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Gift of Time: What the holidays can teach us about well-being

With the holiday season on the horizon, even the most ardent workaholics will be forced to slow down for a day or two. And that's not a bad thing.

[A report](#) by CWT Energy, Resources and Marine (ERM) division found that only that only 52% of C-suite and senior executives surveyed say their organizations have traveler health and safety programs in place. Yet, in the energy, resources and marine industries, wellbeing is critical.

“The energy, resources and marine industries have long been leaders in

understanding and addressing health and safety for their traveling workforce, not least because of the complexities ERM travelers uniquely face en route to, and when they arrive at, their often-remote destinations,” says Raphaël Padeloup, Senior Vice President and Global Head of CWT ERM.

Whether you're a crew member on an offshore oil rig or you work at a desk, here are three ways the holiday period can set you up for improved health and well-being.

1. Feel the benefits of sleep

With the click of your 'Out of Office' button comes relaxation that extends beyond a slap-dash weekend of doing chores. Lazy mornings remind us what proper sleep can do to our sense of optimism and clarity.

According to the Sleep Council, a UK-based organization that looks at building awareness around the benefits of good sleep, long-term sleep deprivation can lead to chronic illness.

Avoid regular late nights by implementing good habits. Make sure your bedroom is the right environment (cool, dark and quiet), avoid excess caffeine and alcohol, and replace screen-time by falling asleep with a good book.

2. Take stock of your mental health

Take a moment to evaluate your life in 2019 and look at ways to prioritize self-care in 2020. Ask yourself: “what energized me and what drained me?” Look at ways to do more of the things that energized you and less of the things that depleted your sense of well-being. That might mean booking a holiday to do what you love like a yoga or writing retreat, start seeing a counselor or book dinners with people who inspire and friends you haven't seen in a while.

3. Check that your company has policies in place

The start of a New Year is the ideal time for your company to implement changes at your company to build an organizational culture that values and

supports the well-being of traveling employees. There isn't a one-size-fits-all formula. Find out more about how your company can prioritize well-being in [2020 Vision: A close look at the health of traveling employees.](#)

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