

Welcome to Luemo Workplace Wellbeing.

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



## Taking care of you and your team

As our world continues to settle into a new reality and routine, many are struggling to come to terms with our 'new normal' and an uncertain timeframe for us to return to our lives resembling what they were pre COVID 19.

Good managers and leaders have increased focus on team wellbeing and are looking for ways to unite and engage employees in mental health and wellbeing activities.

Luemo is doing its level best to help out and is sharing the Luemo Wellbeing Scorecard Challenge with Australian businesses. The Challenge focusses on the simple, daily wellbeing metrics of life. You can take on the Challenge individually or get a team together! It's a fun and easy way for your team to share ideas and help get wellbeing back on track. Let us know how you go!

[Download the Luemo Wellbeing Scorecard Challenge.](#)

## Staying in touch with yourself

Sometimes we can be so caught up in getting things done and looking after others that we lose touch with how we are feeling. We can run on 'autopilot' and not even think about how we are feeling about life or the choices we are making.

Falling into autopilot leaves your reality at the mercy of a negatively programmed brain and closes off opportunities for positive change and new directions. Becoming more conscious gets you off autopilot and means you have more ability to choose how you feel, react and make choices. You can help yourself to become more conscious through practising self-reflection and mindfulness.

Practices such as meditation, journaling, exercise, prayer, and connecting with nature can help with self-reflection and mindfulness. Or, you might like to try our short self-monitor tool at Luemo [Lets Check In.](#)



## Giving to receive

Making time to mindfully give is a way of developing gratitude which is an important element of wellbeing. When we 'give', we 'receive' in abundance. Giving supports gratitude and empathy, which in turn support the building of a workplace culture that is open and supportive.

Gratitude bring us many things, it dissolves negative feelings, anger and jealousy float away, fear and defensiveness shrink. When we make room for gratitude, happiness can flourish. Like other life perspectives, gratitude can be cultivated. We can develop gratitude by focusing on what we already have and diverting thoughts away from thinking about what we do not have.

A well thought through Workplace Wellbeing program will incorporate a giving program to cultivate gratitude and a culture of wellbeing support. Try not to focus on donating money or fundraising. Instead, think about giving time, your services, work experience or inclusion.

You can read more about developing your own program in [the Luemo 10 Step Guide](#) to building your wellbeing culture.



## Did you know...

You don't need to be a trained counsellor to be a helpful friend or colleague during tough times.

In fact, trusted friends and work colleagues are often some of the first to be aware of problems and spend the most time with people experiencing difficult times.

You can read about [Coping in difficult times - supporting others and self-care strategies](#)

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## Upcoming events....

**Donating blood is something that is awfully close to Luemo's heart!**

In addition to providing lifesaving help, the act of blood donation is a mindful experience that supports grateful reflection. If you can, give it a try during National Blood Donor Week in June.

**Men's Health week** is also in June so you still have time to discuss this with your team and get prepared!