



ELEVATE!

Mental health and Well-being e-newsletter

4th Edition



About ELEVATE!

ELEVATE! Is a mental health and well-being newsletter developed and distributed by **Occu Health and Wellness Services Ltd (OHWS)**.

This newsletter aims to improve the reader's knowledge of mental health and thus reduce the stigma associated with mental illness while providing practical tools to improve mental health and wellbeing in the workplace and in our society at large.

RESILIENCE- BENDING BUT NOT BREAKING

Resilience refers to the ability to deal with and recover from adversity or any challenging situation without any untoward effect on your overall well-being. It simply means the ability to bounce back in the face of difficulty or in spite of adversity. Picture a spring, pulled for a moment at both ends, how it stretches and how it recoils immediately after the pressure is released, that's resilience.

If there is one thing we can be assured of, it is that difficult times are inevitable; it is how we respond to these difficulties that determines the quality of our lives. Some people are able to cope successfully in the face of adversity, others struggle and succumb to despair when faced with similar

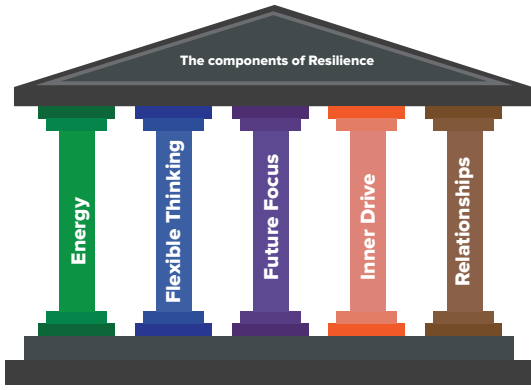
challenges, the difference between both groups of people is their resilience. The good news is that resilience like any other life skill, can be developed.

Building Resilience

Resilience is composed of several components and by intentionally building on each component, you can boost your overall resilience levels.

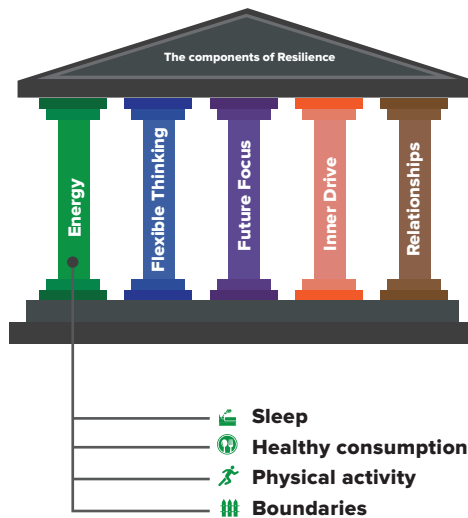
The components of Resilience

There are several schools of thought about what the components of resilience are but they share many common themes. According to the Wellbeing Project Europe, there are 5 pillars of resilience



Energy

is the foundation upon which resilience is built, it is the fuel that drives overall resilience. Energy provides the get up and go our bodies need to face challenges. It is what keeps us going through trying times. Our energy levels are sustained by **sleep, healthy consumption, physical activity** and our ability to enforce **boundaries**. Once any of these areas are compromised, our energy levels are adversely affected and so are our resilience levels.



Sleep- Adults need between

7-8 hours of sleep daily to feel refreshed.

Healthy Consumption - Regular, balanced meals accompanied by adequate hydration are a pre-requisite for sustained energy.

Physical Activity- At least 30 minutes of physical activity for at least 5 days a week keeps us vitalized.

Boundaries- Knowing where to draw the line between work and rest, office and personal life, taking breaks at work and away from work are essential to maintain our energy levels.

To be Contd.

DID YOU KNOW?

People with severe mental disorders die 10 to 20 years earlier than the general population.

QUOTE OF THE MONTH

The human capacity for burden is like bamboo – far more flexible than you'd ever believe at first glance."

