



The Mind Issue

LUEMO
WORKPLACE WELLBEING

Have you ever considered how your thoughts affect your behaviour and life?

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 and enjoyment in life.

Here are some reasons why it's important to tune into your thoughts and the benefits of good mind management:

✔ **Live your life with 'intention' not as a 'reaction'**

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.

✔ **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. When we change, we can engage with life in new ways and harness growth and positivity.

✔ **Reclaim your calm and relaxation time.**

A racing mind undermines our sleep and relaxation and interrupts our ability to be present and enjoy our recreation time. When we can stop thinking about work, the past, or worrying about the future we can fully engage with our friends, family and other personal activities and enjoy our relaxation time in the 'here and now'.

✔ **Achieve clear minded productivity and creativity.**

See through the fog! When our mind is not distracted or foggy, we can call on our full talents, memories, learnings, and creativity – we are more confident and negative/unrelated thoughts are not interfering with our ability to achieve.

➔ **Luemo members can read the full article on the exclusive Luemo Member Portal.**

Check out these mind management techniques for calm, clear, creative thinking...

- ✓ **Deep breathing:** try it early morning, at various breaks during the day or when you feel a rising state of stress coming over you.
- ✓ **Meditate:** daily meditation is known to have multiple benefits to health and wellbeing as it invokes the relaxation response - which in turn reduces the physiological stress response.
- ✓ **Mindfulness:** this technique is based on tuning into the present moment and focussing on our physical feelings, emotions, our smell, touch, sight, sound, and taste. Can be particularly effective for helping to manage anxiety and panic.
- ✓ **Journaling:** journaling helps to unjumble and examine our thoughts and feelings. It's almost like counselling yourself! The technique is simple and

uncomplicated, involving writing down your thoughts and feelings without judgement.

- ✓ **Challenge your thoughts:** This technique can be undertaken alone or with a trusted confidant. It involves examining thoughts that may be holding us back or reframing thoughts and experiences.
- ✓ **Gratitude practice:** gratitude focuses us on appreciating what we DO have and guides us away from focussing on what we DON'T have. It helps stop confusion and wasting time on physically and mentally pursuing the unimportant.

➔ [Luemo members can read about these techniques and the science behind them in the *Staying Well* section of the exclusive member portal](#)

What is CBT?

CBT is Cognitive Behavioural Therapy. It's one of the most common forms of therapy used by Australian and New Zealand psychologists. Psychology is all about human thoughts and behaviour and CBT is a type of therapy that draws on the knowledge that thoughts, emotions, physical sensations, and behaviours are interconnected. CBT involves efforts to change thinking patterns and behavioural patterns. The overall treatment focus of CBT is to help clients learn skills to become more aware of, and have the capacity to evaluate, their thought content and processes that may be contributing to problematic behaviours and emotional experiences. The therapy has been found to be effective in treating a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness.



Have you tapped in to Luemo's new workplace training video "Tips to Build a Workplace Wellbeing Culture". The video will step you through some key steps to make sure you cover all the rights things. Get in touch now if you would like to get your management team onboard!