

Aotearoa Life Education Foundation provides education services to help foster greater success in life and on a personal and professional level

- **Set schedules** to provide a framework of support. Ensuring adequate break time to exercise and eat and relax and core times to be creative, to meet, and to be productive.
- **Find purpose and meaning** This is different for everyone but finding purpose in your day is a big factor to good mental health. You might try one of the following
- **Engage in work** that makes you feel useful
- **Invest in relationships** and spend quality time with people who matter to you
- **Volunteer**, which can help enrich your life and make you happier
- **Care for others**, which can be as rewarding and meaningful as it is challenging
- **Think of one good deed** or gesture to do each day



Don't Forget the Power of Gratitude give thanks for the small things for example:

"I want to thank Jacob yesterday, for helping me with a presentation meant I could finish on time"

"Huge thanks to the kitchen staff and catering company that provided delicious food last week to our event."



Aotearoa Life Education Foundation

Being Positive at Work

The Science behind Positive

If we explore the science behind positive emotions, as they are linked with the benefits of improved health, wellbeing, longevity, and a greater quality of life, we discover that the negative emotions anger, anxiety, depression, and worry are related to not only poor health but bad work and life results.

Our genes are responsible for about 50% of our happiness levels, our actions and attitudes account for 40% of our happiness

We spend so much of our daily lives at work, approximately 40 hours a week, it's too long to be dissatisfied, confused, angry or depressed, but how to switch into a positive mindset if you are not feeling like it and have no idea how to change the situation?



Here are our top tips to get you on the right track

- Set performance related goals so you can see in real life how your moods affect your output and results directly.
- Monitor the results so you can more clearly identify the cause and effect of your moods on your results.
- Creating a culture of gratitude can also decrease stress levels, by pausing the rushed reality of work and pausing to give thanks.
- Listing 'appreciations' as a standing agenda item at the beginning of staff meetings.
- Life Goals Look at how what you do at work, fits in with your life goals and how it influences those around you, this will help you to feel more connected and part of something bigger.

Gratitude and Purpose

Our choices and behaviour have a significant impact on our happiness, how do we foster and maintain a state of positivity and wellbeing at work?

Performance related goals let you see how your moods affect your output and your results directly. This is easy in Sales as you see how much money you are making, or production where you see how many units were made within a timeframe.

Nurture a sense of purpose people with a sense of purpose are naturally motivated and satisfied at work as they feel useful and that they are contributing to something they believe in.