– Jodi Picoult

BUILDING RESILIENCE IN THE WORKPLACE

The workplace is dynamic and employees will encounter challenging work situations on a regular basis. Resilient employees are able to cope with workplace stressors, adapt to change, find the joy in their jobs, come up with resourceful ways to deal with workplace challenges and build meaningful workplace relationships while making the most out of them. Every employer needs resilient employees, the question then is how do you make this happen, how can you create a workplace that builds resilience and promotes resilient working?

The best place to start is to get a sense of where your employees are in terms of their resilience levels. A resilience and wellbeing practitioner can recommend and deploy appropriate tools that:

- Give you a snapshot of organizational, team and individual resilience.
- Identify work practices that boost or drain resilience.

With this information you can set about restructuring your organization and re-setting your organizational culture to foster resilient working. This process is a continuous one and requires significant time and effort but the results often speak for themselves.

To be Contd.



WELLBEING ACTIVITY MENTAL DECLUTTERING



Your Mental Health **Tool kit**

How resilient are you? This simple resilience questionnaire was created by Dr Al Siebert.

Follow the link below to complete the questionnaire:

[CLICK HERE](#)

ATTENTION MANAGEMENT!!!!

The COVID-19 pandemic has changed the way we live and work. As an employer, it is important to understand how these changes have impacted your employees. We can carry out a psychological survey of your workforce and make recommendations to improve their well-being. Let us help you to maximize the psychological wellbeing of your employees in order to ensure healthy high performance, contact us today...

UPCOMING WELLBEING DAYS

International Overdose

Awareness Day

31st August

We keep our homes tidy by cleaning often. We haul away stuff we don't need, rearrange the things we need and the result is always refreshing. It's essentially the same for our mental health. We must make efforts to maintain our psychological well-being by tidying up our mental spaces. Are you struggling to stay focused, worrying a lot, always switched on and unable to relax? It might be time for some mental decluttering. Here's how:

Think about the things that are causing you worry, write about them, talk about them, do something about them. The underlying commonality here is taking action, action alleviates anxiety/worry, especially decisive action.

Plan for rest and relaxation. This includes taking breaks for a few minutes at work, taking a short nap at home, taking a vacation or using up your annual leave, time at the spa, listening to relaxing music etc. Find what works for you and give your mind and body a break, frequently.

Don't hold on to unresolved issues- deal with them. Anger, feelings of bitterness etc. take up considerable mental space; they also take a toll on our mental health and can be emotionally exhausting. If you are unable to deal with these issues yourself, seek counsel from trusted family, friends, colleagues or even a mental health professional where necessary.

Create To-do Lists: Make a digital or handwritten list of the things you want to do. Some people prefer to do this before bed others choose to do it at the beginning of the day. Lists free up your mind and are an absolutely great way to declutter.

Practice mindfulness- This means paying attention to the present without judgement, focusing your thoughts on one thing and redirecting it whenever your mind wanders is one of the ways to practice mindfulness. It is relaxing for the mind and body and a great way to

STAYING SAFE DURING THE PANDEMIC

As travel restrictions continue to be lifted, here are some tips to keep you safe while you travel



Embark on Essential travel only.



Do not travel if you are unwell.



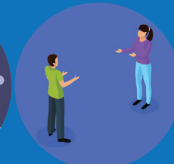
Seek information from a reliable source about the Current COVID-19 situation at your destination.



Carry a sufficient supply of face masks and hand sanitizer.



Wash or sanitize your hands often.



Observe physical distancing rules stringently.

Next Time on

ELEVATE!

BUILDING RESILIENCE CONTINUED

We are an occupational health service provider focused on optimizing mental health and wellbeing in the work place through the delivery of a variety of evidence based interventions including resilience building, mental health first aid and awareness training, employee psychological support services, organizational wellbeing program design and implementation .

For more information, send an e-mail to info@ohws.ng



OccuHealth & Wellness Services

There is no health without mental health...