

# Live Well, Work Well

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Health and Well-being Tips for Your Work and Life

Provided by Blackfriars Insurance Brokers Ltd



## Celebrate the Start of Spring by Boosting Your Self-esteem Levels: Use This Guidance

As springtime arrives, you might want to consider cleaning more than just your cupboard clutter this year—warmer weather and freshly bloomed flowers can also serve as a reminder to cleanse your mind and promote proper self-esteem levels. Healthy self-esteem can benefit your well-being in a variety of ways, such as improved mental health, better ability to endure difficult times and increased likelihood of self-confidence during personal or professional challenges. Consider the following tips to boost your self-esteem:

- **Stop comparing**—In an age of social media and constant scrolling on your mobile device, it can be difficult to avoid comparing yourself to others' seemingly perfect profiles. However, health experts confirm this is a recipe for disaster. Social media rarely depicts a fully accurate picture of others' lives, and often only focuses on the good. Don't waste your time comparing yourself to others—be sure to remind yourself of your own positive characteristics and experiences through daily journaling or engaging in your favourite hobbies.
- **Don't make your goals too difficult**—Although setting goals for yourself can be beneficial, creating unrealistic goals ultimately leads to failure, disappointment and lowered self-confidence. Before setting a goal, ensure it is achievable by making it as specific as possible, finding a way to measure success and establishing a set timeline for completion.
- **Surround yourself with positivity**—A key aspect of healthy self-esteem is having positive relationships and social connectedness. Surround yourself with friends and family that appreciate you and support you rather than bring you down. In addition, make sure you stay social by scheduling weekly meetings (eg sharing a meal or getting coffee) with loved ones or joining a club related to one of your hobbies.
- **Ensure proper self-care**—More than anything, it's important to take care of your body and mind to promote healthy self-esteem. This includes eating a balanced diet, exercising regularly, limiting alcohol intake and maintaining a proper sleep schedule.

## Don't Follow the Fads: Use This Guidance to Maintain a Healthy Diet



Avoid fried or processed foods, as they can be high in fat and sugar.



Don't cut whole food groups from your diet. Keep it balanced with fruits, vegetables, carbohydrates and protein.



Stay hydrated with healthy options, such as water or tea rather than caffeine or alcohol.

## Debunking Common Diet Myths: Top Tips for Ensuring Healthy and Delicious Meals

The departure of winter weather and aftermath of festive celebrations that encourage overindulgence—such as Valentine's Day—can often leave you feeling at an all-time low in terms of your dietary health. Indeed, seasonal celebrations and wintertime are both factors that can increase the likelihood of unhealthy eating and weight gain, according to health experts. And although you may be eager to achieve results following a dietary change, be sure you don't fall victim to fad diets and food myths. Ensure healthy eating habits by avoiding these diet myths:

- **Cutting carbs**—A common diet myth claims that cutting carbohydrates from your meals altogether is key in losing weight. However, doing so limits your ability to maintain a balanced diet. And although overindulgence in carbohydrates can certainly lead to weight gain, it's crucial to incorporate healthy carbohydrates such as brown rice, whole-grain bread or cereal and potatoes into your diet to reap the health benefits of fuelling your brain and heart.
- **Following the fads**—While popular, mainstream diet fads such as the ketogenic diet encourage cutting carbs and increasing fat intake, health experts rank these fads quite poorly in the realm of long-term benefits. If you prefer to follow a meal plan to lose weight, consider a more balanced, highly ranked diet such as the [Mediterranean](#) diet.
- **Skipping snacks and meals**—Although decreasing your calorie intake can help you lose weight, skipping meals or snacks altogether is a poor practice that could lead to starvation and binge eating. If you want to solve your hunger, eat a healthy snack or drink more water.

## Women Aren't Checking for Signs of this Common Cancer: How to Detect Symptoms

Despite it being the most common form of cancer in the UK, recent research revealed that millions of women across the nation aren't taking the proper steps for detecting early signs of breast cancer. A survey from healthcare experts found that 25 per cent of women aged over 18 said they have never completed a self-examination for breast cancer or cannot recall the last time they did. What's worse, nearly 40 per cent of women surveyed admitted they would delay seeking medical attention if they noticed any symptoms.

Don't allow yourself to become another statistic—be sure to regularly check for the following early signs and symptoms of breast cancer:

- **Finding changes in breast appearance**—Make sure to evaluate whether the size or shape of your breasts have changed. Additionally, look out for redness, rashes, skin dimpling or puckering.
- **Looking for lumps**—As part of your routine breast examination, it's important to feel for any unusual lumps, swellings or areas that simply feel thicker than the rest of your breast. Be sure to include your armpit area in this assessment as well.
- **Detecting unusual discharge**—Another possible sign of breast cancer is the presence of any liquid that comes your nipple without pressure or squeezing. This discharge can often contain blood.

If you notice any signs or symptoms, don't ignore it. Be sure to schedule an appointment with your GP as soon as possible.