



ELEVATE!

Mental health and Well-being e-newsletter

9th 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.

OVERCOMING SELF DEFEAT - HOW TO STOP GETTING IN YOUR OWN WAY

Self-defeating patterns are ways of thinking or acting that distract us and impede our personal growth. Often times, we are the authors of the limitations we experience in our lives, our ceilings are often self-imposed! For example, thinking "I can't do this" about completing a difficult task. If we tell ourselves this for long enough, the thought of carrying out the task will create anxiety and the more we focus on our perceived incapacity to carry out that task, the more reluctant we will be to try it out for fear of failing. This leaves us stuck in a vicious cycle of avoidance and negative self-talk. In summary, we give ourselves a failing grade before we even try! Self-defeating thoughts or actions prevent us from living our best lives. They interfere with our growth and productivity

and deter us from experiencing the contentment that comes with overcoming challenges. At the heart of Self defeat is dysfunctional thinking. Here are a few examples of dysfunctional thinking patterns that can lead us down the road of self-defeat:

Catastrophizing: This refers to extremely negative thinking in which the individual thinks up the worst possible outcome and focuses on that as the most likely one. This breeds dread and apprehension, chips away at our self-confidence, and causes avoidance or at best a dispirited attempt at trying. Having a plan for the worst-case scenario is different from expecting and focusing on the worst-case scenario. When we catastrophize, we waste our time

and emotions worrying about the worst instead of preparing and planning for a more favourable outcome, this induces needless anxiety, stalls creativity and, blocks our ability to think critically and solve problems, with this type of thinking, we simply cannot enjoy life or bring our best efforts to the table.

Over Generalization: This refers to a pattern of thinking where we view one negative experience as reflective of our entire lives rather than a part of our lives. For example, I was fired from my job, this means “I cannot hold down a job” or I failed my professional exam this means “nothing is working in my life”. By adopting this kind of thinking we frame only our negative experiences as valid and expect them to become a recurrent theme in our lives tricking our brains into a cycle of negativity and essentially demotivating ourselves.

Discounting the positives: We demonstrate this kind of thinking when we trivialize our positive experiences by putting them down to sheer luck or circumstance. By discounting our positive experiences, we refuse to acknowledge our talents, skills, and hard work as contributors to our progress. This kind of negative thinking robs us of self-esteem and a sense of control over our lives, leaving little or no room for personal growth.

We can take charge of our thoughts because they are ours to control. Also, it helps to realize that not everything we think or feel is true.

Reflection: Do you recognize any of the thinking patterns described as one that you demonstrate? Everyone experiences dysfunctional thinking periodically but what we do with these negative thoughts is what makes the difference.

To be continued

DID
YOU
KNOW?

Karoshi
Syndrome is a
term coined to
describe
sudden death
from being
overworked...



JOY IN WORK: SWITCHING THE NARRATIVE

Work has a myriad of benefits. It affords us financial freedom, gives us a sense of purpose, is a source of preoccupation and an avenue for creativity, work also provides the opportunity to lead or to be mentored, etc. Research shows that work is beneficial to health and worklessness is linked to poor health outcomes. However, for many workers, despite the numerous benefits of work; work and the workplace can become a source of dread. How can employers preserve the joy of work?

- Be intentional about employee health and wellbeing.
- Create unambiguous policies to discourage bullying and harassment.
- Celebrate small wins.
- Reward Hard work publicly.

- Create equal opportunities for growth and development.
- Check the Temperature of your workplace through anonymized staff surveys, share your findings, and take definitive actions to improve.
- Encourage a culture of checking on each other.
- Delineate clear boundaries between work and personal life by normalizing switching off where appropriate.
- Create opportunities for bonding.

This list is by no means exhaustive and both employers and the employed have a crucial role to play in bringing joy to work. Work can be great if we commit to making it so...

QUOTE OF
THE MONTH

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Never confuse a single
defeat with a final defea

– F. Scott Fitzgerald



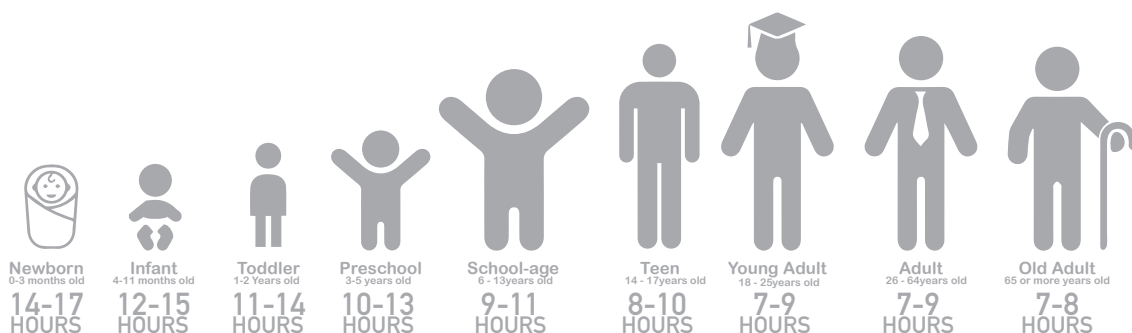
WELL BEING ACTIVITY

SLEEPING YOUR WAY TO WELLNESS

Research shows that sleep is inextricably linked to our mental health and wellbeing. Good quality sleep is essential to the normal functioning of our bodies. While we sleep, our bodies undergo essential repair and rejuvenation. How we sleep can affect our mood, productivity, and even the state of our physical health!

How much sleep do I need?

The quantity of sleep we need varies by age but as a general rule, children need more sleep than adults. Researchers have estimated how much sleep we need by age.





Your Mental Health **Tool kit**

Here's a link to a quiz that checks your current sleep habits and provides customized recommendations for improvement, courtesy of the University of Minnesota.

[CLICK HERE](#)

ATTENTION MANAGEMENT!!!!

With so much going on around us, employers must put resources in place to promote and protect the mental health of employees. A variety of resources abound from Psychological Support Services through counselling, to resilience assessment and building, Mental Health Training, etc. OHWS can help you to maximize the psychological wellbeing of your employees to ensure healthy high performance, contact us today...

Effects of Insufficient Sleep

- Irritable mood
- Impaired memory
- Increased stress levels
- Inability to concentrate
- Low energy levels
- Decreased Immunity
- Increased risk of chronic illnesses such as hypertension, Type 2 Diabetes, Depression, Obesity, etc.
- Develop a bedtime routine and stick to it e.g., Going to bed at a certain time every night, going to bed early enough especially for children.
- Avoid caffeine, alcohol, nicotine, sugary drinks, and heavy meals before bed time.
- Get extra sleep whenever you can. You can sleep in on weekends!

How can I get better quality sleep?

- Set a healthy sleep target.
- Create an enabling sleep environment (Sleep in your bed, turn the lights off, turn, no screen time in bed, etc.)
- Engage in regular physical exercise as this improves sleep quality.
- Seek professional help if you are struggling to sleep despite your best efforts.

A FEW FACTS TO REMEMBER DURING THE COVID-19 SECOND WAVE



Your safety is your responsibility.



By protecting yourself you protect others.



Your mental health is as important as your physical health.

Next Time on

ELEVATE!

OVERCOMING SELF DEFEAT 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...