

How do I access EAP Services?

To request a confidential in-person, phone, video or e-counselling appointment, scan the QR code phone or visit our website.

NZ [0800 327 669](tel:0800 327 669)

eapservices.co.nz

AU [1800 726 474](tel:1800 726 474)

Intl [+64 9 353 0906](tel:+64 9 353 0906)



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Positive thinking pattern

Developing a positive thinking pattern will help you to maintain your happiness.

Practice positive affirmations - they are a simple but effective tool that can help us to **empower** our positive thinking which is necessary if we want to live a happy life. The transformative powers of **positive** affirmations are very real. By repeatedly stating what you want to be true in your life, you mentally and emotionally see and feel it as true, thereby attracting it into your life.

It's good to know that we can **train our mind**, change our little voice from being in a state of negative thinking to a positive one if we are willing to change and improve our **happiness**. The art of the spoken word is critical in crafting our futures.

If you find yourself struggling to achieve happiness on your own, reach out to EAP Services. We are here to help and can assist you with a positive thinking pattern.

Here are some positive affirmations to practice
You can utilise any of these affirmations alone or create your own unique affirmations based on your personal wishes and needs.

I am the architect of my life; I build its foundation and choose its contents

A river of compassion washes away my anger and replaces it with love

My fears of tomorrow are melting away

I wake up today with the strength in my heart and clarity in my mind

Only you can make **YOU** happy

Happiness is probably one of the things most wanted in the world. Happiness can be a choice and a way of life and we can make a decision to be happy. Even if you try to be happy this can boost your emotional well-being. If you try to actively feel happier you may find your mood level improves. Wellbeing is a journey and wherever you are on that, here are some tips and tricks to help you take that next step.

Happy people are grateful and appreciate what they have, and they don't take anything for granted. Start by showing your appreciation and gratitude to the people around you and this goes beyond saying "thank you". Expressing gratitude towards others plays a big role in your own happiness also.

- Try to put a smile on someone's face and just watch what happens. It will empower you both!
- You don't require anyone else's approval to feel good about yourself and to be happy.
- Happy people know that they have imperfections but they also recognise their own strengths, weakness and beauty. Weakness is an opportunity to improve.
- You never know what battles people are fighting. Do unto others as you would like them to do to you.
- Start to believe in yourself and you will be unstoppable.



*Genuinely happy people treat others with kindness, sincerity and respect.
Kindness is not only contagious it's also proven to help you be happier.*

How busy are you really?



Find time to do the things that bring you joy.

When people ask you “how are you going?”, it is very easy to say we are “busy”, “swamped”, “up to your eyes”, “flat out” but ask yourself is it an excuse for not participating?

We may all feel that it is easier to say “I’m too busy” and that you could not possibly make time to do an activity. Busyness is not an excuse, we all have commitments, careers, family and friends and it is true that to maintain all of those takes time and effort. It is all about a balance - between a date with your partner, grocery shopping, carpooling your children and working hard at your job with your own personal aspirations and goals... it all adds up.

Make time for it. Yes, there are things you are too busy for sometimes, but we need to learn how to prioritise what is important - e.g. your mental and physical health is important, your relationships are important. Don’t get so caught up in preparing for tomorrow that you forget about living in and enjoying today. Seize any opportunity to fill your life with things and people that bring you joy so that you can continue to stay busy.

Remember that while life is fast, you are never too busy to take a breath and take care of yourself and others around you. You have time to enjoy this life, now go and do it! Tomorrow waits for no one.

Winter Blues

If you are feeling lethargic, low in energy and not very motivated at this time of the year its not uncommon and it could be that you have a touch of the “winter blues”.

Beat the winter blues to help you feel happier and more energetic

- When the sun shines, try and make time to get out in the sunlight even if it is for 15 to 30 minutes, walk, jog, sit on a park bench, getting some sun exposure during the winter months will help to keep a positive mood during the winter. Remember that even on a crisp winter day you can still walk along a beach and feel the sand between your toes. Vitamin D, also known as the ‘sunshine vitamin’, can assist to relieve the depression and anxiety some people experience during the winter months.
- Meditation is an excellent way to overcome the winter blues.
- Try to embrace winter, get cosy and warm – enjoy an afternoon movie at home or relax with a magazine or book, but balance with staying physically active too.
- Fill your plates, bowls and cups with mood-enhancing foods and recipes to feel your best this winter.
- Wear bright cheerful colours to help lift your mood.
- Winter is an excellent time to try that new hobby. Activities like sewing, woodworking, arts and crafts, cupboard cleaning and household repairs can focus your mind to improve mental wellbeing.
- Look at what you can do in the garden and start preparing it for spring.
- Oats aren’t just a warm and cosy way to start a winter morning, they can also help to regulate your mood.
- Sipping on a hot chocolate is a sure way to warm your and lift you mood.
- Enjoy white beans warmed with rosemary added to any hearty winter soup to warm your heart.
- Iron deficiency can present itself as fatigue and lack of interest in everyday things. Spinach is a source of plant-based iron, helping to naturally increase your levels.
- Accomplishing any goal, be it big or small provides a burst of dopamine, this is the brain chemical behind motivation.



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Appointments are available 7:30am – 7:30pm, Monday to Friday. In addition, many of EAP Services locations offer extended hours, including weekend support.

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