Everyone wants to be happy. But problems, stressors and worries can start to make us feel down. ‘R U OK?’ Day is a way of getting those worries out in the open and dealing with them, so we can get back to that happy state we so desire.

A national day of action, ‘R U OK?’ Day is dedicated to reminding people to regularly check in with family and friends and colleagues.

By meaningfully asking someone “R U OK?”, we can all provide an important outlet for someone to talk; and hopefully prevent their problems from becoming too overwhelming.

Are you happy?

Happiness is a state of well-being and contentment that we all want to feel and experience most of the time. Being truly happy, smiling and laughing can have amazing physiological effect’s on the brain, and in turn brighten your mood (and maybe those around you too).

It’s human nature to want to be happy most of the time, but we should not feel the pressure to be happy all of the time. There is no doubt that everyone goes through periods in their lives that make us feel a whole range of emotions that are not conducive to happiness, but they are important emotions none the less and need to be worked through with determination.

In the spirit of communication and becoming closer with your work colleagues, R U OK day is all about offering support to anyone who might need it. By asking “R U OK?” or any of the other conversation starter questions (ruokday.org), you are opening the lines of communication and even if the person does not want to talk, they at least know that you will be there should they want to talk in the future.

4 steps to connect with anyone struggling with life:

1. **Ask R U OK?**
   - Start a conversation somewhere private
   - Build trust through open and relaxed body language
   - Ask open-ended questions

2. **Listen without judgement**
   - Give them time to reply
   - Avoid solving their problems
   - Don’t trivialize what they’re feeling

3. **Encourage Action**
   - Summarise the issues
   - Ask them what they plan to do
   - Urge them to take one step towards that solution

4. **Follow Up**
   - Put a note in your diary to call them in one week
   - Listen without judgement again
   - Ask if they’ve managed to take their first step
What else can you do to remain positive?

- **Diet**
  Eating healthily can have a huge effect on our mental wellbeing. Making sure we get all the vitamins and nutrients your body and brain needs is an important part of mental health – for instance a deficiency in the B-Complex vitamin group can lead to depression symptoms. Making sure we have a well-balanced diet with lots of fresh foods can go a long way to making us feel better.

- **Exercise**
  Exercise has long been proven to banish the blues! Get active at least 3 or 4 times a week and mix it up to keep it fresh. Try walking one day, cycling the next, running up and down the stairs at work or in the park, jumping off the train station one or two stops early, or taking the dog down to the park for a play (make sure you run around too!).

- **Social Activities**
  Socialising and spending time with friends has been found to help people with mental health problems. There was a recent study where participants took part in social activities for at least two hours a week with a friend or partner. All participants reported feeling better about themselves, having more confidence to socialise in their community, and experiencing fewer symptoms of depression.

Where can you seek further help?

Family and friends can be great to bounce problems off and get a different point of view. R U OK? day encourages everyone to think about the people in their lives and offer help when needed.

Your local GP is also a great source of information and will be able to refer you on to a mental health professional in your area should you need it.

Should a critical incident happen on site or in the workplace, PPC worldwide can respond immediately to coordinate a response. Counsellors can be dispatched to travel to your place of work, or provide phone support, in any emergency situation that arises.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

*Leo Buscaglia, Author*

We are here to support

If you are not OK, please don’t hesitate, contact our counsellors.
We are here to support you - call us now:

Australia  **1300 361 008**  
New Zealand  **0800 155 318**

[www.ppconline.info/au](http://www.ppconline.info/au)


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