

HEALTH & WELLNESS

How to take care of yourself?

"In the Care sector we look after everyone but often not our own..."

One of the things we have done in our own Care business is, we run empowerment programs where we empower our team to take charge of their own lives, we teach them that everyone is a leader and they need to take care of themselves."

- Avnish and Anita Goyal,
Hallmark Care Homes



70%

of business professionals admit they go to work when they feel sick because they're stressed, overloaded with work, and/or fearful of falling behind.

Quartz, 2019

How to prevent **BURNOUT**

1

Perform A Job Analysis

Clarify what's expected of you, and what isn't by identifying what's truly important in your role.

Work with Purpose

Look at the deeper impact of what you do every day and how it makes life better for other people.

2

3

Take Control

Find ways to create more autonomy in your role. Create to-do lists or action programs.

Exercise Regularly

Go for mini workouts and short walks either outside or within the building.

4

5

Learn to Manage Stress

Practicing deep breathing, meditation, and other relaxation techniques to help you calm down.

Eat Healthy Nibbles

A healthy diet can be a natural antidepressant. Work-related stress can significantly impact food choices during the workday.

6

How can a company promote a healthy lifestyle, both physically and emotionally without sacrificing employee productivity?

"Work-life balance is our biggest challenge because we are a high growth company full of ambitious people... We almost have to save them from themselves. It is critical to us that the team contributes as much as they can but they do it in a way that is sustainable and personally rewarding for them. The result of this is that we wrap a lot of care around our employees."

- Simon La Fosse
Founder & Chairman, La Fosse
Associates

