

How do I access EAP Services?

To request a confidential in-person, phone, video or e-counselling appointment, scan the QR code, phone or visit our website.

NZ [0800 327 669](tel:0800327669)

Intl [+64 9 353 0906](tel:+6493530906)

AU [1800 726 474](tel:1800726474)

eap services.co.nz



This is a great time for New Zealand men to have a think about their health and consider how important being healthy is to them.

men's health week

TE WIKI HAUORA TĀNE 2020

15TH - 21ST JUNE

- New Zealand Men's Health Week is about getting men and boys talking about their health concerns and asking their mates how they are doing. **Set an example with healthy habits** and take charge of your health – taking a WOF for yourself, it is just like you do for your car each year.
- Regular exercise can be helpful in raising our general mood and reducing the risk for depression. Use a variety of exercises, your body gets comfortable when you always do the same workout.
- **Take time out, it's not wasted time** – it renews your energy, lessens your stress and worries. You will come back refreshed and better.
- Certain diseases and conditions may not have symptoms, so it is important to not self-diagnose or ignore any symptoms. Make sure you have a doctor you are comfortable with. Learn more about your family health history.
- Have regular cholesterol and blood pressure tests. Both high cholesterol and high blood pressure can be described as "silent killers." Eat to thrive, Focus on nutrients rather than calories.
- Smokers could aim to quit smoking, smoking increases your risk of cardiovascular disease, stroke, cancer, and lung disease. Quitting will have many health benefits.
- Sleeping is your most valuable activity of the day. Sleeping well enables you to feel more refreshed alert, think and perform better.



STOP BULLYING – *Together we can prevent bullying in Aotearoa*

Research shows that almost half of us, have at some point been bullied. It can also be a coping mechanism for people who are going through a stressful situation or have at some point been bullied themselves. Other reasons can include jealousy and insecurity.

Bullying can take many different forms, but all forms of bullying cause harm. Even if there is no physical contact between a bully and their target, people who are bullied may carry the emotional damage of what they experience, this is why it is important to speak up and put a stop to bullying.

- Don't see yourself as the problem. Don't isolate yourself, spread the word that bullying has to stop.
- Speak up, talk to someone as you do not have to go through this alone. If you see yourself as a victim, you will become a victim.
- Protect yourself from cyberbullying. Think about what you post, you never know what someone will forward. Think about who sees what you post online. Privacy settings let you control who sees what.

Do your best not to show that you are angry, sad, or frightened. The bully may feed off these emotions and increase their efforts. Use assertive body language, stand up tall and face the bully. Look the bully in the eye when you are talking to them. Do not look down. Try to keep your voice clear and calm. Bullying is a serious problem that can escalate and cause serious damage if it is not stopped. Take any bullying that you see or hear about very seriously and do not hesitate to tell someone who can help.

If you are bullying someone there is support and help through your EAP Programme. Similarly, if you are a victim you have support through your EAP Programme.

Why do I feel so angry?

Do you get worked up about small things?
Is your threshold for everyday annoyances low?

Sometimes anger is perfectly normal and healthy when you are feeling angry or facing a frustrating situation. Anger isn't always a negative emotion; however, it can be a sign that you are suffering from something else such as depression or stress. Eg; you may have lost someone close to you in which case anger can be a natural part of the grieving process. Anger is a human issue, most people get angry at some point in their lives, but not everyone has an anger problem. Causes of anger can include feeling powerless or threatened. Having feelings that other people are not treating you with respect.

Signs that you may have an anger problem

- Do you have to have the last word, or you always need to win an argument?
- You find you cannot listen to constructive criticism, and you are quick to become defensive and fire back at the person trying to help
- You explode at the drop of a hat and are unable to control your outburst
- Hold grudges, hanging onto resentment and bitterness with no tolerance
- When you talk over your partner you both lose because no one is really listening. You end up by one or both of you feeling that you are walking on eggshells for fear of causing a fight, while the problems remain heated and are never revealed and resolved

How to move forward



The past will never be back, learn from the past, remember what you have learnt, be nice to yourself and move on.

Identify the problems and accept responsibility. When you commit yourself to changing the way you think and behave you take back the power over your life.

Through your EAP Programme you can seek support with a Professional who can teach you how to control your anger. Swallow your pride, humble yourself and seek help before it is too late.

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Discover mood boosting tips

Learn how to
create a space between
your trigger and your
reaction.

Some people find that when they get hungry this affects their moods, if this is something that has an effect on your mood, it is a good idea to keep regular meal times and have a few snacks on hand for when you start to feel a bit grumpy.

Before you react, think carefully about what you are going to say, this will help you to not say anything that you will regret.

You may find your heart rate increases and you are breathing more rapidly as your body becomes tense. You may also find you are clenching your jaw or fist. Concentrate on breathing in and breathing out. **Relax your shoulders**, think about letting them drop back to a normal position. Unclench your fists and massage your hands together slowly.

Listening to music, knitting, colouring-in, or meditation. Kick-boxing, hitting a punching-bag to release some of the anger you are feeling.

By including relaxation techniques such as deep breathing exercises, visualization techniques, repeating positive affirmations into your lifestyle can contribute to making a significant difference in helping you to **control your anger** and remain calm.

As soon as you feel your anger rising, count from one to ten. Remove yourself from the situation, find a task or activity that may help to distract you. **Going for a walk** to get some fresh air can help to clear your mind.

“Act now and look within.”

“Inspire yourself and be the best you that you can be.”

“Enjoy your journey with enthusiasm... not for the past... not for the future... but for the lovely Present that you are currently in.”

