



**TANABELL**  
HEALTH SERVICES



**SEPTEMBER 2018**

**EMOTIONAL/MENTAL**  
**WELLNESS**



September is National Emotional Wellness Month

3



25 Small Ways to Find Joy at Work

4



Why is change so good for you?

5



These 7 Things Will Make You Happier, according to Science

6



Emotional Wellness Activities

7

September is National Healthy Aging Month and Emotional Wellness Month

- September 3                      Labor Day
- September 9                     National Grandparents Day
- September 9-15                Assisted Living Week | Housekeepers Week
- September 22                   First Day of Fall
- September 29                   National Coffee Day

# It's National Emotional Wellness Month

September is National Emotional Wellness Month and there's no better time to build up resilience for the upcoming school year and holiday season.

Your emotional well-being is just as important as your physical health. Mindfulness is the practice of judgment-free reflection, being in the moment, and being aware of your surroundings, thoughts, and physical sensations. Practicing mindfulness slows down the heart rate, relaxes muscles, conserves energy, and reduces the damaging effects of long-term stress on the body.

Right now, as you're reading these words, this is all that exists. Put the past aside for now. Nobody knows what's going to happen in the next few seconds, let alone tomorrow. So, by living in the moment, you're living in the only reality that you can be sure of. This is mindfulness. Being present and appreciating now, whatever

is in your "now." Living in the here-and-now is especially helpful when you're going through a tough time.

You can take things moment by moment, rather than worrying about the whole problem. Say to yourself, 'I'll live my life one breath at a time and see what happens.'

September is the perfect time to practice mindfulness and check in with your emotional and mental well-being. Practice mindfulness this month by utilizing the 12 tips to the right.

## 12 Ways to Practice Mindfulness this Month



1. Get in touch with your body, be mindful of your posture, relax your muscles.
2. Breathe. Take three deep breaths before and after tackling a task.
3. Accept what you cannot change
4. Be mindful of what and when you eat
5. Practice mindful listening
6. Put gratitude notes in places that you will see multiple times a day.
7. Spend time with grateful, positive people who inspire you.
8. Listen to music.
9. Enjoy nature.
10. Move your body for 30 minutes each day.
11. Sleep well. Mindfulness is associated with better quality and longer sleep, with fewer sleep disturbances.
12. Take time each day to reflect on why you're here.



# 25 Small Ways to Find Joy at Work

Most of us spend over half our waking days at work. And too many of us consider it a necessary sacrifice, something we're required to do to provide for ourselves and our families and make it possible to enjoy the time we have for ourselves.

That attitude needs a rethink.

What if the workplace could make you happier? Wouldn't it give everything a positive new perspective? The Dalai Lama has said, "Happiness is not something ready made. It comes from your own actions." Here are 25 daily actions you can do to make yourself happier.

---

---

Take charge of your own growth

---

---

Make feedback a gift

---

---

Make fun a part of your day

---

---

Concentrate on focused action

---

---

Simplify what seems complicated

---

---

Have a mentor who can advise you

---

---

Stay agile and flexible

---

---

Collaborate as much as possible

---

---

Notice who you spend your time with

---

---

Take your lunch breaks

---

---

Connect with what your work really means

---

---

Keep a source of inspiration within reach

---

---

Declutter your space

---

---

Listen to music

---

---

Take small breaks

---

---

Give help without being asked

---

---

Get physical

---

---

Don't let anger steal your happiness

---

---

Remember that you're valuable

---

---

Make mindfulness a full-time state of mind

---

---

Spend time with open-minded people

---

---

Learn something new every day

---

---

Don't be afraid of failing

---

---

Get enough sleep



# Why is Change so Good For You?

We all know that change is hard. Our brains are wired to do the same thing over and over, regardless if that activity is good or bad for you. We also know how challenging it can be to go through change, but the positive consequence is really awesome.

Even when change seems tough, you are learning and growing as a person. Change happens slowly, but it happens. Here are 5 reasons change is good for you:

## 1. You are pushed out of your comfort zone.

Life in the comfort zone is easy. Outside of the comfort zone, your assumptions are challenged. You must find new ways to articulate who you are and what you believe. The idea of doing the same thing over and over without question is discouraged. Getting out into the world and doing something new and different is a fostered approach to life.

## 2. You get to experience more.

Change is good because you have the opportunity to embrace new experiences. New perspectives are waiting for you

at the doorstep. Opportunities are plentiful. When you look back on your life, all of the really amazing things are because of a new experience you had. All of those vacations you took and all of the people you have met have taught you more than you ever learned in school. These experiences now make up who you are today.

