

Promoting Work Life Balance - Relaxation Tips & Techniques

Our human bodies are designed to move; we feel better when we exercise and it is easier to sleep when our physical body is tired. Consider taking the stairs at work instead of using the elevator or buying a small trampoline and spending a few minutes on it each day.

Consider spending more time outdoors during daylight hours e.g. walking in a beautiful park, playing golf or walking along the seafront. It is easier to feel joyful when you are in a beautiful place of nature.



Taking a hot shower or a long soak in the bath can be a great way to wind down and relax after a long day at the office. Perhaps you could make a conscious choice to pamper yourself and go to bed earlier once a week.

If you are not sleeping well, consider listening to a relaxing piece of music or to a guided meditation. Either can gently guide you to relax deeper and further into sleep. Also consider what is physically present in your bedroom, if there is clutter consider removing it to create a calm clutter free space.

What we eat impacts our energy levels and our wellbeing. Consider how you feel after eating i.e. are you eating enough protein? Do you feel nourished by the food you eat? Do you experience sugar highs and lows?

If you find it difficult to switch off from work; review how you start and end your day. What can you do differently? Writing a to-do list at the end of each day can help create a boundary between your work and home life. Lists help us to put order on our thoughts. Maybe you can agree with your partner or roommate to not talk about work after a certain time in the evening.

Most of us are familiar with the concept of detoxing our physical bodies but how about a detox for our mental body? As you begin to become more consciously aware of your thoughts and recognise that every thought you think is a choice, over time you can change how you feel by controlling your thoughts.

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