



The power of the pen

LUEMO
WORKPLACE WELLBEING

Did you know that the practice of journaling has been found to reduce stress, anxiety, and depression?

Journaling is a powerful practice that involves writing freely about one's thoughts and feelings. The research behind journaling involves the concept that many of us have deep, undisclosed thoughts, traumas, and painful hurts and feelings. It's hard work to coexist with these feelings and when we journal, bringing those thoughts and feelings out gives our brain a break. It brings them out of dark places and lets them bubble to the surface. This 'brain break', according to numerous studies, is powerful enough to produce lowered cortisol levels which reduce stress. A lowered cortisol level has many knock-on health benefits including heightened immunity, lowered blood pressure, lowered arteriosclerosis, and

feelings of fatigue. Essentially when you lower stress, you improve your physical and mental health.

Journaling is quite simple - to start all you need is pen and paper, and then write sentences that start with 'I'm thinking...' and just keep writing. Promise yourself that no one will read your notes and dispose of them afterwards if you prefer. This way, you can feel safe that you are free to write whatever you like and you will not be judged or reprimanded. The act of getting your feelings onto the page is the cathartic experience and keeping the notes is not necessary.

➔ [Luemo Members can read the full article on Journaling here.](#)

Did you know?

Domestic violence is one of the leading causes of homelessness in Australia. Workplaces have a big role to play: How? – by ensuring that employees affected by domestic violence are able to stay in employment and maintain a level of financial independence. In addition, the workplace may be one of the few safe havens available to victims of domestic violence and can provide an essential link to support.

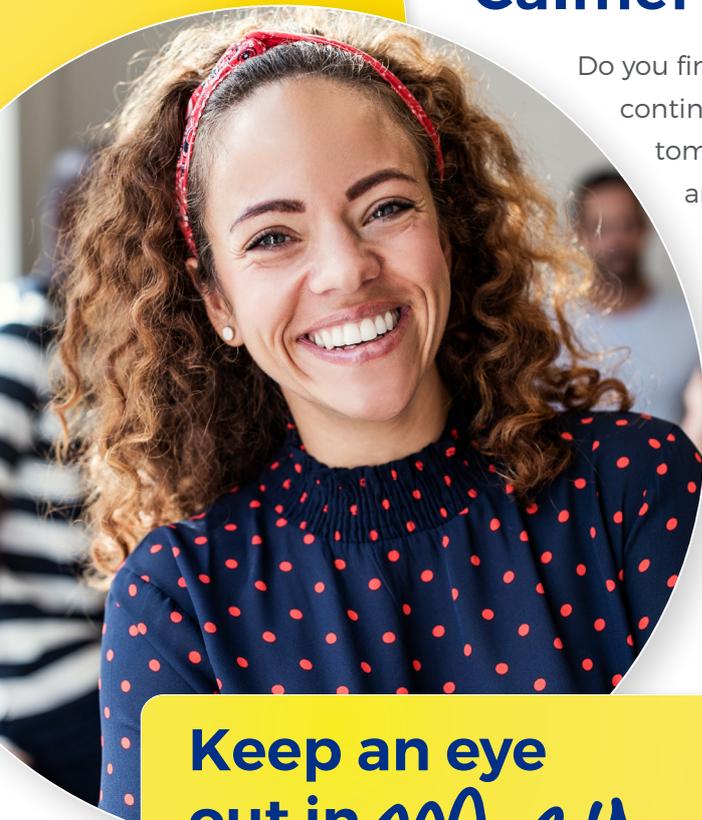
➔ [Luemo Members can read more about the Role of Workplaces in Responding to Domestic Violence here.](#)



Habit tip for a Calmer Mind

Do you find it hard to relax in the evening because you are continuously thinking about all the things you have to do tomorrow? It can be stressful to carry your “to do” list around in your head all the time and it can rob you of relaxation. **Try this: clear your mind by writing tomorrow’s “to do” list at the end of each workday.** Doing this ‘mind dump’ of your tasks will give you confidence that you are organised for tomorrow and won’t forget anything. You can ‘switch off’ when you leave your tasks at work and then know you are ready to ‘switch on’ when you look at your list tomorrow. Try trusting your list for a few weeks and see what happens!

➔ [Read more wellbeing tips on the Luemo Wellbeing Scorecard.](#)



Keep an eye out in *May*...

The Mother’s Day Classic for breast cancer is on Sunday 9 May 2021. This is a much celebrated national event that heightens

our awareness of breast cancer and connects people through a group run or walk. Why not get a few colleagues and friends together and enjoy some time in the Autumn morning sun? It’s good for wellbeing in every way!