# **Self- Care at your Desk**

## **Aromatherapy**

-Essential oils

### For Stress and Anxiety Reduction:

* Lavender
* Rose
* Vetiver
* Ylang Ylang
* Bergamot
* Chamomile
* Frankincense

### Energizing:

* Lavender
* Jasmine
* Rosemary
* Cinnamon
* Peppermint
* Lemon

## **Music**

Music has been found to:

* Increase happiness
* Decrease stress
* Increase overall health
* Reduce depression
* Elevate mood
* Increase verbal intelligence
* Raise IQ
* Increase performance

So, turn that music up and let the bass bump!!

Remote workers have the advantage here for a couple of reasons:

#1 Your supervisor can’t tell you no music (unless you are doing home-based customer service or cold calling but come on be reasonable people).

#2 You don’t have to worry about annoying co-workers.

#3 You can play whatever music you want, foul language and all!

## **Movement**

***Breath:***The subtlest of movements. Breath is also the most vital movement that happens in the body. When we cease to breath we cease to live. We often take breath for granted, but when we breath consciously amazing things happen. Breath helps:

* Increase energy
* Reduce stress
* Improve digestion
* Improve awareness
* Improve relationships

***Stretching:*** The best stretching is passive, creates spaciousness, and counteracts the effects of gravity on the body. Stretching has powerful health benefits:

* Encourages an optimistic outlook
* Improves posture
* Increases flexibility
* Increases stamina
* Reduces risk of injury
* Improves energy levels
* Promotes good circulation

Remote workers have the advantage here for a couple of reasons:

#1 Conscious breathing can look and sound weird, but when you are working remotely you can always get privacy when you want some!

#2 Stretching can look weird and can require more space than some traditional workspaces may allow. When you work remotely you can easily access privacy and space when you needed.

## **Self-Talk**

However, it was really exciting to see the benefits of self-talk laid out in laymen’s terms, so I will pass them along to you here:

* Your brain will work better and more efficiently
* Your thoughts will be more organized
* You will be better able to achieve your goals
* You will relieve stress
* You will cultivate more self-reliance

Remote workers hands down have the advantage when it comes to this form of self-care! I know and now you know that self-talk is where it’s at, but people will still sometimes think you are crazy, so privacy for this practice is definitely a huge plus!

Apps for Self-Care

<https://self-care.remote.tools/>