



JULY 2024

WE ARE COMMITTED TO MAKING BRIO LIVING SERVICES A SAFE, WELCOMING PLACE FOR ALL TO LIVE AND WORK.

## EMBRACE NATIONAL SELF CARE DAY Celebrated on July 24



### Self-care and its impact on the workplace

The body of research on self-care has expanded considerably, demonstrating that, when individuals prioritize their well-being, it positively influences performance, productivity, and overall satisfaction at work.

#### Below are some positive impacts on workplace culture

##### Enhanced Mental Health

Self-care practices have a profound impact on mental health by fostering mindfulness, enhancing focus, and reducing distractions. Consequently, they play a crucial role in reducing burnout, anxiety, and depression.

##### Increased Engagement and Morale

When companies encourage self-care resources, and policies that support it, team members feel valued and supported. This contributes to a positive work culture, while boosting morale and team member engagement.

##### Improved Relationships

When you take care of yourself, that positively impacts your relationships with others in your personal life and in your workplace.

## SELF CARE

*Bingo*

Complete ALL activities to get BINGO this week!

Meditate	Take a Relaxing Bath	Go For a Walk	Drink 8 Glasses of Water
Listen to Your Favorite Music	Do Some Yoga	Declutter Your Bedroom	Write 5 Things You're Grateful For
Take a Relaxing Shower	Morning Exercise	Set Your Goals	Read a Book
Have a Pamper Day	Write in Your Journal	Digital Detox Day	Get At Least 8 Hours of Sleep
Light Your Favorite Scented Candle	Treat Yourself	Take a Power Nap	Answer Self Care Prompts



DIVERSITY EQUITY AND INCLUSION

at



**Brio**  
LIVING SERVICES

*We All Belong*

## July Celebrations

4<sup>th</sup> Independence Day  
7<sup>th</sup> - 8<sup>th</sup> Hijri New Year  
14<sup>th</sup> International Non-Binary Peoples Day  
18<sup>th</sup> Nelson Mandela International Day  
24<sup>th</sup> National Self Care Day  
26<sup>th</sup> National Disability Independence Day



## Exploring the Six Types of Self Care

### PHYSICAL

#### taking care of your body

Being active  
Getting 7 - 8 hours of sleep  
Making good food choices  
Wellness & preventative visits

### PSYCHOLOGICAL

#### stimulate your mind

Reading  
Learning new skills  
Engage in creative pursuits  
Problem-solving activities

### PROFESSIONAL

#### healthy work-life balance

Professional development  
Setting boundaries at work  
Seeking support on work-related challenge

### EMOTIONAL

#### manage emotions effectively

Journaling  
Hobbies that bring you joy  
Therapy  
Mindfulness

### SPIRITUAL

#### meaning and purpose

Nurturing your spirit  
Participate in spiritual practices  
Meditation  
Connecting with nature

### SOCIAL

#### nurturing healthy relationships

Time with friends and family  
Setting boundaries in relationships  
Participating in social activities  
Connections that are supportive & fulfilling

Each type of self-care contributes uniquely to improved relationships and better mental health by addressing different aspects of well-being, from physical health and emotional resilience to social connections, cognitive stimulation, and spiritual fulfillment. Incorporating these into our daily routine boosts our overall health and happiness.



**Most people are distracted 47% of the time.**

However, we can train our brains to shift the balance toward awareness. The first step is to notice, "where is my mind right now?" You can do this by taking time in your day to meditate. Training your mind to be more resilient in the face of challenges is done by learning and strengthening well-being skills, such as meditation. Meditation helps to bring peace to our busy minds. It's a tool to help be more aware and present by connecting with the mind and body.

## Apps that focus on well-being



**Healthy Minds** Offers a guided path to well-being, grounded in neuroscience. It is a combination of podcast-style lessons and both seated and active meditations to help you develop skills. Tap into these learnings for a healthier, happier you.



**Insight Timer** Features diverse portfolio of options including guided and freeform meditation, soothing music playlist, live workshops, expert talks, courses from its catalog of experienced teachers, and niche categories "For Parents." Free version available or monthly/yearly subscriptions.