

# HEALTHY BODY = HEALTHY MIND

## ***Some tips for workaholics to make sure they don't go overboard and burn out***

In today's world it is continuously important to be hard working and show you can be the best. If you put all your efforts into your job your career will undoubtedly blossom. However, on the reverse side this means that we eat sleep and drink work. Constantly pushing yourself can not always be a good thing and can often lead to the opposite of what you are trying to achieve in your career. If this sounds like you, the chances are you're probably a workaholic and being a workaholic isn't healthy, here is some tips on how to keep a healthy mind at work.

### **1. Sleep**

Sleep is probably one of the main things you need to do in everyday life to stay healthy and ensure that you are on top of your game when you are in work. If you're a workaholic the best thing to do is ensure that you get enough sleep and rest when you are not at work, This way your body has chance to renew itself , making you less cranky in the morning and throughout the day around other colleagues. Lack of enough quality sleep can also cause concentration issues throughout the day.

### **2. Make some "me" time for an hour or two of the day**

It's always beneficial to have time to yourself. We advise it as a way to press the pause button to help you reflect on the day's activities and again recharge your batteries. Try to choose something that you enjoy, not something that is another chore like the cleaning or washing up. (unless you enjoy that!) You don't have to spend money on "me" time. Think about reading a book, taking a walk, having a brew with an old friend. Me time is time to relax and unwind to take stress off work.

### **3. Get some fresh air**

Taking 5 or 10 minutes out of your working day to get some fresh air, helps to clear your head. The fresh air is good for your mind and can make your thoughts more active, plus the exercise can be good for your body which can also make you feel refreshed. Note – taking a 10 minute fresh air break does not mean going for an unhealthy cigarette – that goes against the grain of what we are trying to suggest here!

### **4. Book a vacation**

Booking a vacation can be a hard thing when you're a workaholic as it's never a good time to leave the desk in some else's hands and often for workaholics leaves you worrying about what you have to do when you get back. However, if you plan properly the most important tasks to be completed before you go and the first tasks to be jumped onto when you arrive back – your body and mind will be fresh and ready to jump back in the saddle. If you don't take regular vacations, you will just burn out and more than likely end up ill and more susceptible to colds and flu.

### **5. Eat a little healthier**

Eating healthy can be good for the body, all the nutrients in each piece of healthy food can be the little boost needed to keep the body flowing smoothly throughout the day. Top energy boosting healthy foods we suggest for workaholics that tend to grab and eat the wrong things are: Nuts, seeds, fruit. Another big tip is to always ensure you have a good breakfast at the start of the day to keep your brain moving to well after lunch time if needed.

