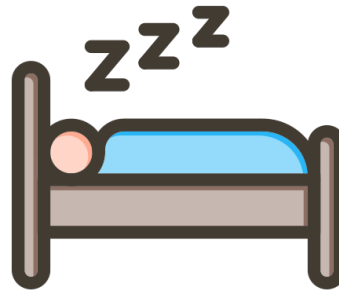


## SAFETY MOMENT

### January 2025 – Self-care and Fatigue Management



#### What is Self-care?

Going into the new year, it is important to consider how self-care can impact us both in and out of the workplace. Self-care encompasses all the activities and behaviours that we do to stay physically and mentally healthy. This includes things like diet, exercise, sleep length and quality, and other factors such as stress levels. It is important to practice self-care because being mentally and physically healthy can increase your quality of life and productivity both in and out of work.

**Personal Hygiene – Practicing good dental and personal hygiene is an area of self-care that is often overlooked but plays an important role in preventing sickness and disease.**

#### Why Should You Practice Self-care and Fatigue Management?

- **Career and Productivity** – Being well rested puts you in a better position to progress your career and be more productive at work.
- **Safety and Responsibility** – Being physically or mentally fatigued can increase clumsiness and increase the likelihood of taking risky shortcuts at work. This can increase the chance of property damage, near misses, and injuries to yourself and others at work.
- **More to Give** – when you are mentally and physically healthy, you have more energy for friends, family and non-work activities and hobbies.

#### Practical tips to improving self-care?

While it may be tempting to “go all out” when improving your self-care and drastically changing your lifestyle, this is often unsustainable. Slowly building and maintaining healthy habits will likely be more sustainable in the long term. Habits should be built one at a time to avoid burnout. Some habits to consider building include:

- Setting a bedtime for yourself that allows you to get 7+ hours of sleep
- Cooking meals at home rather than eating fast food
- Reducing stress through things like evening walks or a creative outlet like painting
- Exercising daily in a way that you enjoy. E.g. swimming, walking, or sports
- Spending time outdoors
- Reducing screen-time, especially 1 hour before you sleep