

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



Mindfulness

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. The therapeutic benefits of mindfulness include decreased stress, increased happiness and improved thought clarity and focus.

There is no limit to situations when we can be mindful. In fact, mindfulness masters believe that mindfulness at all times is the goal as we go about our lives – living each day intentionally and engaging in every experience.

Is this possible in the modern world?



As humans we can run on 'autopilot' for much of the day, and fail to engage in life's moments – our mind is somewhere else. We develop automatic thought processes and actions to efficiently deal with basic tasks and scenarios, such as buying/drinking a cup of coffee and basic social interactions. While we are on autopilot our brains can sort through more complicated issues – for example, an overdue mortgage, frayed family relationships, accessories for a new car and work politics. This can be distracting from the present moment and we can miss things that are important. For example, we miss the fragrance of coffee in the cafe, we forget to check in on an ill colleague, we don't get excited about a card a child has just handed us, we make errors or forget that people love us.

To develop mindfulness, we need to be intentional with practice. This means making a decision to be mindful in some way and then deliberately and genuinely focusing attention and time on that practice. With practice regularity, mindfulness becomes an enjoyable habit.

To improve mindfulness, intentionally make time for:

- ➔ Gratitude – try a gratitude journal
- ➔ Mindful meditation and breathing
- ➔ Engage your senses though mindful eating, mindful touch, smell, mindful listening, visual observation
- ➔ Acknowledge your personal strengths
- ➔ Empathy practice, acknowledgement of loved ones, and caring for others

To help you, mindfulness practice is embedded in the Luemo Wellbeing Scorecard Challenge.

Check in on resilience

Building and maintaining resilience takes some focus and the rewards are huge.

Here is your checklist:

- ➔ Get your mental health hygiene right. Eat healthy, exercise regularly and get enough sleep
- ➔ Develop clear, positive thought patterns. Utilize meditation, journaling, nature, prayer.
- ➔ Build meaningful connections. This includes engaging with family, friends, colleagues and neighbours.
- ➔ Identify your values and have aligned goals. Mindfully live your life accordingly.
- ➔ Disconnect from unhelpful consumption or practices. Review your use of technology, food, stimulants, alcohol, gambling, media, destructive relationships



Keep an eye out...

Next month, October is Mental Health Month and Saturday October 10 is WHO Mental Health Day.

This is a great opportunity for your workplace to join together, raise awareness and extend the hand of support to those battling mental ill health.

You will find various state-based organisations are driving initiatives and there are plenty of opportunities to get involved and free resources/ideas to utilise.

Let us know how you go!

Did you know....

One in six Australians is currently experiencing depression or anxiety or both. This is equivalent to 3.2 million people today (Australian Bureau of Statistics).

This means that during your work life it is likely that you will come into contact with someone who needs support.

You can help, even if you are not a trained counsellor. Read about supporting employees and colleagues in our free resources section.

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