

Work- Life Balance and Every-Day Balance

Govan Community Project - *Southside, Glasgow*



Overview

Govan Community Project is an organisation based in Govan that services the communities in the Greater Glasgow area with a focus on aiding refugees and people seeking asylum across Glasgow. Their purpose is to build a strong Govan community with the foundations of equality, mutual respect, support, and integration for all.

Challenge

Govan Community Project found that their team was struggling with their work-life balance and sought to find a means of starting conversations around this topic. This is a very common modern day occurrence and relates to the perhaps larger challenge of supporting people to prioritising and develop self-care practices.

Support Offered

The team at Govan Community Project (GCP) came to our studios in Glasgow's Southside for an all day workshop involving various forms of wellbeing exercises.

The day started with an interactive session, encouraging participants to reflect and share on past experiences of managing stress. A work-life balance workshop supported participants to talk about their own struggles with work-life balance and to consider actions and how they can focus their energies. The morning session ended with a laughter based session to help all participants reset and de-stress.

Lunch was catered by Milk Cafe, a local social enterprise and allowed for pause and social interaction. The afternoon session consisted of calming activities to unwind. This included a practical workshop where everyone created a hand cream and learned some simple and soothing self-massaging techniques. The day concluded on the note of peace, where The Wee Retreat practitioner delivered a nervous system calming session through meditation and breathwork.

The Impact

The team-away day provided GCP staff with a range of tools which they can practise should they find their work-life balance is wavering including breathwork and meditation practice or using their new hand cream to take a moment to pause for themselves.

Practices Incorporated

Laughter - used as a practice to increase the release of endorphins, stimulate the heart, muscles, and lungs, all while lowering stress.

Meditation - technique using attention and awareness in order to achieve mental and emotional clarity and stability.

Breathwork - technique of intentional focus and awareness of the breath as a means of grounding and centering.