



LUEMO
WORKPLACE WELLBEING

We all need Back Up!

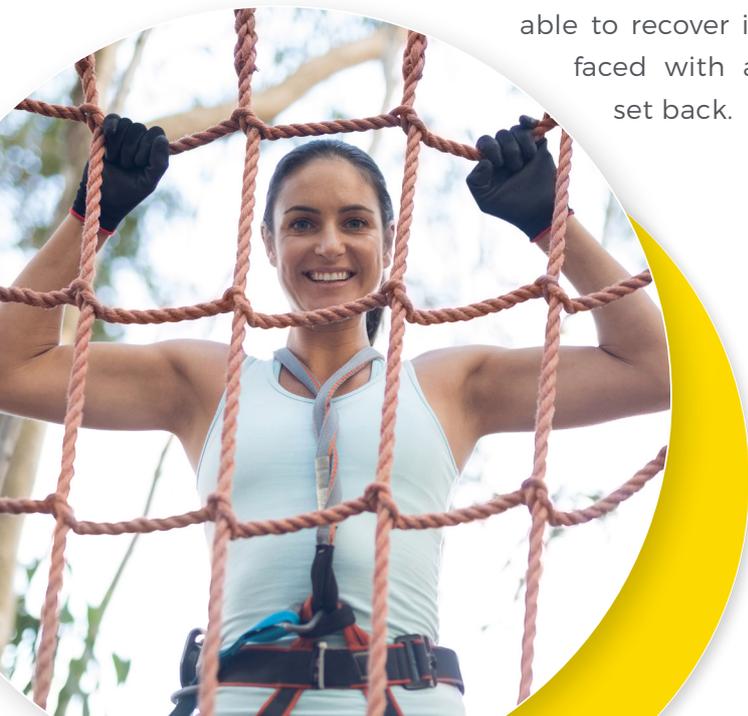
Resilience safety nets are helpful 'go to' thoughts, behaviours, habits and connections that we can call on when we are faced with stress or adversity - they are our back up in life!

Resilience safety nets are good for supporting our mental health and wellbeing. Just like a safety net under a trapeze, resilience safety nets play two important roles in life: they provide us with a level of psychological reassurance that we have back up (even if we never need it); and secondly, we can call on these safety nets to 'catch us' if indeed we need help. These are two very valuable concepts that underpin our confidence to participate in life without fear and be able to recover if faced with a set back.

Do you know if you have resilience safety nets? Can you identify them? Do you consciously build and maintain your safety nets?

Safety nets will differ from person to person and it's good to develop a number of them to support your mental health. Here are some ideas that might be safety nets for you:

- ✔ **Supportive connections and relationships** – such as friends, family, work colleagues, partner, a mentor or counselor.
- ✔ **Strong physical health** – such as the ability to move, run, ride, swim.
- ✔ **Mind management skills** – meditation, journaling, or prayer that can help reframe experiences, stop rumination, and negative thoughts.
- ✔ **Knowledge of self** – an understanding of your values, goals, and purpose so that you can put negative experiences into perspective, so they don't overshadow the good parts of life.
- ✔ **Practical** – savings in the bank, employable skills, a stable home base.





(Resilience Safety Net cont.)

Review your current reaction to stress or adversity. Think about your past experiences and be honest with yourself about how you react. Don't be ashamed of your behaviour – show yourself some compassion and make a pact with yourself to do something different next time. Try finishing these sentences:

"When I'm stressed I.... Drink? Gamble? Get angry? Withdraw? Blame others? Eat too much?"

Let's aim to change that thinking to include your safety net...

"When I'm stressed I ...Go for a long hike? Garden? Talk to my coach? Meditate? Refocus on my life values and goals?"

It's important that we work on building and maintaining our safety nets, they rarely just magically appear. It takes work to put them in place so let's make a start!

➔ [Explore more on Luemo](#)

Science supports the benefits of gratitude

Robert A. Emmons, Ph.D., is the world's leading scientific expert on gratitude. His studies show that people who consistently practice gratitude experience benefits to physical health, psychological well-being, and relationships with others. This includes higher levels of happiness, less depression, better sleep, lower blood pressure, and less loneliness.

➔ [Luemo Members can read the full Gratitude Article here](#)

Quick Tip!

Exercise is proven to be good for your mental health. In fact, moderate daily exercise such as walking has been shown to be as effective as talking therapy for treating mild to moderate depression. It's not just about losing weight!

➔ [Explore more on Stay Well and Build Resilience](#)



Keep an eye out in March...

Getting involved in community events promotes connection and releases the feel good hormones of giving. Clean up

Australia Day for the whole community is Sunday 7 March and Business Clean up day is Tuesday 2 March. Why not improve workplace connection by doing something positive for your community and get involved?