

Welcome to Luemo Workplace Wellbeing.

Luemo is a world of practical mental health and wellbeing resources for every employee, every manager and every workplace.



A safe port amid a storm

COVID-19 has affected us all and never before has workplace wellbeing been more important. The physical health crisis has destabilised workplaces and home lives, social networks, usual routines and plans we had in place.

For many who have retained their employment, work can provide a distraction, a sense of normality, security and some sense of plans for the future. These aspects of work can help individuals find a safe port amid a storm.

Workplaces with a focus on wellbeing provide an accessible and valuable space for employees to seek help and in turn provide collegiate support to fellow team members.

Now is the right time for managers to re communicate aspects of a workplace wellbeing program, reminding employees how they can reach out for help and ensuring wellbeing is on team meeting agendas. Read the full article on [Team Care during COVID 19](#).

Dealing with uncertain times

The current world situation is imposing unsettling pressures on employees and many people are feeling uncertain about our world and personal lives. Uncertainty and loss of control can bring on feelings of distress and anxiety. Feeling anxious can, in itself, be distressing for people who usually see themselves as well balanced and good at coping with stress. Feeling anxious when confronted with a stressful situation is a normal human response, however, it can get out of control.

If you develop an anxiety disorder it can overwhelm normal day to day functioning and behaviour, and will likely require professional assistance. If you notice that anxiety is driving you to engage in behaviours like excessive media monitoring, obsessive cleaning, hoarding, avoidance of essential tasks or excessive reliance on alcohol you can seek professional help. You might like to try our short self-monitor tool at Luemo [Lets Check In](#).



The power of Journaling

Journaling is a powerful practice that involves writing freely about one's thoughts and feelings. The research behind journaling involves the concept that many of us have deep, undisclosed thoughts, traumas, and painful hurts and feelings. It's hard work to coexist with these feelings and when we journal, bringing those thoughts and feelings out gives our brain a break. It brings them out of dark places and lets them bubble to the surface.

This 'brain break', according to numerous studies, is powerful enough to produce lowered cortisol levels which reduce stress. A lowered cortisol level has many knock-on health benefits including heightened immunity, lowered blood pressure, lowered arteriosclerosis and feelings of fatigue. Essentially when you lower stress, you improve your physical health. So, as a tool to manage stress, journaling is effective. Journaling is quite simple – to start all you need is pen and paper, and then write sentences that start with 'I'm thinking...'. Promise yourself that no one will read your notes and dispose of them afterwards if you prefer.

The act of getting your feelings onto the page is the cathartic experience and keeping the notes is not necessary. Read the full Luemo article on [Journaling](#).



Did you know...

Meditation is understood to work by invoking the relaxation response. The relaxation response is a term that was coined by Dr Herbert Benson in 1975. It is a person's ability to release chemicals and brain signals that stimulate the parasympathetic nervous system into action. It is basically the opposite of the stress (fight or flight) response and helps us to remain physically calm. Click here for the Luemo [Meditation Podcasts](#)

Keep an eye out....

A sense of community is fundamentally important to our wellbeing. Given social distancing guidelines at the moment, it might be a little difficult to imagine how we can stay connected. The Anzac Day initiative this year is for neighbours to assemble on their driveways for a Driveway Dawn Service. You might like to consider wandering out on your driveway just before 6am. Acts of quiet community solidarity are powerful.