

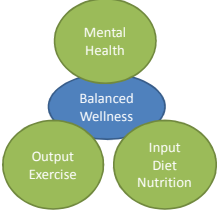


Seirbhís Chúnaimh
d'Fhostaithe na Stáiseirbhíse

Civil Service Employee
Assistance Service

A positive approach

What does it mean?



cheerful, cheery, merry, joyful, jovial, **jolly**, jocular, gleeful, carefree, untroubled, delighted, smiling, beaming, **grinning**, in good spirits, in a good mood, lighthearted, pleased, contented, **content**, satisfied, gratified, buoyant, **radiant**, sunny, blithe, joyous, beatific; thrilled, elated, exhilarated, **ecstatic**, blissful, euphoric, overjoyed, exultant, rapturous, in seventh heaven, **on cloud nine**, walking on air, jumping for joy, jubilant; informal chirpy, over the moon, on top of the world, **tickled pink**.

Happy!!

What makes us Happy

- 4 Ps.....Zeligman
- Pleasure.....Hobbies/Games/Fun
- Passion.....Flow/Becoming absorbed
- Purpose.....Meaning
- People.....Relating/Sharing

What keeps us Happy

- Setting Goals which are:

Achievable

Realistic

Kept simple

Goals

"Setting goals is not just a pencil scratching exercise but should be felt in the very muscle and bone of the person"O'Flaherty

Goals are not just a wish or desire
But a Commitment

Write them down as part of
the Commitment

Make them compelling!



Review goals on a regular basis

Ask yourself the questions.....

What's working ?.....

What's not working ?.....

What changes can I make to improve ?.....

Am I on track ?.....

How will I feel when I have achieved my goal/s

Do I need extra help or resources to achieve my goal/s ?....

What do I need to remain motivated ?.....



Sometimes it can be useful to look back at what you are moving away from so you can remain focussed on the prize ahead

Input (Nutrition)

- Maintain a five a day habit



Input (Nutrition)

- Drink plenty of water



Input (Nutrition)

- Eat a reasonable amount of dairy products



Input (Nutrition)

- Avoid Salt



Input (Nutrition)

- Avoid the sugar rush



Input (Nutrition)

- Cut back on processed foods

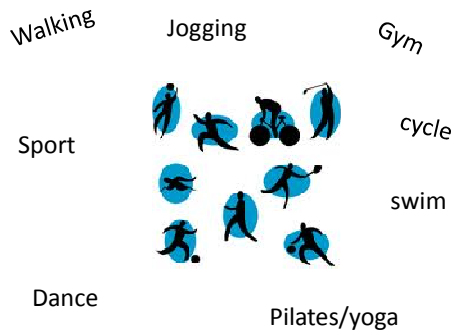


Input (Nutrition)

- Cut back on alcohol



Output (Exercise)



Output (Exercise) Benefits

- Heart Health
- Bones, Joints, Muscles
- Cancer Reduction
- Mental health and wellbeing
- Diabetes reduction
- Weight reduction
- Reduces Blood Pressure
- Reduces Cholesterol

Output (Exercise)

- Keep a progress report
- Make sure your exercise is regular and not spasmodic
- Build in Rewards/incentives
- Buddy up or work in teams
- If walking!.....pretend you are hurrying for a bus

Mental

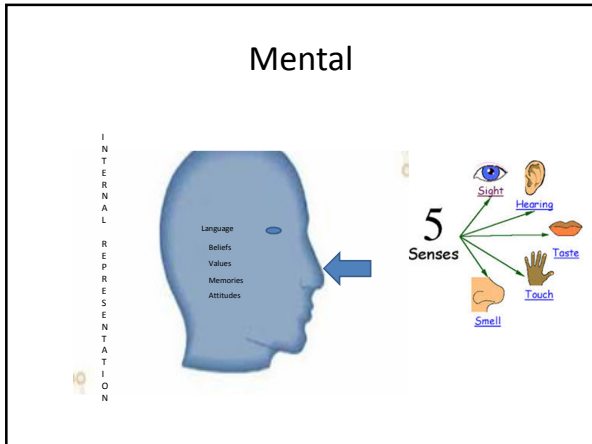
- *"10% of our life depends on what happens to us"...*
- *"90% of our life depends on how we react to it..."*

10:90 Principle.....Stephen Covey

Mental

- The map is not the territory
- Each individual constructs his/her map of the world in a way that is unique to them
- Our experiences are shaped by how we perceive any given situation

Korzybsky.....Science and Sanity




Mental

- What would you call the voice in your head which endeavours to discourage any changes to the status quo?

Mental

The Internal **Saboteur/s**

Why bother
 You never keep it up so why start
 It's too late for change
 It's not worth all that effort
 You have no will power
 It won't make a real difference
 You were always useless at.....
 It's easier to stay as you are
 It's raining/It's cold/It's too warm/It's Sunday/It's Monday/I'm tired.....



Mental

How to deal with the Internal Saboteur/s ??

