



Cultivate Wellbeing and Build Resilience

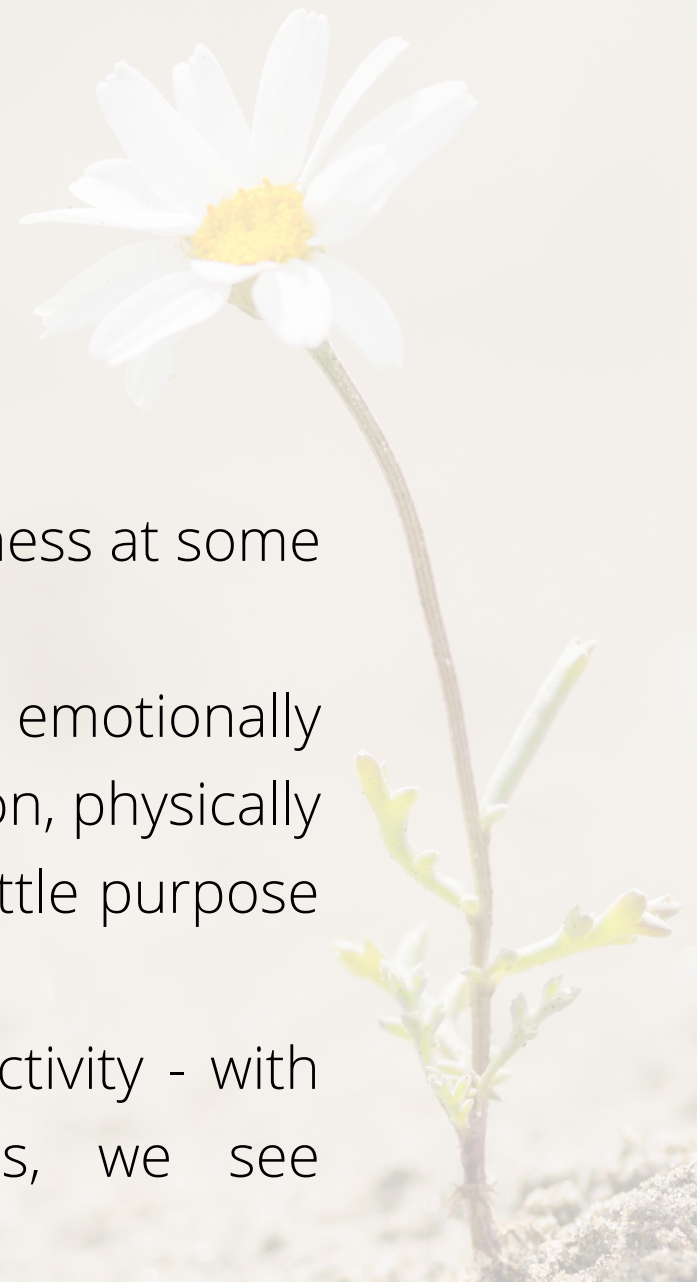


We are living in an age of uncertainty and anxiety



Mental ill-health is rising - Covid-19 hasn't helped:

