

Exercising for Wellbeing

by Derval O'Rourke

We all know that exercise is good for our body; keeping our weight down and helping us live longer. But the benefits to our mind should never be underestimated. For me it's about body and mind.

The cultural shift that has happened over the past two years has only highlighted this more. As everyone took to the kitchen table or spare bedroom to work from home, it became even more apparent that we need exercise to sustain our wellbeing. In the last two years, people have reported moving much less and also have noticed some weight gain.

As we move forward and take a hybrid approach to work i.e. a mix of office and working from home, businesses are recognising the importance of making sure their employees are agile and resilient. Wellbeing is firmly on the agenda for everyone.

What is wellbeing and why is it important?

The World Health Organization states that health and wellbeing is "A state of complete physical, mental and social wellbeing and not just the absence of disease or infirmity"

We spend 80% of our waking workdays with our colleagues, with this consideration it's important that we feel well as individuals and as a collective for society to function well.

With more people working from home, it is paramount that they do not begin to feel disconnected or forgotten. Whether that is you working from home or your colleagues, the below tips might be helpful.

Working from home and wellbeing

- Use the time you are saving commuting to invest in healthy lifestyle activities
- If you or someone else is new to a

company, reach out and make the effort to connect.

- Keep connected in whatever way you can even if you are primarily WFH, pick up the phone instead of sending some of those emails
- Employees who have a balanced experience of work, activity and community are more likely to thrive with a company and within their work life
- Creating connections with people in other departments that you would not otherwise make is a great way to network and meet new people
- Have a dedicated workspace and worktime, it is so easy for all the boundaries to blur and be dealing with work at night.
- Take your breaks, it's tempting when you are working from home not to stop for lunch or a cup of tea but it's so important to take these breaks
- It's always a good idea to get dressed! Maybe not to the standard you would if going to the office but certainly if you were going for a coffee.

Five top tips for Wellbeing:

1. Get fresh air every day.

Whether it's an hour long walk or 15 minutes, it is the quality not the quantity. Spend that time just being in the moment. When your mind wanders thinking about your to-do list at home or what you need to do at work tomorrow, bring yourself back to what's going on around you. Notice the weather, the smells in the air, wildlife, what season the foliage is in. I know it's a simple concept but aiming for a number of steps each day is hugely beneficial to your overall health as a healthy habit.



2. Shut down.

Our brains are like computers. They need reboots, software updates and when we don't do this, they can crash! Practicing mindfulness is a great way to learn to shut down your brain. A good one to start with is your morning routine. When you're making your tea or coffee, practice just being in that moment. Be present, be aware and just be. As you do this more often, you can apply it to everyday life.

When you are at work, you are there, present in that meeting or that task. Remember it's not realistic to approach life expecting no stress but learning to ride the waves and cope through stressful periods is hugely important.

3. Sleep

This is arguably the most important tool to improving your wellbeing! Getting between 7-9 hours of sleep per night can be the best way to supercharge your life. This may not always be possible due to young families, or extensive travel. So, it is important that when it is possible, you take advantage of it! Make your bedroom a screen free zone.

This will help to avoid that endless night-time scrolling. Try to keep your bedroom a tidy and stress-free area that promotes restful sleep. Think about the routines we give small children to help them develop good sleep habits and lean into those principles.



4. Meditation.

I often hear people say, "I don't have time to meditate for an hour a day". Well, the good news is, you don't need to meditate for an hour a day! Meditating is all about the state of mind. A great one to start with is the count of four.

This can be done anywhere, the car, your desk, before bed. Sit up straight and for a count of four, take a deep breath in through the nose, hold this breath for a count of four, now release through the mouth for a count of four. Repeat four times. It's that simple, but it can really change your mood in that moment.

5. Exercise.

30 minutes of a workout where you break a sweat is great for your physical health, but also for your mental health. When we exercise, we release endorphins in the body, and it is a great way to increase our mood naturally. Start off twice a week and increase to 3-4 times a week if it's manageable. If possible, buddy up with a friend for exercise, this increases your chances of sticking with it and also ticks the box of feeling connected to others.

There will never be a perfect time to address your wellbeing, you will always be busy, and life will always find ways to distract you but the payback for you is so important.

You are your most valuable asset. You deserve to feel well and live a long healthy life. Think of the simple ways you can start to improve your wellbeing from today onwards.

We spend so much time on major work projects and on others that we need to carve out some of that energy for ourselves.



Derval O'Rourke

Derval O'Rourke is perhaps most widely known as an Irish former sprint hurdles athlete and coach on RTE show Ireland's Fittest Family. Derval is also a successful female entrepreneur and founder of Derval.ie, an online health and wellness platform.

Our greatest weakness lies in giving up.
The most certain way to succeed is always
to try just one more time.



Remote Collaborations with Expertise and Skills, Go Global

Bookkeeping and Accounting for VAT

Payroll Processing

Year End Accounts Preparation

Monthly Management Accounts

Tax Returns Processing

Audit Outsourcing

Outsourced IT Functions

Company Secretarial Functions

GET IN TOUCH FOR A TRIAL

✉ info@axonoutsourcing.ie

☎ 01 5563639 0899727406

www.axonoutsourcing.ie

