Examples, techniques and simple tools of how self-care can be practically introduced into daily life, at work and in the home and how to not take on your clients/colleagues issues.
- A presentation on how: through connecting and listening to our bodies that we have the answers; and how this begins to rebuild a relationship with our self that can support us to know exactly what it is that we need to self-care.
- Techniques and tools on how to re-connect with our bodies.

This will be an interactive workshop facilitated by Mary-Louise Myers and will include presentations as well as group discussions.

RE-CONNECT ~ CARING FOR SUPPORT STAFF ~ CARING FOR CARERS ~ CARING FOR SELF

Mary-Louise Myers - ml@mary-louise.net - T: 0419 106 702 – ABN: 44 837 590 583
15 Blue Hills Avenue, Goonellabah NSW 2480