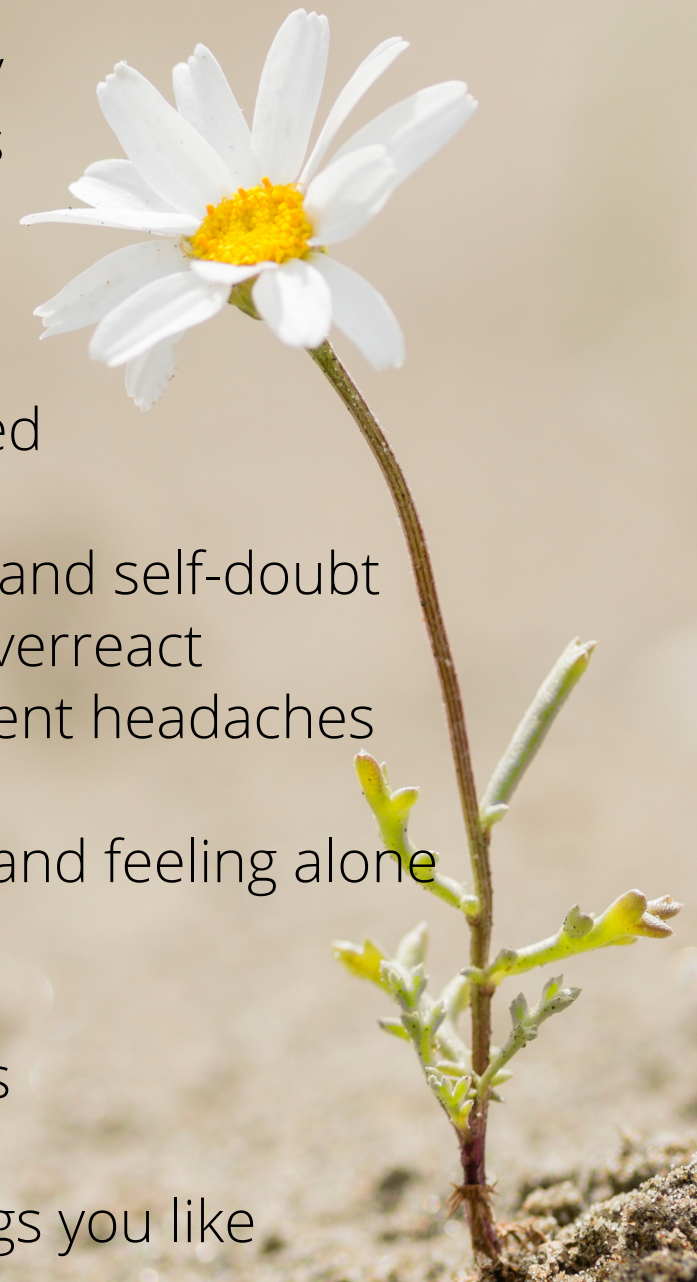
- Stress has increased 67%
- Anxiety has increased 57%
- More than half of us will experience mental illness at some point in our lives
- More than 50% of us are 'working-wounded' – emotionally exhausted, feeling ineffective, lacking motivation, physically depleted, mentally distracted and living with little purpose or meaning
- Mental illness is a leading indicator of productivity - with elevated stress hormones in our bodies, we see innovation, creativity and productivity perish



Recognise signs of distress



- Loss of confidence in your abilities
- Trouble concentrating and decreased memory
- Changes in eating habits or stomach problems
- Problems sleeping and waking up fatigued
- Feeling tired and drained most of the time
- Muscle tension, aches and back pain
- Feeling irritable, loss of motivation or depressed
- Loss of interest in work and decreased morale
- Disappointment with yourself, sense of failure and self-doubt
- Increased emotional reactions - tendency to overreact
- Lowered immunity and feeling sick a lot; frequent headaches
- Increasingly cynical and negative outlook
- Feeling helpless, trapped, defeated, detached and feeling alone
- Using food, drugs or alcohol to cope
- Taking out your frustrations on others
- Withdrawing and isolating yourself from others
- Skipping work; coming in late; leaving early
- Withdrawing from your responsibilities or things you like



Reframe your mindset



Define your purpose and find meaning

Use your strengths daily to generate positive moods

Practice gratitude daily - gratitude and anxiety cannot co-exist

Help others - this builds your resilience, fulfillment and new skills

Avoid comparing yourself to others - it leads to misery

Practice STOP! - slow down, take note of thoughts and feelings, open up to your behaviour, prioritise your values when taking next steps

Practice '3-Blessings' - end your day by giving attention to what went right and remind yourself why these things matter to you

Beware of being emotionally hijacked - perceived threats cause a release of adrenalin and cortisol and stop you thinking rationally

Negative thoughts are normal - they are not directions and they are rarely accurate

