


Holiday Season Mindfulness

Keiki Crew Wellness

Month:	November 2022
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What is it?	<p>Christmas is almost here, and Keiki would like to support you to have a more mindful holiday season.</p> <p>One of the best ways to ensure you are staying focused on what is important to you is to ask yourself these questions: What does the holiday season mean to me? What aspects of my life are most important to me?</p> <p>There are no right or wrong answers. Your answers could have common themes, such as family, children, partners, friends, community, self-care and paying it forward.</p> <p>As we move deeper into the holiday period, keep your answers at the top of your mind to ensure you approach this time of year with care and consideration for yourself and others around you.</p>	
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Tips	<p>Here are some tips to support you as you move into the holiday season:</p> <ol style="list-style-type: none">1. The best things in life are FREE When thinking about what is most important to you, how many of them are free? There is a huge commercial focus this time of year, but please remember that your time, your love and your care is valuable.2. Decide on what is most important During the holiday season many of us find ourselves to be constantly busy and it doesn't feel like the enjoyable, fun filled season we want it to be. Reflect on what you really want to do with your time and make sure you focus on your priorities like making memories with your loved ones and resting or relaxing together. Try not to get swept up into doing too much and end up feeling worn out.3. No is OK to say It's okay to prioritise your wellbeing and say no to some events. If what you had decided was important starts to become overwhelming, revisit your goals and set new ones. You can't always do it all.4. Put yourself first Do you know why you need to put your oxygen mask on first before helping others in an emergency in a plane? Because if you are not okay, you can't help anyone else. Don't be selfish, but make sure you to the time to rest when you need it. Plan time to recharge – you may find your loved ones need this time too!5. Have FUN Never underestimate the value of a good laugh with friends or family. Having fun releases feel good hormones and allow you to feel good about yourself and your life. Look for opportunities to have fun and let loose!6. Moderation is the key Pace yourself and know your limits. Eat and drink for enjoyment, but not to excess. The last thing you want to do is make choices that will make you feel sick or tired.7. Practice mindfulness Be present in the moment. Sometimes it is easy to be caught up in what you want to happen or what you expected to happen and miss what is actually happening. Truly taste the food you're eating, listen closely to what someone is telling you, breathe in the smells around you and be in the moment. Being mindful requires practice, but it is well worth it.8. Look out for others Take the time to think about others. Do your friends and co-workers have someone to celebrate with? Take the time to reach out and make sure they are okay.9. Ask for help
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	<p>If you are not coping or feel overwhelmed, ask for help.</p> <p>Remember, the holidays are all about giving: Giving to others and Giving to yourself. Take care of yourself.</p>
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Access EAP	<p><i>REMEMBER: Keiki Early Learning provides you access to AccessEAP which is an Employee Assistance Program. The EAP is voluntary, confidential and complimentary counselling service. It is a short-term, solution focused approach to help you enhance your overall wellbeing.</i></p> <p style="text-align: center;">AccessEAP</p> <ul style="list-style-type: none">• <i>Download the AccessEAP app via the Apple App Store or Google Play</i>• <i>Sign up</i>• <i>Enter your first name, last name, email address and password</i>• <i>Enter the domain keikiearlylearning.com.au and select your role (Manager/Employee)</i>• <i>Start your wellbeing check to personalise the tools available to you.</i>
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