



ELEVATE!

Mental health and Well-being e-newsletter

5th 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.

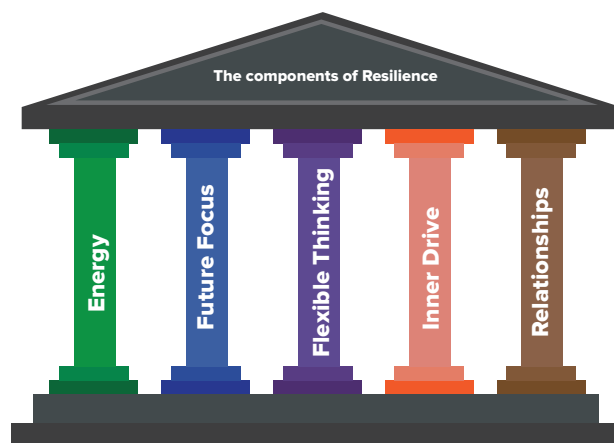
RESILIENCE - BOUNCING BACK DESPITE ADVERSITY

Resilience refers to the ability to bounce back from or in spite of challenges. It is a crucial characteristic of successful people. There is really no such thing as an overnight success, lasting success often involves passion, failing forward and tenacity; terms all encompassed in the word

“resilience”.

The components of Resilience Contd.

As mentioned previously, according to the Wellbeing Project Europe, there are 5 pillars of resilience



FUTURE FOCUS

(I know where I am going, I can get there)

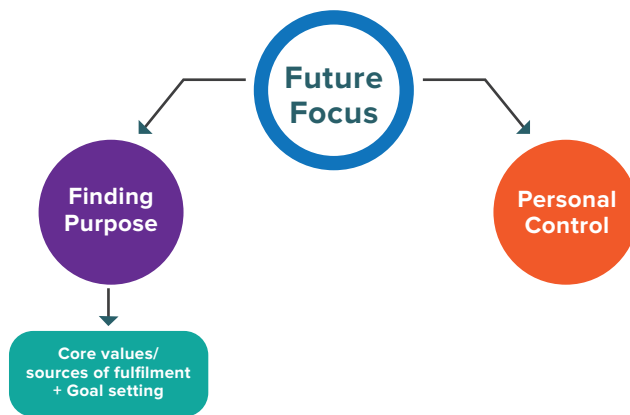
Future Focus helps us to keep our eyes on where we are going and how we hope to get there. By deploying this pillar of resilience, we no longer feel stuck in our current realities rather we look forward to the future with expectation. This expectation frees us from being shackled to the limitations of any ongoing adversity. Future focus can be nurtured by:

Finding purpose: This involves several steps including identifying our core values and aligning them with what we want to achieve in our lives; discovering the things that make us tick i.e. the activities from which we derive the most sense of self-fulfillment and putting it all together to answer the question, why am I here?

Goal setting: Once we have identified our purpose, we can then go ahead to set SMART goals that move us in the

direction of our identified purpose. Goal setting motivates us to keep moving and helps us stay focused. The sense of fulfilment we experience every time we hit a milestone on the way to our goals, is a great incentive to keep us feeling like we can withstand and eventually surmount the challenges that life throws our way.

Personal Control: Adopting an internal locus of control means we take responsibility for our actions and our situation and always first seek internal solutions before external assistance and that we adopt a problem-solving mindset rather than the victim mentality. Blaming other people for our problems often means we will expect solutions from them and if those are not forthcoming we feel stuck and experience embitterment. Taking responsibility for our current situation allows us to seek ways forward to the future of our dreams and demonstrate resilience.



DID YOU KNOW?

1 person dies by suicide every 40 seconds...

QUOTE OF THE MONTH

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Although the world is full of suffering, it is also full of the overcoming of it

– Helen Keller

BUILDING RESILIENCE IN THE WORKPLACE CONTD

In business, like in life, difficult times are inevitable, with that in mind, employers ought to invest resources in strategies such as building resilience in the workplace in order to reap the reward of a prepared and agile workforce that is able to successfully navigate major changes and overcome setbacks.

HOW CAN EMPLOYERS PROMOTE WORKPLACE RESILIENCE?

- Prioritize and promote employee health and wellbeing through the use of health campaigns, health talks, health challenges etc.
- Encourage leadership to model self-care through demonstrating a healthy work life

balance, adequate use of breaks and time off etc.

- Eliminate toxic work practices such as bullying and harassment through the design and enforcement of requisite policies.
- Discourage micromanagement and promote/reward self-starting and autonomy.
- Provide ample opportunities for training to employees in order to enhance professional and personal development.
- Organize periodic team-building and bonding activities in order to strengthen interpersonal connections and foster team working.

To be Contd.

WELL BEING ACTIVITY

SAVOURING



Your Mental Health Tool kit

How resilient are you? Here's a resilience questionnaire courtesy of mind tools and based on the four elements of success identified by Prof Cary Cooper, Jill Flint Taylor and Michael Pearn. Follow the link below to complete the questionnaire and get an idea of your current resilience levels.

[CLICK HERE](#)

ATTENTION MANAGEMENT!!!!

Finding out where your organization is currently with regards to resilience levels is a great way to start your Resilience Journey. We use objective psychometric tools to tell where you are and guide you to where you need to be. Let us help you to maximize the resilience of your employees in order to ensure healthy high performance, contact us today...

WELLBEING DAYS IN SEPTEMBER

World Suicide Prevention Day
- 10th September

World Heart Day
- 29th September

Remember how you felt when you had a meal that you really enjoyed? The answer for most people would be, I savoured every single bite! The Oxford dictionary defines savour as "To enjoy or appreciate (something pleasant) to the full especially by lingering over it". Savouring is a concept practiced in positive psychology and made popular by Fred B. Bryant and Joseph Veroff. Savouring involves taking note of experiences in our lives that bring us pleasure and extracting maximum enjoyment out of those experiences. A lot of times we prolong our negative experiences by re-counting and re-living them. While there are documented benefits of talking about these experiences, we often forget or at the very least undermine the benefits of re-counting and savouring the good experiences in our lives too. Savouring helps us to have prolonged access to feelings of joy, peace and satisfaction that would otherwise have been short lived.

What does savouring look like?

Here's an example of savouring, using an upcoming vacation as the pleasant experience.

Anticipation: This involves taking pleasure in looking forward to and

planning the long-awaited vacation through preliminary activities such as: planning the itinerary, booking the tickets, researching popular tourist spots at the destination etc. These activities lead to excitement and the enjoyment of the experience before the actual vacation commences.

Mindful enjoyment: Committing to maximally enjoying the vacation by doing away with all distractions and wholeheartedly participating in all the activities.

Reminiscing: Taking pictures to document your trip and going over those pictures after the trip will bring back some of the feelings of happiness you experienced during the trip, as will sharing stories of memorable moments during the trip with loved ones etc.

We can prolong our enjoyment of the good experiences we have sometimes long before and most times long after they have occurred through savouring. Savouring creates positive emotions that take up mental space that could have otherwise been occupied with negative emotions. People who practice savouring intentionally are happier and healthier people, try it today!

STAYING SAFE DURING THE PANDEMIC

PROPER RESPIRATORY ETIQUETTE



Cough or sneeze into tissue



Dispose used tissue in closed bins



Wash your hands after disposal



Cough or sneeze into your elbow if tissue is unavailable.

If you have a fever and/or experience difficulty in breathing along with cough, please see a physician.

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...