



LUEMO
WORKPLACE WELLBEING



MP+

Mind Power⁺

Want to be more successful, have better relationships and increase your enjoyment of life? Perhaps you could look into the techniques and benefits of mind management.

Being in touch with our personal thoughts and managing how they affect behaviour is a skill that helps with adult emotional intelligence and ultimately our success in life. Techniques such as meditation, breathing, mindfulness, journaling, and gratitude practice can help and are activities you can try on your own.

Here are some of the benefits of good mind management:

✓ **Live life with intention, not reaction**

Live the way you want to live, not as a reaction to it. Sometimes we can react to thoughts and emotions, and this does not serve us well. Mind management is not about ignoring emotions/thoughts, but rather acknowledging them and intentionally considering your options. For example, if we immediately act when we feel anger or humiliation, we may do something that will ultimately hurt us or someone else. It's normal to feel an emotion but with good mind management you get to ultimately decide what to do with it. So, take your time and make intentional choices that are in line with how you want to benefit your life.

✓ **Say "Yes" to life**

Don't believe everything you think! Some of our thoughts can be very negative and can hold us back in life. They may even be destructive to ourselves and others. Sometimes we can hold on to thoughts, opinions and ideas that are wrong or even irrational. It pays to stop and question our ways of thinking and change our outlook that may be wrong/outdated and no longer serving us. Take the hint if someone you trust questions your perspective – do you need to change your thinking? When we change we can engage with life in new ways and harness growth and positivity.

✓ **Achieve better productivity, relaxation, and creativity**

Repetitive thoughts, a racing mind and replaying unhappy scenarios can be distressing and a waste of time. A racing mind undermines our sleep and relaxation and interrupts the focus required to do the important things in life. A well-managed clear mind allows us to be present and is relaxing, creative and productive.

➔ [Members can access our Luemo Meditation](#)

[Podcasts here](#)

Did you know...?

At least 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.

➔ [Luemo Members can read the article on Coping in Difficult Times: Supporting Yourself and Others here](#)



New habit tip!

Tired all the time? Have a good look at your afternoon caffeine and sugar intake. It's a vicious cycle - caffeine and sugar can undermine your ability to have adequate restful sleep, then coffee and sugar are used to prop up afternoon energy slump. If this is a problem for you, set your mind on cutting out sugar and caffeine in the afternoons. Work on it gradually - *it's worth it!*

➔ [Luemo Members can access the full list of Habit Tips on the Wellbeing Scorecard here](#)

Keep an eye out in April...

Next month in April, the Australian community observes Anzac Day. This is a day that particularly provides the opportunity for mindful reflection on the areas of freedom, community, and

unity. Last year the day was marked with 'driveway' dawn services and socially distanced ceremonies. This year, you and/or your workplace might like to get involved - have a think about how you could utilise this day as a focal point to connect people.

➔ [For other ideas Luemo Members can access the Calender of Community Events here](#)