

Leadership Bites:

Physical Wellbeing

LEADERSHIP LEARNING IN 20 MINUTES



Leadership Academy

South East

Physical Activity:

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life

Try:

- Instead of the gym, can you do an online workout? Could you 'commute' to work?
- Get up and move about. Try stretching exercises in between your calls and meetings.
- Do something physical with other members of your household? Walking, cycling, dog walk?
- Practice Chair Yoga from the videos on the Intranet when you need a stretch, or when you just need to refocus

Nutrition:

A well-balanced diet provides all of the energy you need to keep active throughout the day, and the nutrients for

growth and repair, helping you to stay strong and healthy

Try:

- Keep to a fresh balanced diet where you can – fruit and veg, carbs, protein, dairy
- If you're at home with kids, find a nutritious recipe and make it as part of their food tech lesson together
- Have healthy snacks available for everyone and encourage 'break time' where you all eat something nutritious

Physical Energy and Wellbeing

Reset:

Rest and recovery are fundamental to our wellbeing, so be mindful of your balance of work and rest when working virtually

Try:

- Stick to a regular bedtime routine and get plenty of rest
- Keep your working environment and rest environment separate – if you cannot do this, pack away as part of your end-of-day ritual
- It may be tempting to do longer hours as you're not travelling to and from work – be disciplined and turn off the phone/laptop to help you switch off. Make time for hobbies, mindfulness, exercise and sleep
- Do any outside jobs need doing? If you have a car or garden, how about washing the car or cutting the grass at lunchtime to create thinking space?

Environment:

Your working space is an important factor in how productive you can be, especially when you're sharing your space with a partner, kids and pets.

Try:

- Negotiate with the family over working/playing spaces. Try not to work from a bed or sofa too long. If there's limited choice, get up and move about more often. Have a routine where possible.
- Adjust your working day around your priorities – could you wake earlier, do a couple of hours of work, spend time with family, then work again later on?
- Having calls or meetings as walking meetings out in the fresh air.

Drink:

Being hydrated is essential, as the human body is on average 50-60% water. To function properly, all the cells and organs of the body need water, so keep yourself topped up.

Try:

- Keep a bottle of water next to you, and top it up before each meeting
- Limit your intake of caffeine and alcohol, especially before bedtime

Time to reflect...

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Take some time to note down your thoughts on what you've learned:

What resonated?

What has made you curious?

What small changes could you make to start having an impact differently and quickly?

What might you need to share with your team, and commit to 'testing and learning' together?



Further learning ...

For further information and learning, as well as suggested activities, feel free to visit the [People.NHS.uk](https://www.People.NHS.uk) website or our [South East Leadership Academy site](#).

