

HOW DO I ACCESS EAP?

To make a confidential appointment via Telephone, Face to Face, Video or WEB e-counselling



SCAN QR

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The KEY TOPICS this month are:

- Tips on reaching your goals
- Improve your Self-Esteem

Daffodil Day

Friday, 28th August



RAK DAY 2015

1st September marks 10 years of RAK day a day for you to demonstrate a

Random Act of Kindness.

Here's some ways you can deliver a Random Act of Kindness to someone else:

- ✓ Instead of sending an e-mail, write a paper 'thank you' note instead.
- ✓ Compliment a stranger.
- ✓ Introduce yourself to your neighbours... if you haven't already done so!
- ✓ Pass on a smile.
- ✓ Top-up someone else's parking meter or share the unused minutes remaining on yours.
- ✓ If you use public transport, offer your seat to someone who is left standing.

For more great ideas on how you can share your kindness, visit the official RAK website; www.rak.co.nz

TIPS ON REACHING YOUR GOALS

To be successful at reaching your goals you need to put the effort in and keep finding ways to remain motivated to achieve the outcome.

1. *Identify your long-term goals and write them down. These might be a collaboration of short-term goals. List these goals and keep them visible and look at them every day to remind yourself of what you're trying to achieve.*
2. *Why? For some people, simply having a goal is not enough to motivate them. Remind yourself why you want to accomplish your goals.*
3. *Be realistic and make your goals achievable. Set a realistic timeline; draw a line in the sand and set a date you want to have achieved your goals.*
4. *Reward yourself for your achievements. Remember to celebrate the small things and take it one step at a time.*

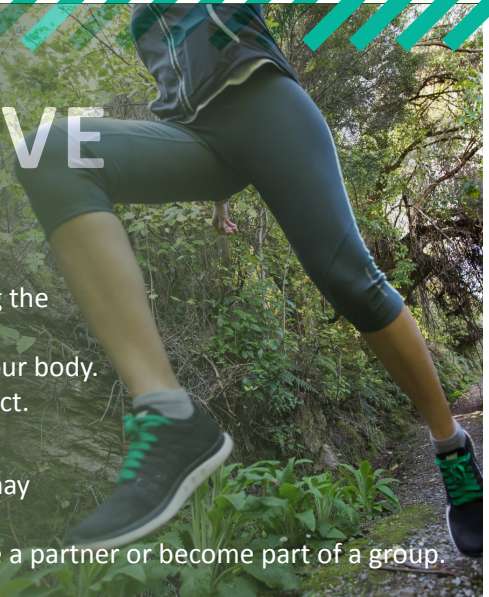
PERFORMING UNDER PRESSURE – GET ACTIVE

Often when you are feeling **anxious** exercise is one of the last things you may feel like doing.

Studies have shown that movement whether it is walking running or washing the car will relieve stress and have constructive emotional benefits.

It also releases **endorphins**, chemicals that trigger a positive feeling in your body. Exercise can increase your body's temperature which can have a calming effect.

Other Psychological benefits of exercise include increased **confidence**, improving your appearance which can decrease any negative thoughts you may have. Negative thoughts are a distraction and can lead to a reduction in performance, physical tasks, your social interaction. When exercising include a partner or become part of a group.



8

STEPS TO HELP IMPROVE YOUR SELF-ESTEEM



- 1 HOW YOU THINK ABOUT YOURSELF** has a huge influence on your self-esteem. Negative self-talk can be destructive – remember, if you keep telling yourself you're no good you might just start to believe it!
- 2 REGULAR EXERCISE** helps to improve your mood. So find something physical you enjoy doing even if it's as simple as a regular walking routine around your neighbourhood.
- 3 DON'T COMPARE YOURSELF TO OTHERS.** It can be really tempting to compare yourself to other people. We all have something we are good at. You just need to figure out what your niche is, and be proud of it.
- 4 AVOID STRIVING FOR PERFECTION.** Wanting to do things well is one thing. Perfection, however, is impossible. Don't be too hard on yourself when you make a mistake. Remember, we're aiming for improvement not perfection!
- 5 DO THINGS THAT YOU ENJOY AND CELEBRATE THE SMALL STUFF.** You're more likely to think positively and feel good about yourself when you're doing things you enjoy. Be sure to allow yourself time for fun and relaxation every day.
- 6 DON'T BEAT YOURSELF UP WHEN YOU MAKE A MISTAKE.** Everyone on the planet makes mistakes – it's in our basic human nature. Why should you be any different? When you make a mistake, don't stress, just learn from it and move on.
- 7 FOCUS ON THE THINGS YOU CAN CHANGE.** There's no point wasting all your energy thinking about things that you can't change. Why don't you have a think about some of the things that are in your power to control and see what you can do about those?
- 8 SURROUND YOURSELF WITH SUPPORTIVE PEOPLE.** Don't hang around people who bring you down. Find a group of people who make you feel good about yourself and avoid those who tend to trigger your negative thinking.

If you've tried putting these tips into action for a while and you haven't noticed any differences in the way you feel about yourself, it's a good idea to talk to someone. You might consider to make an appointment with a Professional Counsellor through your EAP Programme who can work with you to identify exactly what's at the root of your low self-esteem, and how to fix it. Dealing with self-esteem isn't easy and our Professionals are here to help you by providing support and strategies.

ASK → LISTEN → ENCOURAGE → FOLLOW-UP

If you feel something is not quite right with someone, chances are that they might need a bit of extra support from people around them. They might be acting a bit differently, seem to have a lot on their plate or simply are not themselves. Don't ignore these signs but instead take some time to start a conversation.

Regular face to face conversations can help us to build and maintain strong relationships with friends and family. Research shows people with these strong relationships are more likely to cope well with life's ups and downs.

Encouraging conversations doesn't mean you have to have all the answers, particularly if the person you're worried about says 'no'. It's not about being an expert. It's about following some simple caring steps.

- 1. Be willing to listen and give as much time as needed**
- 2. Make sure you are in the right headspace yourself**



ANXIETY

When people come to EAP it is usually because of a crisis in their lives. At that time they are not coping well and a very common reaction is for their confidence to take a knock. This can cause them to second-guess themselves and they often then find it difficult to make a decision or to take part in normal activities.

Professional support through your EAP Programme with Counselling is aimed at identifying the problem and providing strategies that can help you feel better about yourself. This can also assist with your confidence.

