



LUEMO
WORKPLACE WELLBEING

A better you in 2022

New Year resolutions rarely stick! Let's forget the radical resolutions and focus on a sustainable personal re-set. We have put together 5 key areas that align with the principles for human wellbeing. Each day take a moment to think how these relate to your life and how you can make these real for you.

1

Deliberately enjoy life

We can be at our best when we live a life of joy. We can get so caught up in the rush that we forget to make time to feed happiness. Get back in touch with what makes you happy on a daily basis – it doesn't have to be complicated. Make plans aligned with your joys and take decisive action.

2

Do the basics well

Eating, sleeping and movement are fundamental for our wellbeing. Focus on seeking to truly feel good not just how you look, fads or convenient 'life hacks'. Think first in terms of supporting your nutrition, energy, rest and mood. Eat only what is good, sleep 8 hours a day and get outside for exercise for at least 30 minutes. If the basics are out of kilter it's hard to be at your best.

3

Manage your mind

We spend a lot of time in our head so we need it to be a creative, calm, positive and productive place. Unfortunately, we can waste a lot of time on negative, repetitive and self-limiting thoughts. We race to the future and ruminate on the past, robbing us of living and having an impact in the present. Incorporate mind management into your day and reap the benefits. Try mindful breathing, meditation, reframing, gratitude and journaling.





Connect with your back up team

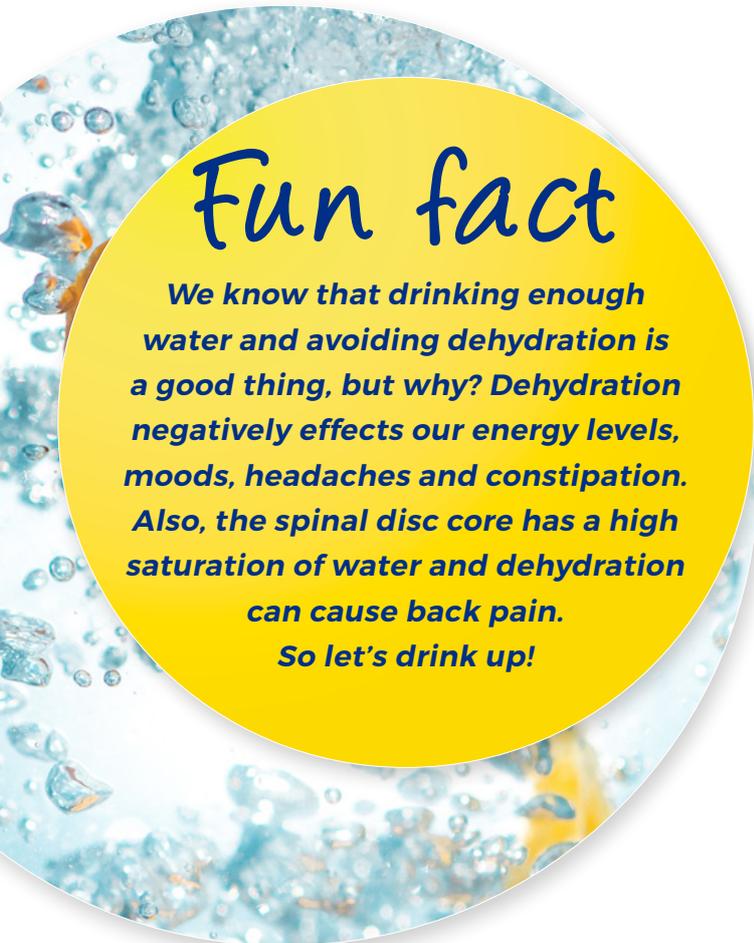
We are not designed to be alone and are at our best when we have meaningful human connection. Winners reach out, resilient people don't go it alone and happiness is shared. Cultivate daily trust, love, belonging and acceptance with family, friends, colleagues and community.



Tune in to manage stress

Understand your stress cycle and take charge of your life. Stress is not always obvious and it may take time for you to understand what's going on. Ask yourself: What stresses you (relationships, deadlines, finance)? What are you thinking/feeling (anger, humiliation, tight chest, stomach upset)? What behaviours do you engage in to relieve the stress (alcohol, spending, withdraw)? Once you understand you can do something about it.

➤ [Luemo members can read about more techniques to live life to the full here](#)



Fun fact

We know that drinking enough water and avoiding dehydration is a good thing, but why? Dehydration negatively effects our energy levels, moods, headaches and constipation. Also, the spinal disc core has a high saturation of water and dehydration can cause back pain. So let's drink up!

Going green for good mental health

“Urbanization is associated with increased levels of mental illness, but it's not yet clear why. Through a controlled experiment, we investigated whether nature experience would influence rumination (repetitive thought focused on negative aspects of the self), a known risk factor for mental illness. Participants who went on a 90-min walk through a natural environment reported lower levels of rumination and showed reduced neural activity in an area of the brain linked to risk for mental illness compared with those who walked through an urban environment. These results suggest that accessible natural areas may be vital for mental health in our rapidly urbanizing world.”

Source: Bratman et al: PNAS 2015, Proceedings of the National Academy of Sciences for the United States of America.

Did you know..

Life expectancy in Australia was 83 years of age in 2021. In 1921 it was 62. What does this mean for life enjoyment? While leisure options have dramatically expanded over the past 100 years we have certainly increased stress levels and it seems people

are missing out on life joys. Don't wait around for 'the future' to start living a life of joy. How will you recognize and incorporate joy into your post working life if you have not experienced it during your working years?

