

Welcome to Luemo Workplace Wellbeing.

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



Why is resilience important?

Resilience is the ability to respond to, recover and ‘bounce back’ after facing adversity or stress.

You have probably noticed that some people cope better than others when faced with setbacks – what affects one person may have little impact on another. The key difference is that resilient people are able to utilise their skills and strengths to cope and recover from problems and challenges.

Being resilient does not mean that a person experiences less stress, grief or anxiety. Normal people will experience normal levels of distress proportionate to the problem, however, resilient people will face difficulties, work their way through and move on. Conversely, individuals lacking resilience may become overwhelmed, ignore problems, engage in destructive coping strategies, become stuck and experience a decline in psychological and physical wellbeing.

You can develop resilience in many ways. Mental health hygiene is important – eat healthy meals, exercise regularly and get enough sleep. Use techniques such as meditating and journaling to develop clear and positive thought patterns. Work on building and engaging in meaningful relationships with family, friends and colleagues. Identify your values, have goals and build your confidence.

Employee resilience is vital for thriving organisations and the workplace is an excellent place for individuals to learn about resilience and take control of their wellbeing. To help build your resilience you can try the [Luemo Wellbeing Scorecard Challenge](#) or check out the resources at [Luemo Stay Well and Build Resilience](#).



Luemo chats to Enablo

Last month Luemo was interviewed for a podcast by Enablo – Workplace from Facebook Partner.

We talked about workplace mental health and wellbeing and how workplaces can respond to the current world environment.

One of the interesting topics covered was how new technology can support mental health and wellbeing, and, helpful tips on how organisations can use this information to help their employees.

We also talked about creating psychological safety in the virtual workplace and what teams can do now to support one another during this period of transformation.

You can listen to the podcast on the [Luemo Workplace Wellbeing home page](#).

Did you know...

The Federal Government has appointed Associate Professor Ruth Vine as Australia's first Deputy Chief Medical Officer (CMO) for Mental Health. This is a timely and welcome announcement and begs the question "what will this mean for workplaces?". Keep your eyes out for new initiatives that may be available to your industry sector or, new responsibilities for workplaces. For current information on Workplace Wellbeing Legal Rights and Responsibilities go to [Luemo Managers Resources](#).

[READ MORE LUEMO NEWSLETTERS](#)

Keep an eye out....

Winter is upon us and it's 'Beard Season'! Beard Season is not just about keeping chins warm, it's an initiative to raise awareness and funds to support free skin checks to fight skin cancer. Get your workplace involved, grow a beard and start a conversation that might save a life.

Next Month hosts Lifeline's 'Stress Down Day' so you still have plenty of time to get new slippers and round up your work colleagues for some fun. Let us know how you go!