

AccessEAP®

People in Focus



10 TIPS FOR STAYING CALM & CONNECTED

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1. Take time to be present

It's so easy to be on auto-pilot and not notice the passage of time. Observe without judgement the sounds, smells, sights, and people around you.

2. Give hugs

Don't under-estimate the power of this simple gesture for a loved one. Research shows that hugs can alleviate feelings of stress, increase our self-esteem, and even improve our physical health.

3. Acknowledge feelings first

When someone you care about is upset, you may find yourself offering them solutions only to have them become more upset. Understanding another person's emotions is key to maintaining positive relationships.

4. Give compliments

You may assume that the people you care about know you appreciate them

and there is no need to tell them. Everyone loves to feel valued, tell the important people in your life the things that you like or love about them, often.

5. Re-connect

Consider when was the last time you connected with someone important in your life that you don't see often. Take the time to call, send a message, or visit, someone you have lost touch with.

6. Find common ground

Sometimes it's the differences between us that can cause a sense of disconnection or frustration, especially in families. Identify and talk about the things you have in common, e.g. family, hobbies, goals, opinions, or values.

7. Be inclusive

A sense of belonging is critical to our wellbeing and overall happiness. Think about the people you care about, do they feel included? Have you invited them to join in, in conversations, activities or just asking them about their plans for the weekend?

8. Respond don't react

If you feel upset by someone's behaviour, take a pause or walk away. Be clear about why you're upset, and if you want the person to know or understand why you're upset, find a time when you can calmly express yourself.

9. Connect to values

Be clear about your own values, the things which are important to you, and which guide your decisions. Behave consistently with your values and let go of the small stuff.

10. Add humour

Make sure that there is plenty of room for fun, humour, and silliness in your relationships. Humour and jokes about shared experiences and those things which are out of your control, help relieve stress or frustration.

For more information or assistance, contact us on 1800 818 728.

CALL
1800 818 728

Email
info@accesseap.com.au

WEB
accesseap.com.au

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