

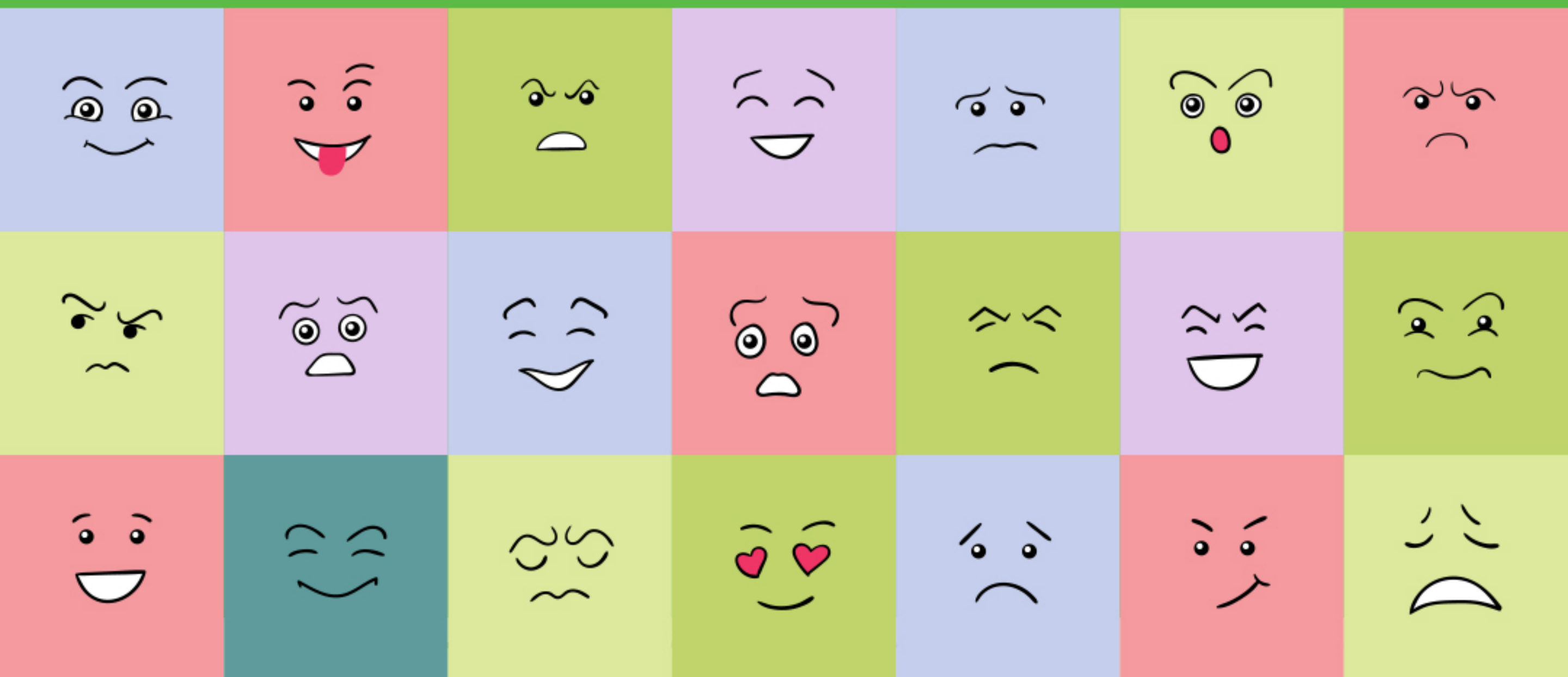
How are you feeling today?



Embracing Emotions

Our emotional landscape is diverse, and each feeling has its own story to tell.

But if you're consistently struggling with your emotions, consider seeking support from a mental health professional who can provide personalized guidance and support.



Navigating Negative Emotions

Anxiety

Breathe Deeply: Inhale for a count of four, hold for four, exhale for four.

Ground Yourself: Use your senses to connect with the present moment.

Anger

Take a Break: Step away from the situation to cool down.

Express Yourself: Communicate your feelings calmly and assertively.

Physical Activity: Channel the energy into any form of exercise.

Overwhelmed

Prioritize Tasks: Break tasks into pieces and tackle them one by one.

Ask for Help: Don't hesitate to delegate or seek assistance.

Take Breaks: Schedule short breaks to recharge.

Sadness or Low Mood

Reach Out: Talk to someone you trust about your feelings.

Engage in Enjoyable Activities: Do things that bring you joy or relaxation.

Establish Routine: Stick to a daily routine for stability.

Stressed

Time Management: Prioritize tasks and break them into manageable steps.

Self-Care: Maintain a healthy lifestyle with proper diet, exercise, and sleep.

Mindfulness: Practice mindfulness or relaxation techniques.



Nurturing Positivity

Happy

Celebrate: Share your joy with others, express gratitude, and engage in activities that amplify your happiness.

Content

Savour the Moment: Pause and appreciate the present. Reflect on what brings you contentment, and let that warmth linger.

Satisfied

Acknowledge Achievements: Recognize your accomplishments, big or small. Take pride in your efforts and enjoy the sense of satisfaction.

Grateful

Express Thanks: Cultivate an attitude of gratitude. Take a moment to express appreciation for the people and experiences in your life.

Blissful

Immerse Yourself: Dive into the feeling of bliss. Engage in activities that bring you pure joy and create moments of serenity.

Enthusiastic

Channel the Energy: Harness your enthusiasm into productive activities. Take on new challenges and let your passion shine.



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