

Summer 2020

Your Wellness Is Our Business

Headline

Discover Your Own Treasure

Everyone is unique, and no two people can have identical personalities. Do you like yourself? Or have you always been critical and dissatisfied with your own height, weight, appearance, personality, etc? Ask yourself, would you accept who you are? Do you get along with yourself?

In this world, nobody is perfect, and we all have our own strengths and weaknesses. Even so, do you tend to focus on your strengths or your weaknesses?

Positive psychologists Dr. Martin Seligman and Christopher Peterson compiled around 200 positive traits of human nature by reading various cultural and religious classics from around the world, and then summarized them into 6 virtues, namely wisdom and knowledge, courage, humanity, justice, temperance, and transcendence. These virtues are then extended to 24 measurable character strengths.

You can go to the following website to fill out a VIA character strength test* and obtain a free report about your unique strengths:
<https://www.viacharacter.org/survey/account/register>

After understanding our character strengths with a simple questionnaire, we can demonstrate our strengths in life and at work with the following questions:

How can I make good use of my strengths

How can I make good use of my strengths to set goals

How can I make good use of my strengths to solve problems



After completing the questionnaire, you can also call your company's Employee Assistance Programme to explore your strengths with a consultant. This way, you can make better use of your strengths in all aspects of life, making life even more pleasant and exciting.

*Questionnaire source: VIA Institute on Character

Love Yourself

In the midst of our busy and ever-changing lives, we often forget to focus on our internal needs. Not only do we chase all kinds of deadlines everyday and fill our schedules up to the brim, we also often criticize ourselves severely, which makes us exhausted, both mentally and physically. Psychological research says that self-acceptance is the key to living a happy life. So, how can you love and accept yourself?

Electronic detoxification

Nowadays, there is a trend to pursue recognition and affirmation on social media, but the happiness returns of every “like” seems to be very temporary. If possible, change your online habit by spending time with your love ones or doing relaxing leisure activities for mental health detoxification.



Put a pause on “should/ must”

Invisible social norms tell us that we “should” live life a certain way, but psychologists refer to these norms as the root of our psychological burdens and negative thoughts. From now on, listen carefully to your heart and observe the effects of replacing “I should” with “I can” or “I choose.”



Rest and recuperate

Nature never ceases to live according to the laws of each day, but society’s development has caused us to forget the importance of discipline. Remember to listen to your body’s needs at all times. You can reorganize the rhythm of your schedule according to sunrise and sunset during the weekends. For example, you can wake up at sunrise to maintain 8 hours of sleep. Let go of your worries, and follow the laws of nature to regulate your heart and body.

Resting now is so that you can go further later on. Starting today, we encourage you to energise your body and free your mind by filtering your internal and external thoughts. Don’t be afraid to establish the habit of loving and accepting yourself.





E-File



This is Me!

His name is Jason, a 45-year-old man, who has been a technical consultant for the past 15 years. When Jason came to see his counsellor, he had a very sad expression on his face and did not want to share. He simply said that he often felt unhappy and unmotivated. He thought of quitting his job whenever it involved him in social occasions. During the counselling session, Jason recounted several events of his past. Among them, he mentioned his experience of feeling both afraid and proud in his childhood. His peers always got him into trouble and put him in a difficult situation. He wandered around to escape from conflict wherein he found himself excited to see some small animals/ insects. The way they interacted gave him a sensation of “intimacy”, where mutual support was built upon and that they appreciated the “presence” of each other.

By integrating the stories that he shared, he realised the absence of his core identity, the part of him that was filled with perseverance, care, and more importantly, his appreciation to “presence” of life. He always thought that his escape from crowds and poor socialization skills were a result of his reclusive personality. After confirming the isolation of himself and getting a boost of positive energy, he made a move by expressing his caring and nurturing nature

at work. During the weekend, he spent time chatting with his superior and found that they both in fact encountered similar struggles. The beauty of this sharing was that they were able to encourage one another! Jason connected this experience with his childhood stories: “We have companions!” He said this with his eyes squinting, wearing a smile on his face that was never been seen in previous counselling sessions.

Since Jason came to know his own story, he found his meaning in life. His anxiety about the loss of job has also been gradually released. In addition, Jason became a volunteer and continued to express his care and dedication both at work and life.

A journey of self-affirmation is found when you can fully accept who you are and make good use of your strengths and potentials to add brilliance to your life.



Chicken Soup for the Soul

There was once a small fish and a tadpole in a pond, and they were inseparable. The tadpole later became a frog, and left the pond to see the outside world. He described to the fish how he got fascinated by this colourful and glamorous world. The fish was full of curiosity and determined to play a visit. One day, the fish finally mustered up courage to climb onto shore, but found it almost impossible to breathe. Fortunately, the frog saw this and pushed the fish back into the pond to save him. The fish smiled at the frog and said, “You were right, fish will always be fish.”

In life, some things cannot be changed. Learn to accept your imperfection and not to belittle yourself. By living the true self, you can certainly shine the world with your charm and uniqueness.

