‘New year, new view’

Well, here we are – a brand new year filled with renewed vigour, energy and commitment. But how long will it last? Did you achieve your goals last year and if not, why? Now is the perfect time to take a look back over our achievements and those we didn’t quite keep up to see what we can do differently this year. Whether it’s goals such as healthier eating, a new physical activity or volunteering, think about how it will positively benefit you from a physical and emotional perspective and why sustainable behaviour change has huge benefits for you and those around you.

To help you on your wellbeing journey, take a look at psychologist, Alison Ledgerwood’s TED Talk on a simple trick to improve positive thinking. **Start as you mean to go on – you’ve got this...**

Josephine Bey - Editor

**Break bad habits**

A new year brings talk of resolutions, changes for the better and banishing bad habits. It’s all about being the best version of yourself, both at work and home. Small things can really add up to big changes, so think about how you can improve your routine. Create a weekly, monthly or quarterly plan and set yourself realistic targets. Approach the first task you do as an exercise for how you want your brain to behave that day and list three daily positives.

Sometimes, you may have valid reasons to be concerned or worried; especially when you feel like you have no control over a situation. It’s important to accept it’s okay and recognize this, but don’t let it fester and dominate your thoughts. Freeing up your mind from negative thinking makes space for more positivity. Taking a step back to analyse situations rather than dwelling on them, or reacting negatively, will help in the longer term.

Don’t be afraid to ask for help – it shows great strength in you as a person. Equally, helping others can provide a sense of accomplishment; great for a positive mindset.

**Find your way to positive wellbeing**

**Build great relationships** – this helps you build a sense of belonging and self-worth, share positive experiences

**Get active** – whether it’s a run, walk, yoga, spin class or any other form of physical activity, your mind and body will thank you for it. Get those endorphins going for that feel-good-factor.

**Try something new** – taking up a new hobby or project can really help boost your confidence, give a sense of accomplishment and encourage new skills.

**Be present** – pay more attention to your thoughts, feelings, body and the environment around you. Practising mindfulness for just 10 minutes a day helps you become more relaxed, aware and engaged.
Mental Health Awareness

Time for a digital detox

Did you know the average person checks their phone around 150 times a day?! Whether it’s work, social or educational, it all adds up and can even lead to technology addiction.

Too much screen time can affect our vision, sleep and relationships so, if you think all of the above may apply to you – start a digital detox to see the difference the removal/reduction in tech can have:

✔ Choose a date to shut off your tech and decide on a length for the detox. 24 hours is a good recommended timeframe

✔ Plan something you have wanted to do for a while like cooking a new recipe, meeting up with a friend or doing something fun with the family.

✔ Think about how the detox has made you feel and if it has changed the way you will engage with media going forwards.

✔ Enjoy your new perspective – Your fingers and thumbs will thank you for it!

Mental Health and Wellbeing Services

Wellbeing Solutions Management delivers a comprehensive range of mental health and wellbeing services to support both individuals and their employers.

Our wellbeing services include:

✔ 24/7 Counselling & advice helplines (EAPs)
✔ Managed counselling for return-to-work
✔ Critical incident and post-trauma support
✔ Psychological assessment and clinical reports
✔ Stress management and resilience training

Our mission is to help employers improve overall workforce performance, reduce stress-related absence and raise productivity by supporting the wellbeing of employees.

Take action and get happy!

To help support your journey during 2020 and give you some ideas to help boost your physical and emotional wellbeing, Action for Happiness have provided a useful list containing actions you may wish to explore.

In addition to the list, they also provide a monthly ‘Kindness Calendar’, great for sharing with friends, family and work colleagues. Each month has a theme and actions based around this.

Whether it’s volunteering, finding three good things every day, or creating a local support group, get involved and help spread some happiness!