

HOW DO I ACCESS EAP?

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



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The **KEYTOPICS** this month are:

- Mental Health Awareness Week
- So what is HAPPINESS....?
- Wear clothes that smile!



Mental Health Awareness Week

5-11 October 2015

The **Mental Health Foundation (MHF)** is celebrating **Mental Health Awareness Week (MHAW)**. The theme this year is **give** - Give your time – te wā ki a koe, your words – ō kupu, your presence – ko koe tonu.

Improving wellbeing is important for everyone. People are often surprised to find that doing little things like giving up your seat on the bus can have a lasting impact on your mood and sense of wellbeing.

As well as volunteering, just small everyday acts of giving can have a big impact, such as letting someone else in front of you in line at the supermarket, smiling at strangers, complimenting a friend. When we give we feel happier, feel more positive about life and other people, and are more likely to trust and cooperate with others.

Not only that, but when you give you inspire others to behave generously – they pay it forward. It's a really generous way to look after yourself!

For more information about MHAW and the value of giving see the website: www.mhaw.nz



Mental Health Awareness Week aims to encourage people to take personal ownership of their mental health and wellbeing. Mental Health begins with you . . . you don't need a mental health condition to be involved, it is about awareness and growing your own knowledge about good health. Start by jotting down a short and achievable list called **"Your own mental health promise to yourself"** it could include as many promises as you like eg:

- Do something just for you
- Do something that makes you laugh and smile
- Spend more time with friends and family
- Think of things that only make you happy
- Don't dwell on negatives or bad experiences
- Choose an activity you like to do
- Exercise a bit more than you do
- Turn your mobile phone off
- Try for good quality sleep
- Ask for help

No issue is too small, if you are unhappy with your behaviour and thoughts consider contacting your Employee Assistance Programme for support. When we are mentally healthy we can:

- Cope better with life's ups and down
- See things much clearer
- Improve confidence and self-esteem
- Enjoy and appreciate other people
- Form positive relationships

MY OWN SOCIAL MEDIA



SIR: I HAVEN'T GOT A COMPUTER, BUT I WAS TOLD ABOUT FACEBOOK AND TWITTER AND AM TRYING TO MAKE FRIENDS OUTSIDE FACEBOOK AND TWITTER WHILE APPLYING THE SAME PRINCIPLES.

EVERY DAY, I WALK DOWN THE STREETS AND TELL PASSERS-BY WHAT I HAVE EATEN, HOW I FEEL, WHAT I HAVE DONE THE NIGHT BEFORE AND WHAT I WILL DO FOR THE REST OF THE DAY. I GIVE THEM PICTURES OF MY WIFE, MY DAUGHTER, MY DOG AND ME GARDENING AND ON HOLIDAY, SPENDING TIME BY THE POOL. I ALSO LISTEN TO THEIR CONVERSATIONS, TELL THEM I 'LIKE' THEM AND GIVE THEM MY OPINION ON EVERY SUBJECT THAT INTERESTS ME WHETHER IT INTERESTS THEM OR NOT.

AND IT WORKS. I HAVE FOUR PEOPLE FOLLOWING ME; TWO POLICE OFFICERS, A SOCIAL WORKER AND A PSYCHIATRIST.

- PETER WHITE, HOLBROOK, DERBYSHIRE



So what is **HAPPINESS**....?

Modern science defines happiness as the positive range of emotions that we feel when we are content or full of joy.

- Share a smile, it costs you nothing to pass on a friendly smile.
- Smiles are contagious, when you share a smile this also improves your happiness and how you feel emotionally because it releases endorphins, brain chemicals that relieve pain and increase your feeling of contentment.
- Try smiling more – a very effective way to lighten your own mood and the atmosphere around you.
- Smiles increase your feeling of well-being and sense of being positive.
- Try to think of something negative but keep a smile on your face – you will see that this is very hard to do.
- Smiling can make you appear more confident, increases your mood when you are feeling down and sad. If you start to smile more it will trick the body into changing your mood for the better.
- Smile with your eyes, think of pleasant things throughout the day and send out the love as you smile.
- Smiling can make you appear more youthful.
- A smile can ease your way into a difficult or uncomfortable conversation.
- Smiling can help to prevent you looking exhausted or overwhelmed.
- Smiling might not solve the problems but it will increase your sense of well-being, and you will appear happy. It will signal your brain that you're feeling better than the stress wants you to feel.
- Imagine if you could turn around a stressful situation and end in smiles and laughter instead.
- In addition to exercise, eating right and living a healthy lifestyle smiling can make you happier, because if you believe that, you have more years to be happy and to enjoy life.
- Be optimistic. Optimism and smiling go hand in hand; optimism boosts positive thinking, which in turn leads to an increased feeling of happiness.

“sometimes you'll find that happiness finds you when you least expect it”

Wear clothes that smile!

Add to your positive body language the colour of happiness:

- Yellow is the color for dependability. A soft yellow is non-threatening and **friendly**. Warm colours from the yellow family are welcoming.
- Golds, browns, golden-oranges, are all dependable colors of **friendship**. Blues are **passive** and calm colours.
- In the visual language, soft blues project a **serenity** and **quiet peacefulness**.



LOOKING AFTER YOUR WELLBEING

When people come to EAP it is usually because of a need 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 is aimed at identifying the problem and providing strategies that can help you feel better about yourself. This can also assist with your confidence and wellbeing.