Resilience



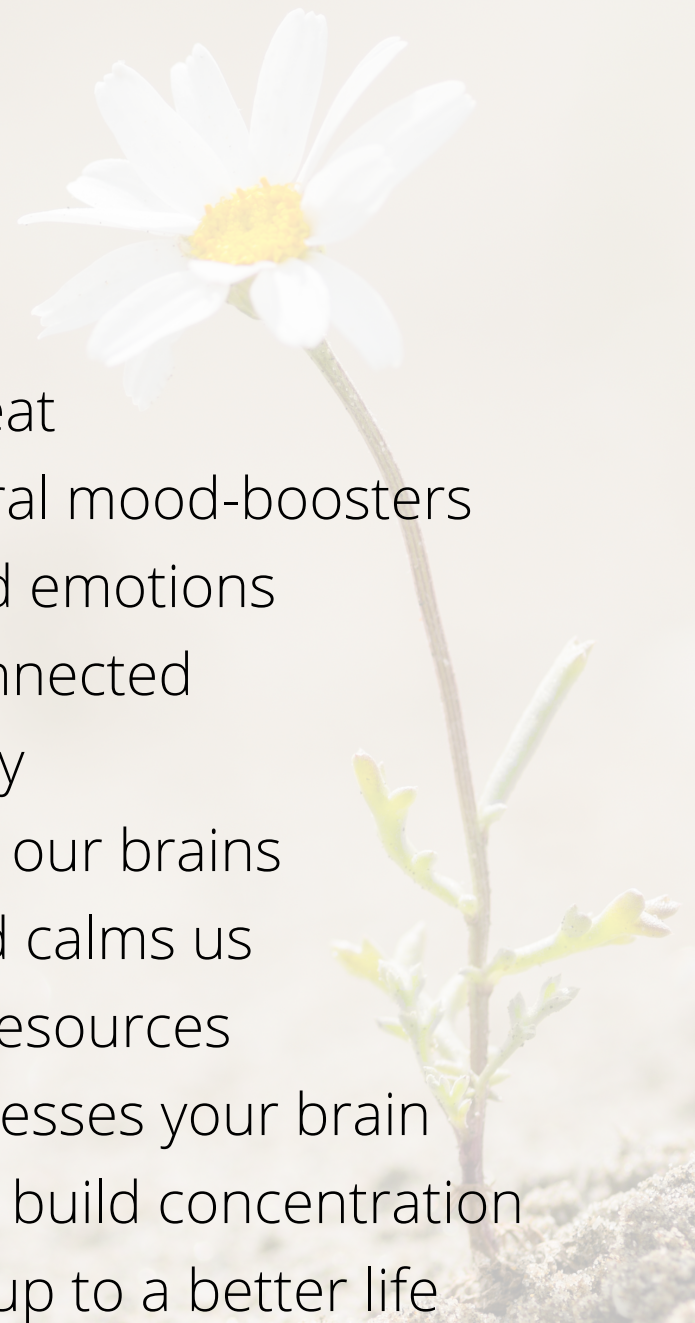
A process of adapting & responding to difficult & challenging demands placed on us – adaptive behaviours that allow us to handle, bend, bounce and recover



Tips to build resilience



- Take a digital detox** - give your brain a rest
- Book a massage** – get rid of toxins and feel good
- Make healthy food choices** - you are what you eat
- Get physical** - release your endorphins: our natural mood-boosters
- Get forty winks** - rejuvenate your mind, body and emotions
- Beware of isolation** - find your tribe and stay connected
- Develop your passion** - build agency and mastery
- Try something new** - curiosity positively changes our brains
- Learn to breathe deeply** – this lowers stress and calms us
- Establish rituals** - stop depleting your cognitive resources
- Try monotasking** – multitasking is a myth and stresses your brain
- Practice mindfulness** - still mindless chatter and build concentration
- Build 'Gap-Time'** – daily micro-interventions add up to a better life



To help others



Look out for others – know the signs of distress

Have a conversation - ask: “R U OK”

Listen - hear them out and don’t try and fix things

Show you care - explain why you are concerned

Ask permission - can you provide a referral to help

Follow-up – stay connected and supportive





*"Life is never made unbearable by circumstances,
but only by a lack of meaning and purpose"*

- Viktor Frankl

To learn more, to discuss or to obtain
references, please get in touch

People At Their Best

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