## 3. You get to find out who you really are.

When you are going through a transition, your mind expands in way that is hadn't in the past. You find out about what you can handle and what you can't. You learn about your limitations. You figure out what you are really made of. Learning about yourself, including what you cannot handle, helps you to figure out a better path to take in life. You are open to the possibility of learning that what you have been doing in the past isn't suiting the future.

## 4. Makes you more flexibility and adaptable.

Without a doubt, change makes you more flexible and adaptable. You learn to embrace chaos in a way that seems foreign, but is acceptable and achievable.

Then, you are armed with more confidence as you walk into the next uncomfortable situation. You begin to thrive in new situations because you have proven to yourself that you can, not only handle change, but FLOURISH.

## 5. You have more fun.

When you are open to change, you are open to saying YES to more. You are open to more experiences and opportunities. You have the opportunity to meet more people too. When you add all of these things together, you are going to have a more robust life and you'll have a ton of fun figuring it all out along the way — there's no doubt about it.



# These 7 Things Make You Happier, According to Science.

What's the key to happiness? According to Martin Seligman, pioneering researcher in positive psychology, happiness is but one aspect of psychological wellbeing, which is longer-lasting and has 5 elements: positive emotions, engagement, positive relationships, meaning and achievement.

"Positive psychology doesn't encourage people to be happy all the time," says Maria Hennessy, lecturer in psychology at James Cook University. "Life is all about having swings and roundabouts, and people with high levels of wellbeing understand that when you have down moments in life, you know they won't stay forever and you can pick yourself up and move forward again."

Cultivating a strong sense of wellbeing isn't difficult. Here are 7 simple 'actionable things' you can do to take charge of your wellbeing.

## 1. LEARN SOMETHING NEW

Learning something new may mean more stress in the short run, but your wellbeing increases the most when you learn something you want to, not what you think you should.

## 2. DO ANYTHING CREATIVE

Engaging in small daily acts of creativity doesn't just make us feel good in that moment—it increases our overall wellbeing. How do we incorporate creativity into our daily lives? For a start, be curious. Curiosity and creative thinking go hand-in-hand. Learning something new in one area of our lives can trigger ideas in another.

## 3. IDENTIFY YOUR STRENGTHS

Research has found that people who found opportunities to use their strengths in new ways reported higher life satisfaction in the long run.

## 4. SEEK OUT THE GOOD

Gratitude has long been proven to increase your wellbeing. As American artist Agnes Martin writes, "The measure of your life is the amount of beauty and happiness of which you are aware."

## 5. BE KIND

Kindness has profound effects on our happiness.

## 6. KEEP YOUR FRIENDS CLOSE

Literally. Research shows that friends who live within a mile of you have the greatest effect on your wellbeing. Friends don't live near you? Befriend your neighbours!

## 7. PLANTS!

Studies have consistently shown that having plants around reduces stress and anxiety. Good sunlight exposure and window views make a difference too.



Name: \_\_\_\_\_

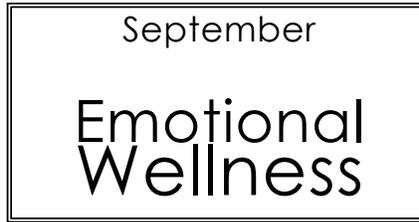
Facility: \_\_\_\_\_

Quarter 2

July: Physical Wellness

August: Financial wellness

September: Emotional/Mental Wellness



Mark here if you choose to perform the activity.

Did you complete the activity?

- 1. (Page 3) Choose one 4/12 ways to practice mindfulness this week. Y N
- 2. (Page 4) Choose 5 of the tips to find joy at work and focus on them this week. Y N
- 3. (Page 5) Choose one small thing to change in your life this week. Y N
- 4. (Page 6) Choose 2/7 things that can make you happier and incorporate them into your life this week. Y N
- 5. Cut back on alcohol, caffeine, sugar, tobacco, or nicotine this week. Y N
- 6. Send a song or picture to someone and say it reminded you of them. Y N
- 7. Pack an extra portion of breakfast for your colleague one time this week. Y N
- 8. Send a card to a loved one who doesn't live in the same city to let them know you're thinking of them. Y N
- 9. Plan a night out with friends one time this week. Y N

Please describe activities (not listed above) that you feel helped improve your emotional wellness this month:

---

---

---

---

---

---

---

---

---

---

Send to [kellyh@tanabell.com](mailto:kellyh@tanabell.com) on September 30, 2018