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International Women's Day: Prioritising Women's Health



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Empowering women through health

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By Health Shield's Wellbeing Team

For more than a century, International Women's Day has served as a time to celebrate progress toward gender equality while acknowledging the ongoing challenges women face.

A key part of breaking workplace barriers and encouraging long-term progress is prioritising women's health mentally and physically. When we focus on wellbeing, we not only thrive individually but help create stronger, more empowered teams.

7 self-care tips for women in the workplace

Here are some practical self-care tips tailored for the workplace, along with ways organisations can create environments where women can flourish.

1 Encourage movement throughout the workday

Daily movement is essential for both energy levels and mental clarity. This doesn't mean an elaborate routine; simple activities like stretching at your desk, taking quick five-minute walks, or using a standing desk can make a difference.

Offering wellbeing initiatives like walking groups, standing desk options, or midday wellness breaks foster a culture where taking time for movement is seen as a strength, not a disruption.

2 Support a balanced approach to nutrition and hydration

It's easy to overlook eating well during busy workdays, but fueling your body with nutritious foods boosts focus and productivity. Keep healthy snacks and water nearby to make mindful choices easier.

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3 Promote healthy sleep habits

Well-rested minds are sharper and more resilient. While the workplace may not control how employees sleep, it can support habits that encourage rest. Avoid working late into the evening and create clear boundaries between work hours and personal time.

4 Recognise the value of relaxation

Moments of calm help you reset and recharge. At work, this could mean deep-breathing exercises between meetings or short “mindfulness moments” during breaks. Identifying what helps you relax—like a favourite hobby outside of work—can also strengthen your resilience.

5 Set boundaries to protect focus and wellbeing

Learn to balance your workload by prioritising tasks and setting realistic limits. It’s okay to say “no” when your plate is full; managing boundaries prevents burnout and keeps you at your best.

6 Build a culture of gratitude

Gratitude is a simple yet powerful way to improve morale and strengthen workplaces. Take a moment to appreciate small wins—whether it’s recognition of a job well done or a supportive colleague. Share these moments of positivity within your team for a ripple effect of goodwill.

7 Strengthen connections with colleagues and friends

Human connection provides emotional support, collaboration, and empowerment. Build strong professional relationships by reaching out to colleagues and friends for advice, mentorship or simply a quick check-in.

Empowering Women, Stengthening Workplaces

When women prioritise their health and wellbeing, along with workplaces actively support wellbeing, the result is a stronger, more inclusive culture. By blending self-care practices with positive workplace initiatives, we empower individuals and teams alike.

By creating an environment where everyone can thrive, we don’t just improve the workplace we create lasting ripples of empowerment, equality and resilience beyond it.

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