

# Supporting and improving your emotional wellbeing



Have you experienced a change of emotions recently?  
Have you noticed the people around you experiencing a change?



## What to look for in yourself:

- Feeling anxious or worried
- Feeling depressed or unhappy
- Sleep problems
- Quiet or withdrawn
- Emotional outbursts
- Substance abuse
- Change in behaviour or feelings



## What to look for in those around you:

- Irritability/mood changes
- Poor hygiene
- Disheveled appearance
- Absenteeism
- Being unusually late to work

### Acknowledge

These feelings. It will assist in your willingness to process them and help in your improved happiness.

### Reflect

On how you are feeling. When did these feelings start to occur, why might you be feeling this way?

### Wellbeing action plan

Start with a simple action plan setting out clear and achievable goals for your wellbeing.

### Start

Reaching out to friends, family members, colleagues and professionals for support.

*It is important to realise when we experience an overload of emotions, it can be very overwhelming. We can't remove emotions, however we can develop strategies to manage these emotions and manage periods of high emotion.*

# Practical tips to improve your emotional wellbeing



## Acknowledge and accept your emotions

• When you validate and acknowledge your own feelings, you take them seriously and are willing to process them for improved happiness.

- Befriend your feelings - these feelings serve a purpose and trying to ignore or push them aside may work in the short-term, but may cause long-term issues.
- Keep a journal – writing things down can help us tease out and knowledge our emotions.
- Positive self-talk is also a great tool to address and accept your emotions as it helps shift your inner dialogue to be more encouraging and uplifting. Try having an affirmation on your phone alarm that comes up every day, which energises you, and is something you believe in – Example “I am Brave”.



## Take a step back to calm down

• Acting out when you haven't had time to process your emotions is never usually a good idea. Instead, try putting some distance between yourself and these emotions without suppressing them.

- Everyone has a different way of finding their calm space, including:
  - o Taking a walk outside
  - o Talking to a friend
  - o Focusing your attention on something you enjoy, e.g. reading a book, exercise, meditation, painting, writing



## Explore the root cause

- Once you have had time to calm down, begin to explore why you may be feeling a certain way.
- Ask yourself what is really behind those strong emotions? Often discussing these emotions with a friend or professional can be helpful in identifying the root issue.



## Find ways of addressing the cause

- Some people would rather not address their concerns; however you will mostly likely see the value in it when looking back.
- Try and speak to a friend, support group or professional to find ways of implementing necessary adjustments



## Be brave and address the cause

- The longer you delay addressing the cause, the harder it may become to resolve
- Whether it's grief you need to process, a conflict that you need to resolve, or a personal problem you need to face, **remember you are brave and can tackle it!**



**Remember to be kind and compassionate to both yourself and others.**

## Additional resources

If you or someone you know may need assistance, please refer to any of the below help lines or additional resources:

- Your workplace EAP (line open 24/7) – 1300 687 327
- Health for Life hub for detailed fact sheets and activities for you and the family
- Lifeline – 13 11 14
- Beyond Blue – 1300 224 636

## Resources upon request.