



Recharge your batteries

The Federation of Holistic Therapists' Christopher Byrne looks at ways to preserve and boost your energy...

As a therapist and training provider, I know all too well how juggling work/life responsibilities and dealing with clients who are unwell or emotionally draining can take their toll. It's vitally important that we managed to maintain and boost our energy levels throughout the day.

BE PREPARED

Before treating clients, use visualisation to protect your energy levels. I was taught a great exercise by one of my first therapy tutors: imagine you are putting on a new pair of overalls before your first client. The overalls will help to protect you from absorbing any negativity. When the day is done, you can then 'take off' your overalls and leave all that stress behind.

THIRSTY WORK

Make sure you stay hydrated. A sure-fire way to feel stressed and physically fatigued at the end of the day is not drinking enough. Have a bottle of water on hand throughout the day and monitor how much you are drinking, as most of us overestimate our fluid intake. I have a water bottle with 2-hour intervals marked on it, so that I know I am track.

PEN TO PAPER

Keep a journal. You can use this for reflective practice at the end of the day – writing down what went well and what didn't go so well, so that these thoughts don't stay running round in your mind and prevent you from winding down and relaxing. You can also write down all the

tasks you need to carry out the following day, such as follow-up calls to clients, suppliers you need to ring, and so on. Then leave this journal on your desk or in your bag for the following morning, so that you learn to 'leave work at work'.

TACKLE THAT TASK

We all have at least one task we don't like doing! It might be filing things away or tidying the leaflets in your clinic. Always make sure you do this before you head home or close the treatment room door. This will help to prepare you for the next day and is another little niggles that you don't need bouncing round your head all night.

GET SOME AIR

Summer is here! Aim to get out of the treatment room or clinic for at least half an hour to an hour each day. Walk round in the fresh air and relax a little. Use this as time for you, not answering messages or surfing Facebook. If you have the flexibility and time, schedule in a fitness class, tai chi, yoga, or a treatment swap with a fellow therapist.

A TO Zzzzzz

Aim to get a good night's sleep. Turn off the TV, laptop, tablet and phone in your bedroom as all of these things can steadily rob you of your ability to sleep soundly. Have a routine or process for preparing for bed, such as dim lights, soft music and essential oils. All of

these will help you get to sleep and sleep soundly - your body will thank you for it the following day. ■



Christopher Byrne is a Vice President of the Federation of Holistic Therapists with an MSc Degree in Acupuncture and Traditional Chinese Medicine. He runs his own practice and teaches. You can find out more at www.urbanbalance.co.uk or his blog at www.fht.org.uk/christopher-byrne-vice-president

The FHT offers a range of membership benefits to holistic therapists and runs the largest independently Accredited Register for complementary healthcare therapists. For further information, visit www.fht.org.uk or call 023 8062 4350.

