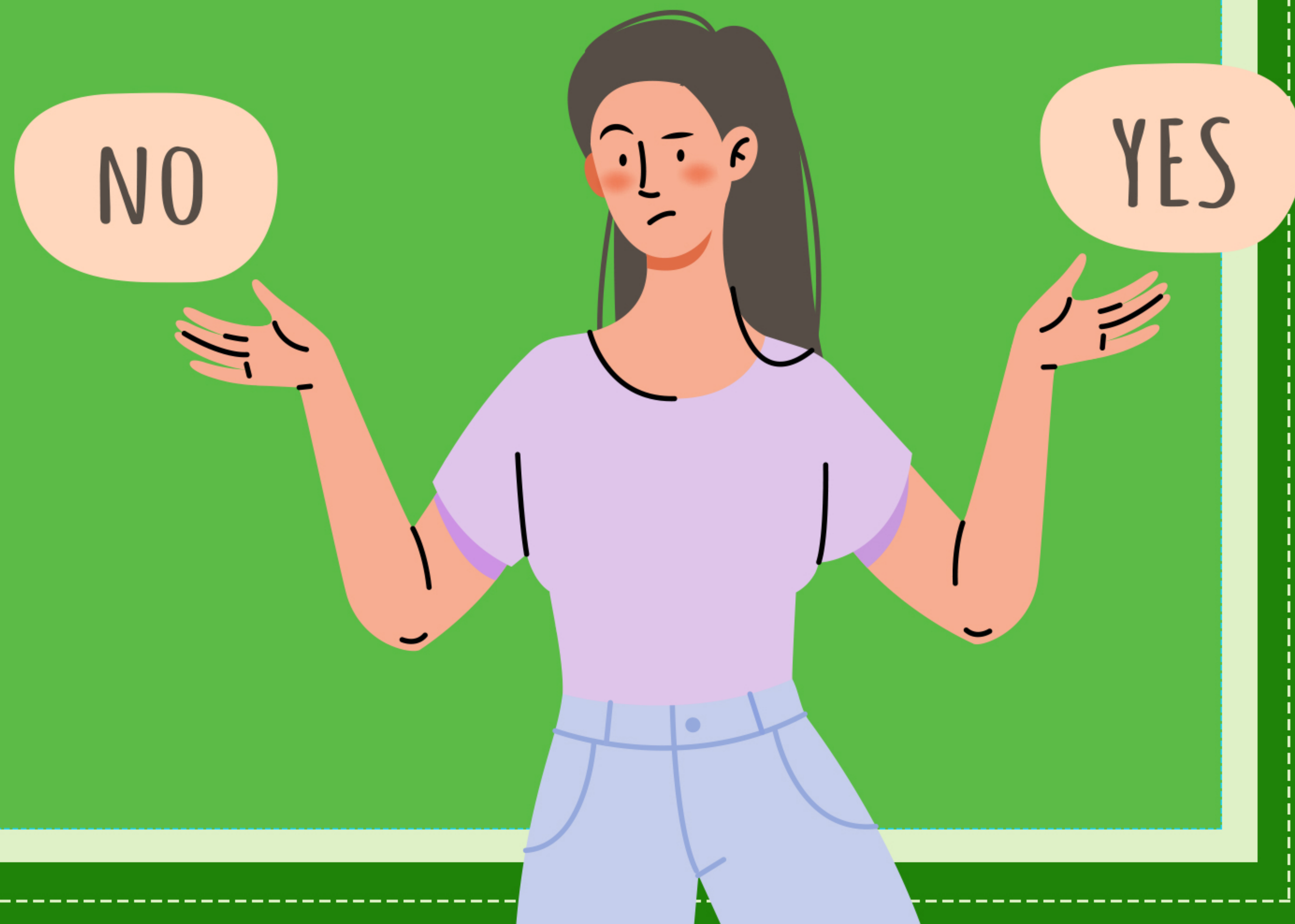


How to take care of yourself while taking care of others



Set emotional boundaries

Don't get pulled into everyone's emotions. Be compassionate, offer help without draining your emotional energy. Set personal boundaries to avoid being sucked into everyone's helplessness.



Take care of your health

Eat well, exercise, get enough sleep and stay in good mental and physical health. Make self-care a priority and ensure you take time to do the things that help you relax and unwind.



Have a support system

Being able to communicate and share concerns with others helps alleviate stress. Reach out and connect with friends, family or join a support group to get help when needed.



Estimate your responsibilities

Set a time limit for tasks and break it down to understand your workload. Knowing what needs to be done will help delegate and share the load.



Don't push yourself to do more

Avoid burnout. If something new comes up, evaluate the situation, and see if you can delegate. Get proper rest and nutrition and attend to your own healthcare needs first.



Prioritise your needs

Don't lose sight of yourself and your needs. Schedule some me-time; indulge in activities that nurture your mind and body.



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