

**KEEP
LEARNING**
Mental Health Awareness Week
6-12 OCTOBER 2014




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NO:10
2014 e-flyer

MENTAL HEALTH AWARENESS WEEK

KEY TOPICS THIS MONTH:

- UNDERSTANDING ANXIETY
- 5 STEPS TO MENTAL WELLBEING

Pink for a Day® is the chance for your organisation to turn pink for a day during the month of October.

Pink for a Day® isn't just an excuse to break out the pink tutu and eat pink cupcakes!

It's a platform for staff engagement and allows your organisation to walk the 'corporate social responsibility' talk and raise funds for the New Zealand Breast Cancer Foundation.

Register for **Pink for a Day®** 2014 now!

UNDERSTANDING ANXIETY

Everyone gets anxious from time to time - People often experience a general state of worry or fear before confronting something challenging such as a test, interview, starting a new job, or performing under pressure.

Anxiety can be a normal part of life, but for some people, the feelings of anxiety can become a normal state and become a lot more extreme, as an anxiety disorder. Anxiety disorders are common. One in four young New Zealanders will experience some kind of anxiety disorder by the time they are 24 years old.

HOW CAN YOU TELL THE DIFFERENCE?

Normal, healthy anxiety is usually in response to an event in your life. It usually lasts a few hours or a few days at most, and it doesn't affect your health or other parts of your life. In fact a bit of stress or anxiety can be a good thing, because it helps us perform at our best!

Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life. This can cause nervousness, fear, apprehension and worry and be totally overwhelming.

Anxiety disorder is different, because the feelings are intense, they last for weeks sometime months or more, negatively affect your thoughts, behaviour, and general health.

This leaves you feeling distressed and not enjoying life and it can also impact on other areas of your life - your relationships with friends and family.

THE GOOD NEWS IS...

Anxiety disorders can be managed and overcome. It's important to recognise anxiety problems and treat them as soon as possible.

Talking to an EAP Professional can avoid a lifetime of battling with anxiety which may lead to depression if untreated.

Call EAP 0800 327669

MENTAL HEALTH AWARENESS WEEK- 6 -12 OCTOBER

Hauora is the Maori philosophy for health and is unique to NZ. It is recognised by the World Health Organisation.

It includes	Taha Tinana	Physical well-being
	Taha hinengaro	Mental and emotional well-being
	Taha Whanau	Social well-being and self esteem
	Taha Wairua	Spiritual well-being

EAP would like to acknowledge Mental Health week. EAP has training to support your organisation. This month's focus is on "managing stress and building resilience".

These workshops can help educate your workforce and give them the tools and techniques to manage work pressures and outside stressors more effectively, which can assist in reducing absenteeism and increasing productivity. "Living resiliently", is more than just being able to bounce back. It is about shifting our perceptions, changing our responses and learning something new.

For example recontextualising and reframing and living "resiliently", represents a whole new way of being and doing. It isn't just for the hard times, It's for all times.



5 STEPS TO MENTAL WELLBEING

Evidence suggests there are five steps we can all take to improve our mental wellbeing.

1. **CONNECT** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
2. **BE ACTIVE** – you don't have to go to the gym. Take a walk, go cycling or play a game of rugby. Find the activity that you enjoy and make it a part of your life.
3. **KEEP LEARNING** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
4. **GIVE TO OTHERS** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
5. **TAKE NOTICE** – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.



HOW DO I ACCESS EAP?

EAP appointments can be made simply by contacting EAP Services Limited anytime 24 hours 365 days by:



SCAN QR



NZ 0800 327 669



Intl +64 9 353 0906



@ www.eapservices.co.nz/booking



When I was 5 years old, my mum always told me that happiness was the key to life.

When I went to school, they asked me what I wanted to be when I grew up.

I wrote down "happy".

They told me I didn't understand the assignment and I told them they didn't understand life.