You must first become **aware!** of the negative self-talk before you can set about challenging the negative affirmations offered by the Internal Saboteur

Mental

Listen for that inner voice when it starts offering negative Comments about situations and your capabilities

Counteract the negative with positive realistic affirmations

Mental

Challenge the Saboteur by asking Socratic Questions

What is the evidence for this?

Is this always true of me?

Am I being fully objective?

Is it really the case that I never.....?

What are the odds of this really happening(or being true)?

What is the very worst thing that can happen? What is so bad about that?

Am I looking at the whole picture of what is happening? Could it mean something else?

Mental

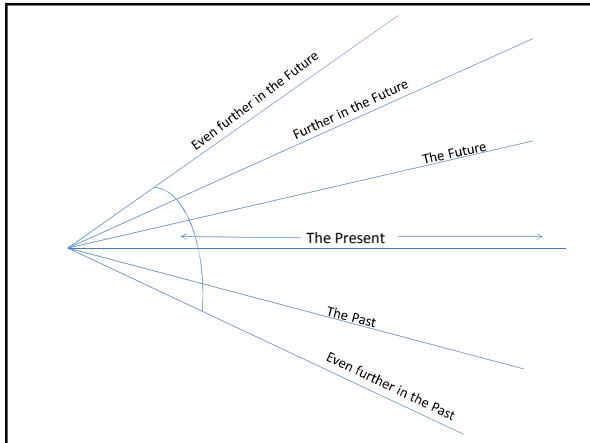
Mindfulness

is mainly about staying in the moment

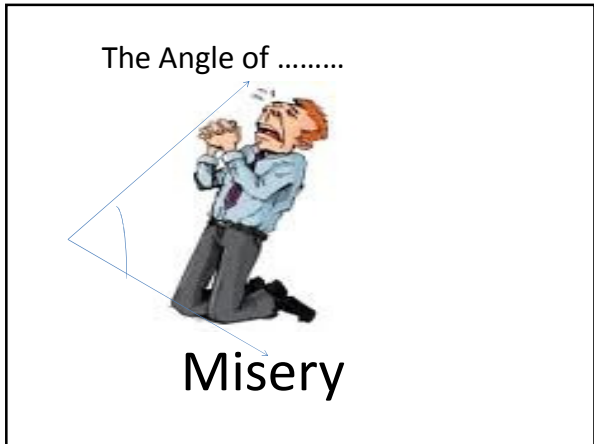
Giving yourself a PRESENT of being
PRESENT in the PRESENT!

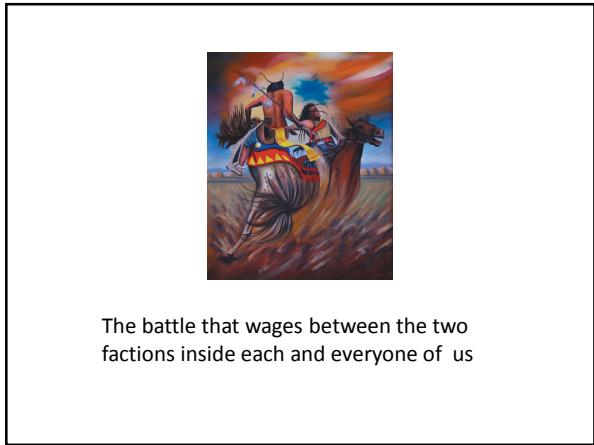


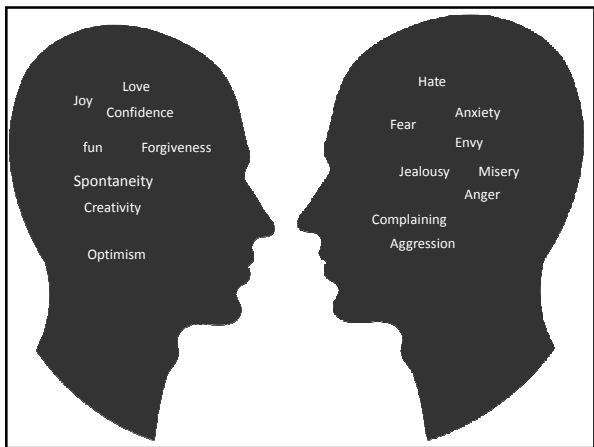
present
in the
present



The more we travel into the
FUTURE
or the more we ruminate in the
PAST
the greater the angle we create
away from the
PRESENT







Which faction will win??

The one you feed the most!!

Mental

Long term suppression of Negative Emotions does have a significant impact on Your Health and Wellbeing!

Mental

Simplest way of expressing emotions is by talking to friends,colleagues,loved ones on a regular basis!

Mental

In some instances you might need to seek professional help!

Employee Assistance/Counselling

Mental

Meditation

“Even 15 minutes a day can have a beneficial effect”Dr Herbert Benson(The relaxation response)

Suggestions from the field of Positive Psychology

Expressive writing

Gratitude list

Random acts of kindness

Forgiveness

Positive attitude

Foster optimism

Focus and build on your strengths

In conclusion!

There are many tools available to help us
achieve a **Balanced Wellness**

