

5 tips for prioritising self-care and healthy habits



Helping you feel and perform at your best



Content reviewed in January 2025
By Health Shield's Wellbeing Team

August marks National Wellness Month. Whether you're looking to improve your personal wellbeing or support your team, this month offers the ideal opportunity to take meaningful steps toward a healthier, happier lifestyle.

Wellness goes beyond physical health. It's a holistic approach that nurtures your mind, body and soul, helping you feel and perform at your best.

A workplace that prioritises wellness can lead to happier, more engaged employees. Higher morale, improved productivity and better retention are just a few benefits that a wellness-focused culture could help to achieve.

Here's how you can embrace National Wellness Month with 5 tips to make lasting changes that benefit both individuals and workplaces.

1 Make self-care a priority

- Set boundaries to carve out time for activities that bring you joy, such as reading, meditating or going for a walk
- Take regular breaks and use annual leave to rest and recharge
- Create a self-care routine that works for your schedule, no matter how busy life gets

2 Reduce stress with simple strategies

- Practice mindfulness through deep breathing exercises, guided meditations, or apps designed to reduce stress like Calm¹
- Incorporate stress-relief activities into your day, like a quick yoga session, a short walk, or journaling
- Organise group activities in the workplace to encourage relaxation and create team connections

¹ [Calm](#)

3 Build healthier habits that stick

- Start small. For example, drink more water, add a daily walk to your routine, or include more fruits and vegetables in your diet
- Join or organise workplace wellness challenges, such as step-count competitions or hydration goals, to encourage team participation
- Track your progress and celebrate small wins to stay motivated and build momentum

4 Promote workplace wellness initiatives

- Appoint wellness champions within your organisation to lead and promote initiatives
- Organise events or share resources aligned with health awareness days to inspire participation
- Foster open conversations about mental health and create a supportive environment for employees to share their challenges

5 Reflect, reset and recharge

- Schedule personal check-ins to reflect on your progress and identify areas for improvement
- Set realistic, actionable wellness goals for the remainder of the year
- Take advantage of professional development opportunities or workshops to boost your skills and wellbeing simultaneously

National Wellness Month is a valuable reminder to prioritise self-care, manage stress and embrace healthier habits. These practices don't have to end in August. By integrating wellness into your daily routine and workplace culture, you can create a sustainable foundation for long-term health and happiness.

Whether you're making small changes in your personal life or championing wellness initiatives at work, every step matters. Start today and build a healthier, more balanced future for yourself and those around you.

Extra benefits, extra care

Help your people discover and make the most of the additional benefits in their health cash plan.

Find out more

Health Shield Friendly Society Limited
Electra Way
Crewe Business Park
Crewe
Cheshire
CW1 6HS

Tel: 01270 588555

Got a question about your cash plan?
[Check out our FAQs](#)

 [health-shield-friendly-society-ltd](#)