



**Title:** Empowering the 9 to 5: Harnessing Self-Care & Neuroscience for Optimal Workplace wellness

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**Abstract:**

Self-care has evolved from a holistic, empowering wellness practice to an increasingly mainstream pursuit, recognized for its crucial role in securing health and overall well-being. As this shift towards personal health progression is laudable, it's notable that the surge in popularity has also sparked several misconceptions and occasions of improper application. Fueled by commercial gain, the label "self-care" is now broadly attached to everything from beauty products and dietary supplements to extravagant trips. This suggests a skewed idea of self-care: that purchasing such items is a vital act of personal maintenance. This perspective risks depreciating the authentic essence of self-care, modifying it into a commercial commodity rather than a central practice for health and well-being. Moreover, self-care is unique to each individual and frequently undervalued or overlooked owing to the hectic nature of our work lives, societal pressures, and personal beliefs. Access to health care and support, along with mental and physical health hurdles, may also interfere. While indulging in consumer goods and services and managing demanding schedules isn't inherently detrimental, it's vital that individuals consciously make decisions that promote optimum long-term health, superseding transient gratification.

To deepen our grasp of self-care practices, we can draw from fascinating perspectives offered by neuroscientific research. Traditional neuroscience has pinpointed the neural mechanisms that underpin emotions, cognition, and behavior. In doing so, it illuminates the importance of exercise, sleep, nutrition, and stress control for peak brain performance. Current neuroscience studies have expanded on these findings, delivering fresh viewpoints on self-care practices. Techniques like mindfulness, for example, help to counteract the quick pace of modern life, offering tools for proactive self-care.

In our modern work-centric world, embracing self-care practices at the office is essential. Fostering such a culture can spark meaningful and lasting changes, enhancing workplace productivity, engagement, and wellness. This shift also promotes lifestyle modifications beyond the workplace. By utilizing insights from neuroscience and incorporating diverse self-care practices, both employers and employees can unlock their full potential, transforming their typical 9 to 5 experience

**Keywords:** Self-care, Wellbeing, Wellness, Neuroscience, Psychology, Workplace.

**Biography:**

Crystal Toor is championing workplace wellness in her illustrious career spanning 18 years. Armed with an MSc degree in Neuroscience and Psychology of Mental Health from King's College London University, her impact is evident in global organizations where she has successfully implemented her principles of mental health and well-being.

Crystal holds a distinctive track record as a celebrated speaker at the Leadership Excellence for Women Awards and Symposium held at the premier Middle East Oil and Gas Show (MEOS) in Bahrain. She is also acknowledged as a registered speaker at International conferences focused on Neuroscience and Psychiatry.

Currently, Crystal's pursuit of knowledge leads her to the thrilling exploration of health and wellbeing of remote workers in the vigorous oil and gas industry. With a sharpened focus on the under-represented sections of employee populations, she seeks to inoculate self-care and wellness. This manifestation of her commitment stands testimony to her mission of enhancing the dynamics of mental health and workplace culture for every individual engaged in their professional journey.