



Top 20 Additional Workplace Self-Care Ideas

(To apply as they resonate with you):

- 1) **Have a daily ritual you look forward to** - something that makes you happy.
- 2) **Create a pleasing office space** - with art and colors that evoke the qualities you want to embrace at work and keep the space clean and beautiful
- 3) **Make your seating comfortable** and, if possible, get a **convertible standing desk**
- 4) **Get up and move regularly throughout the day** - even if for 5-10 minutes
- 5) **Schedule your breaks and lunch** - put them on your calendar or put alerts on your phone or computer to remind you.
- 6) **Give your eyes a rest** - and take breaks away from your phone and computer
- 7) **Drink water regularly throughout the day** - bring a water bottle to work
- 8) **Add some plants to liven up the space**
- 9) **Bring healthy snacks that you like**
- 10) **Wear clothes & colors that bring you joy**
- 11) **Take a daily coffee or tea break** - have a coffee or tea set up in your office - with a favorite mug - to create a daily ritual or walk to a nearby shop you love
- 12) **Put positive affirmations, words, or quotes that help boost your mood at your desk**
- 13) **Make a playlist that motivates or relaxes you** - listen to it on your headphones at work, if permitted, and/or as you drive home from work
- 14) **Reframe the "Lunch" Hour** - think of spending this part of the day doing things that will restore your energy; perhaps you spend part of the time nourishing you self with food and the other part doing something else that will rejuvenate you like walking, meditating, spending time in nature, or checking out the local art gallery, etc.
- 15) **Request What You Need to Be Healthy and Happy at Work**
- 16) **Start a happiness file or feel good folder to lift your mood**
- 17) **Take three deep breaths** - at least once a day to free stress, tension and worry
- 18) **Acknowledge & celebrate your accomplishments**
- 19) **Pick a peer at work to help support your self-care plan and implement designated strategies together**
- 20) **Share workplace strategies with peers** - have a visible list of workplace self-care ideas that everyone can see and contribute to