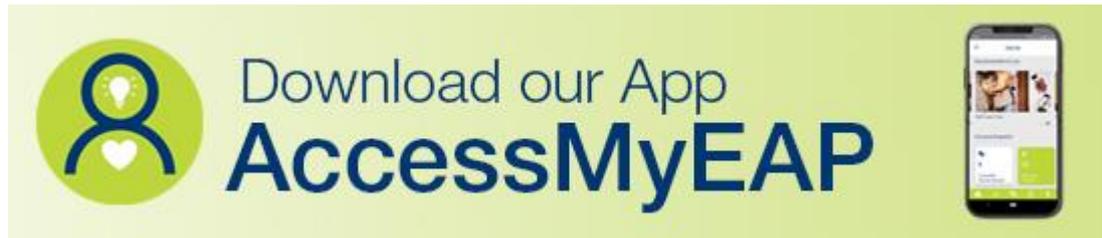




Personal Tool

Wellbeing your way

This tool was created by one of our senior clinical team members, Kate McPhee, Psychologist & Clinical Associate Coordinator at AccessEAP.



There are many opinions on wellbeing and endless blogs that give advice. The tricky part is trying to find an approach that works for you. Wellbeing, in its most elegant form, is our ability to feel good and function fully.¹ It is important because when it is strong, our ability to connect with ourselves and others is better. We are physically feeling good so we can tackle all the responsibilities in our lives sustainably. We can learn new things and be present in the moment. It sounds like utopia. To get a handle on ways to get there - our new [AccessMyEAP](#) App has a series of questions that can assist you to get from where you are to where you want to be.

Yet if there are events, circumstances or situations that block you from being at your peak, take the time to deal with them first. Brene Brown, my personal guru (find her popular Ted talk here: [The Power of Vulnerability](#)), says that pain, hurt or grief - the opposite of wellbeing - are not competitive sport. They are feelings that only you can articulate, feel, and measure. How can we possibly think about our work stress if we also think about the ICU nurse who is overwhelmed by patients? The circle can be endless.

Brene Brown also says that all hurt is hurt as tool to normalise the distress. As a psychologist, in line with Bessel Van der Kolk, my advice is always to feel the pain because if you do not, the body has a way of keeping score. The best example I can give is those of us who do not give ourselves time for creativity will find their anxiety and depression rates will increase. Further, those that are not adept at stress management will find their subjective wellbeing (i.e., happiness) levels decline. Once this becomes clear, it is time to find someone to talk to about this. In the same way, those that are doing well may want to speak to someone to really thrive. After 2020 many people have found that they would like their future to be bright. Counselling is also for people who are doing ok, and the strategies that take people from a place of struggle are the same as what helps people really thrive. Making an appointment with an EAP clinician may become needed in either a preventative or assistance capacity. After the EAP session the outcome may be starting to implement self-mastery strategies (like learning a new instrument, language, or skill) to manage the depression and distraction (music, hobbies or interests) to overcome anxiety. This means doing things that work for you so that you can do your wellbeing your way.



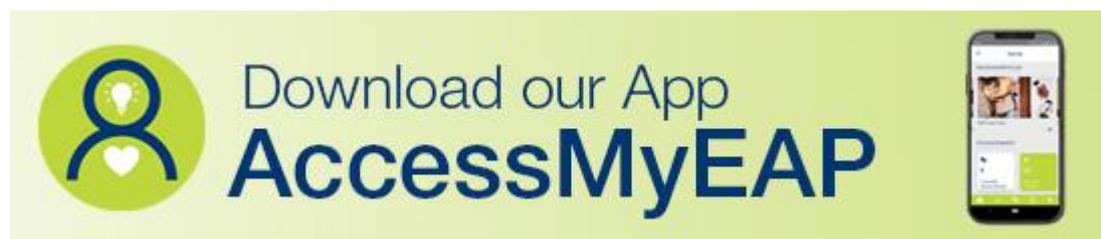
Wellbeing your way - find out what elevates your feelings of contentment or 'being at ease' with your life. Identify what lowers this, such as feelings of distress. Spend some time to get to know yourself, understanding your triggers and blind spots and clearly knowing what a sense of wellbeing feels like. The easiest way to do that is to think about the last time you felt great, in your body and your mind, and what activities occurred the week before that. This will give you some clues.

Write them down – all of us can fall into the trap of keeping things in our head. Writing things down is a means to be precise and exact with your thoughts. Seeing them on a piece of paper or on a screen will automatically get you thinking about ways to turn things into reality.



Check your wellbeing via AccessMyEAP– you have access to a wellbeing tracker (like an exercise or life tracker), which is completely confidential and available for free. Take advantage of this, as you can put yourself more in control of how you are thinking and feeling in your life. There are a lot of resources and articles available in the App for you to read that will help you take more control of your wellbeing. If you cannot remember the last time you felt great, it is ok. This just means a little more research, trial, and error. Look at the activities that most bring you joy and the ones that allow you to exhale. Still unsure? Go through your photos on your phone. Look at the photos and see which activities spark a smile on your face. We are here to assist you and help you navigate your way to optimal wellbeing.

For those who have felt that their hurt has been silenced because of all the world events of late, feel your pain, cry your tears, and express your loss. Find a friend, partner, confidant or EAP counsellor to assist you in this. Sadness is not something that can be quantified. Much like the positive siblings to sadness, all emotions are deserving. We know this because of the nature of the work that we do. If you need assistance with processing your negative, positive, or difficult emotions, we are here to help. If you need to create a wellbeing plan for yourself or your team, reach out and discuss this with us. Our App is also a great way to start. For a confidential conversation with one of our experienced clinical professionals, please contact **AccessEAP** on **1800 818 728**.



¹<https://www.michellemcquaid.com/thewellbeinglab/#:~:text=In%20its%20simplest%20form%2C%20wellbeing,and%20highs%20we%20all%20experience.>

