

# The importance of self-care and how to incorporate it into your life



# Why self-care matters for a healthier, happier you



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

**Self-care is the conscious act of prioritising one's physical, mental and emotional wellbeing. It's about recognising individual needs and making time for you.**

Often people get so caught up in the demands of work, family, and daily life that putting themselves first feels like an after thought—or even a luxury.

But here's a key takeaway: you can't pour from an empty cup. Without making space to recharge, employees risk burnout, stress and even losing touch with what brings them joy.

Self-care is essential. When employees prioritise their wellbeing, they're often healthier, happier and more productive. Encouraging self-care at work not only benefits individuals but also builds a positive, thriving workplace.

It's important to remember that self-care looks different for everyone. Some may find joy in taking a midday coffee break, while others recharge by spending time outdoors or listening to a favorite song. Whatever self-care looks like for each employee, the goal is to encourage habits that bring joy and integrate them into daily routines - even during the workday.

## How can your team practice self-care?

Small, consistent actions can make a big difference:

- 1 Stay hydrated**  
Keep water bottles handy at desks and set hourly reminders to drink water.
- 2 Take movement breaks**  
Use timers as a gentle nudge to stand, stretch or take a quick lap around the office.

### 3 Be active

Introduce simple activities, such as walking during lunch breaks or encouraging regular exercise. Physical activity is a proven way to boost mood.

### 4 Be social

Schedule team lunches or plan 15-minute virtual coffee chats with colleagues or friends. Taking time to connect with others creates a supportive work environment.

### 5 Eat good food

Swapping sugary snacks for options like nuts, fruit or yogurt can fuel the body and leave individuals feeling energised to take on the day.

### 6 Do something personal

Encourage employees to do something for themselves, whether that's reading a book, enjoying a pamper session, just sitting down having a cuppa or ticking off a task from their personal to-do list. This small step can declutter their minds and help prioritise moments of joy in their lives.

#### **Empowering success through self-care and support**

When employees are encouraged to integrate self-care into their lives, the benefits ripple outward. Teams become more energised, focused and patient when handling challenges. Beyond this, individuals are better equipped to be present for loved ones and feel more confident in achieving their professional goals.

By creating an atmosphere where self-care is valued, workplaces can evolve into spaces where employees feel supported, appreciated and empowered to thrive.

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