Diversity & Inclusion During the Holidays

‘Tis the Season: How to Survive the Holidays

The holiday season can bring out a wide array of emotions including both joy and stress. Learn healthy coping skills to help you take on the holiday season.

To watch this webinar, visit www.supportlinc.com.

Locate the What’s on Your Mind? search bar and enter ‘holiday stress’. Click on the Training tab.

The Holiday Toolkit

This easy-to-navigate resource offers you guidance and tools to make the most of the season.

To find this toolkit, visit www.supportlinc.com.

Locate the What’s on Your Mind? search bar and enter ‘toolkit’. Click on the Toolkit tab to access.

Ways to Weave Self-Care into Your Workday

As a company leader, it’s can be easier to focus on your staff’s wellbeing than practice self-care. However, staying attuned your needs helps you be your most constructive, effective and authentic self. Consider these simple tips:

1. Disregard Your Inner Critic

Perfectionism or the weight of accountability can be the enemy of productivity. Ask, “What would I say to a colleague right now?” and then offer yourself that same encouragement and reassurance.

2. Value Your Own Time

Each morning, write down the three most important tasks to accomplish that day. Then, as others request your time and attention throughout the day, consider the impact on your priorities and only say yes accordingly.

3. Pat Yourself on the Back

Don’t move on to your next project without acknowledging completion of the current one. Take a moment to enjoy the sense of satisfaction. Alongside your To Do’s, keep a list of accomplishments and review it often for motivation.

4. Surround Yourself with Good People

Maintaining healthy and supportive relationships is an important aspect of self-care. Focus on relationships with individuals who encourage you – whether it is inside or outside of the workplace.

5. Let Your Workspace Inspire You

Your desk area should feel like a reflection of your best self. Display photos, artwork or quotes that provide reminders of what matters to you. If you are struggling with clarity, take a moment to tidy your workspace.

6. Regularly Recharge

Treat your wellbeing like your laptop and don’t let your battery reach 0%. Calendar time for quick breaks. Stepping away from your work for even a few minutes will help you refresh and make it easier to take on the rest of your day.

Source: https://hbr.org/2017/06/6-ways-to-weave-self-care-into-your-workdaywww.wellbeing.place