

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



LET'S TALK ABOUT VALUES

Our values are our fundamental beliefs that motivate our decisions and actions. They act often as unconscious guideposts that help us choose one decision or pathway over another. They guide how we think, what we do, how we treat other people, and they influence who we feel closer and more connected to.



Ask yourself this: "Is where I am now (my work, my life, my wellbeing) where I want to be? Where I chose to be? Where I thought I'd be? Or am I 'drifting with the tide', reacting to whatever is going on around me?"

The feeling of 'drifting' often occurs when we lack an anchor. In life, our values serve as our anchor points.

There are many beliefs or ideals that can constitute a value, here are some examples: loyalty, commitment, compassion, optimism, courage, environmentalism,

respect, innovation, adventure, education, creativity, consistency, passion, dependability...and so on.

The challenge for most of us is that values often stay unconscious and we rarely stop to consider our values and assess if they are the right fit. For most of us, our values were formed in our childhood - influenced by our family, friends, teachers, and the culture we grew up in. If we are not careful and we don't stop to think about what is really meaningful to us, we run the risk of leading our lives based on ideas or ideals that don't fit anymore or are actually someone else's ideas of what's important.

When we live our lives based on ideas that are not meaningful for us, we typically end up feeling hollow, dissatisfied, unauthentic or even lost.

Once you know your values, you can set goals and achieve in line with those values. This gives life a sense of purpose, happiness, and fulfillment, as you consciously do things that are important to you.

Need some help determining your values?

Read the full article on Values



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MODERN LONELINESS

In a world that seems to be obsessed with communication and constant connectivity, research shows that the problem of loneliness is real and growing around the world.

If we replace the adjective 'lonely' with the term 'an absence of meaningful connection with another person' can you think of someone who might be lonely?

Alarming research demonstrates the influence loneliness can have on our mental health and quality of life. Loneliness can lead to issues such as depression, anxiety, suicidality and substance abuse. Physical health issues also manifest which affect immunity, pain tolerance, diabetes risks and sleep.

In Australia, research suggests that approximately 1 in 4 are lonely. Loneliness is readily stigmatised and considered a weakness, with associated labels such as 'unlikable', 'friendless' and 'loner'.

How can we combat loneliness? The short answer is "reach out". If you feel lonely or if you suspect someone else is lonely, reach out.

[Read the full article on Modern Loneliness](#)

COMING UP...

Next month in December we will be winding up 2020 and the major event for most is Christmas and New Year.

It's been a tough year and it is understandable that some people may feel there is not much to celebrate. However, more than ever we need to stay connected and reignite lost connections - what better excuse is there than

'hey, let's catch up before Christmas!'

How can you utilise the Christmas period to reunite your workplace? There are so many get-together opportunities - both in person and virtual - and opportunities to contribute to worthy causes such as gift giving for disadvantaged children.

Let's be extra aware this year to include people who may be spending Christmas alone or with few positive experiences planned - would your workplace consider getting a group together to volunteer at a homeless Christmas Day lunch?

Get your thinking caps on and let us know what you are doing - we would love to know!

DID YOU KNOW?

There is no reason to delay reaching out for help if you or someone you know is finding it difficult to cope.

Try these two options to engage with professional help:

The Australian Government has approved rebates for Psychologist services under Medicare to assist with access to free Psychologist services for a range of mental health concerns. If you need help, going to visit your GP is a great first step.

You can also engage with a psychologist or counsellor privately and directly. The Australian Psychological Society and the Australian Counselling Association are peak professional bodies that both have an online data base that you can access for free to find a suitable practitioner in your area.

[Check out Luemo Reaching Out for Help](#)



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