



Tips to better care for an → Introvert ←

Introverts can be tricky to understand, since it's so easy for us to assume that introversion is the same as being shy or reserved, where they may only need some time **alone** to **recharge** and **reflect**.

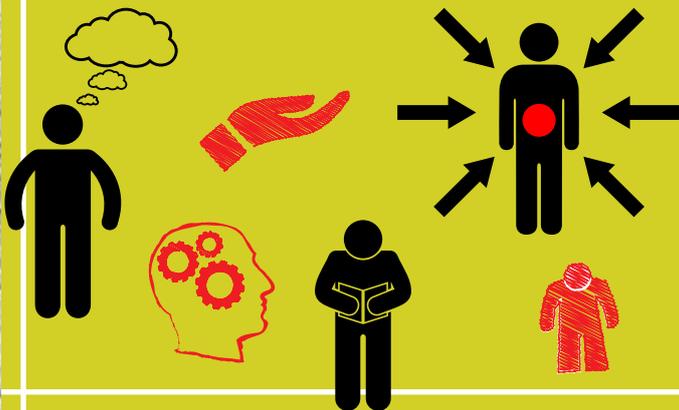
Introverts might prefer to be around fewer people or have **one-on-one** time with close groups of friends especially after spending time in a big crowd.

Introverts need different things in life to be happy than Extroverts because they are wired differently and they may require time to process ideas. They may get drained by a stressful day, being in a crowded space, or a heated conversation. Without down-time they can feel irritable, physically unwell or even tired.

Introverts minds process things deeply, and because they are sensitive to the **'feel good'** neurotransmitter dopamine they don't get excited and happy socialising like Extroverts do. Introverts need time to think and may take longer to consider a bigger issue. Without giving them time to process and reflect, Introverts may feel stressed. Give them advance notice of expected changes, and perhaps 15 minutes to finish whatever they are doing. Sometimes last-minute changes or surprises may upset them.

Introverts absolutely need a **private, quiet space** to retreat to. Ideally, it's a space that they have decorated themselves and have control of without fear of **intrusion** or **interruption**. Respect their need for **privacy** and try not to interrupt them when they are focussed on an activity.

Introverts like to have **meaningful** conversations, but they also need people in their lives who are content with **quiet**. People who can sit in the same room with them, not talking, each of them doing their own thing. People who won't nervously jump to fill a pause in the conversation but will let thoughts linger, waiting until ideas have been fully digested.



Tips to better care for an ← Extrovert →

Extroverts gain **energy** from other people. They like to **socialise**, meet new people, and talk to them. They are often those who break the awkward silence or start a conversation with total strangers.

Extroverts feel **energised** when they are around people. Even if they are tired or had a difficult day, usually staying at home alone is not an option as they would much rather be around people even if they don't know them.

Extroverts have many interests and love **dynamic** surroundings. They search for new experiences and are open to many different options which they love to explore. They often don't have a problem with speaking in public and they are usually the ones telling the best jokes or the **captivating** stories at gatherings.

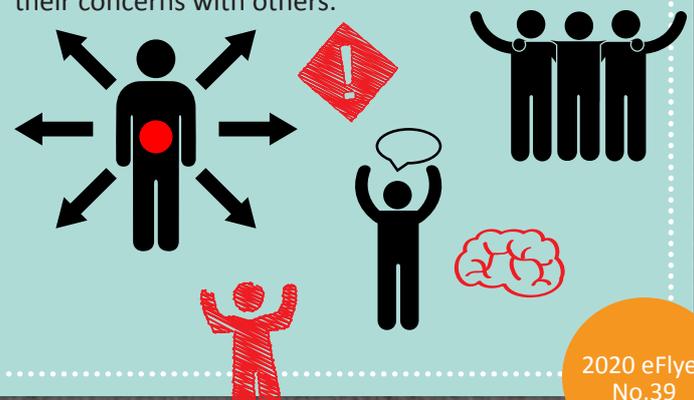
Whilst they are outgoing and try to make people laugh, they also have their share of struggles. From time to time Extroverts have their self-doubts they just come across as confident and others find it hard to imagine they have insecurities.

People find Extroverts **friendly** and **approachable** as they don't shy away from sharing how they are feeling or what they think about a certain subject. They don't tend to think a lot about what they are going to say – they just say what is on their mind without taking time to think before they speak.

Extroverts are **outgoing** but they need alone time also: to read a book, watch a movie, or listen to music and not talk to anyone. But this does not last long.

When dealing with Extroverts, do try to be open to new ideas as they are always looking at new ways to keep them energised. Extroverts can easily adapt to changes and don't need much time to process them. Allow them to explore and talk things out.

Extroverts feel better if they can discuss their problems and feelings with someone, and share their concerns with others.



OR... the in between that most of us are possibly closer to

↔ Ambiverts ↔

Introverts and Extroverts are the extremes of the scale, and the rest of us fall somewhere in the middle. People who are quite balanced between the two tendencies are called Ambiverts.

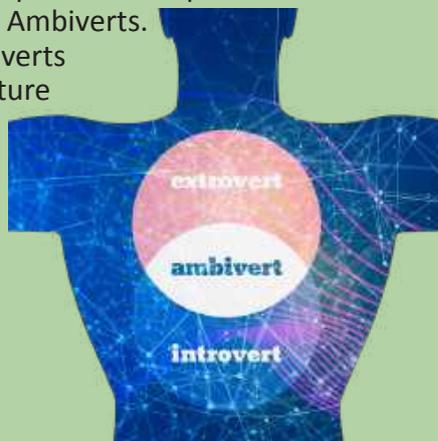
This balance can be a good thing. Ambiverts recharge their energy levels with a mixture of social interaction and alone time.

It is also very important for us to understand who we are.

Are we Introverted? Extroverted? Knowing ourselves goes a long way to helping us connect with others.

One thing for certain is that we are going to come in contact with a variety of personalities throughout our lives.

Understanding the differences between these tendencies can help us get along with others and get the best out of everyone.



Colours have the power to affect us **physically, intellectually** and **emotionally**, some making us **angry, confident, excited.**

Yellow is energizing and radiates positivity.

Orange suggest warmth and enthusiasm.

Red is a stimulating colour also great for romance and action.

White is one of the best colours to attract positive energy.

Blue is a soothing colour, helping calm the mind and help in concentration.

Green is harmonizing creating a sense of calm and reassurance.

Practice belly breathing:

It's good for calming your mind and body and relieving stress

1. Sit or lie down and place one hand on your chest and one hand on your stomach just above your belly button.
2. Breathe in deeply through your nose for a count of four, making sure your belly is expanding and not your chest.
3. Exhale through your mouth for a count of four. Try to engage your stomach muscles to push the air out.
4. Continue this breathing cycle for a few minutes.
5. Practice this daily, at least three to four times a day for 10 minutes and you may find your breathing becomes automatic.
6. It gets easier with practice.

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