



LUEMO
WORKPLACE WELLBEING

Let's Simplify

If you are someone who finds the clutter, busyness, and overstimulation of the modern world a chore, Minimalism may be a different style and pace of life that you may like to explore. The modern world can make life over complicated, and Minimalism offers the opportunity to simplify and live the way you want to.

At the outset, Minimalism is about living intentionally with only the possession that we need. When we live only with the possessions that we truly need and enjoy we become free of the expense, responsibility, and clutter of having things that are not necessary.

The flow on effects of the philosophy can have profound implications in other areas of our lives as we let go of things, people and situations that we don't want in our life. Just like possessions, sometimes we hang onto old habits or ways of life that hold us back from spending time with people we love or doing activities that bring us joy.

Getting started

You don't have to be perfect! Minimalism is a journey, and you can do it your way.

- ✓ Decide what is important to you in life and commit to remove anything that does not truly fit in with your philosophy.
- ✓ Commit to owning less and only go shopping when you genuinely need a particular item.

- ✓ Go through each section of your home. Give away, sell or throw away things that you do not need, use or enjoy. Let go of the guilt about the money you have spent - storing useless items will not help!
- ✓ Start small in one or two areas of your life. Could you declutter your kitchen? Downsize your wardrobe? Rethink some social commitments? Avoid new financial commitments?
- ✓ Do a technology/media audit. Unsubscribe from email lists, delete apps, disconnect from a social media account or news service. These can be money and time wasters.

Minimalism is not about depriving yourself, quite the opposite – it's about clearing space so you have the time, money and attention to focus on having what you really want and spending time with the people you love.

➔ [Luemo members can read more about Minimalism here.](#)

Winter habit tip!

Winter mornings and working from home can make it tempting to stray from mentally well morning routines. Make sure you get up at normal time, shower, put on clean clothes and eat breakfast before you start work. Try to fit in some exercise, even if it's a short walk and sit in gentle sun when you can. Evidence suggests winter months can negatively affect mood so be aware and stay on top of it!

➔ [Members can check in with the 12 tips on the Luemo Wellbeing Scorecard here.](#)



Did you know...?

Being kind can boost your serotonin, the neurotransmitter responsible for feelings of satisfaction and wellbeing.

It can also build our feelings of connectedness with others which is a key component of combatting modern loneliness. Being kind can come in so many forms - words of support, listening, warm acknowledgement, striking up a conversation or lending a hand.

One of the key things about true kindness is that the kind gesture is undertaken with no expectation of reciprocation or benefit to the kind person. Kindness does not need to be witnessed and the story does not need to be told on social media.

You can practice kindness towards a work colleague, a stranger, someone you don't particularly like or someone close to you. Consciously experiment and practice kind acts - how do you feel?

➔ [Kindness is one of the 12 key habits for better wellbeing. Members can read the full Wellbeing Scorecard on Luemo.](#)



Some Realistic Optimism for you...



The lockdowns will end and COVID will get under control. Let's plan for those times!

