

# SOLUTIONS

Volume 2

2015

## **Just Whistle While you Work:** Secrets to Workplace Happiness

Did you know that the secret ingredient for workplace success is happiness? You can't work your way to happy if you are miserable every day, all day long. Talent and hard work can only take you so far. The people who are the most successful in their careers for the long term are those who are happy doing what they do – they derive joy from their job so they work harder, which leads to greater success.

### **5 of the Top Habits of Happy Workers:**

#### **Change the Word “Problem” to “Challenge”**

Problems tend to be things we try to avoid, while challenges are things we mobilize to fix. Making this minor change in vocabulary can have a big impact on how you deal with a situation. A challenge can be interpreted as an opportunity to showcase your talents or learn a new skill.

#### **Start the Day with the Big Questions**

Ask yourself a series of empowering questions, such as "What am I looking forward to today?" and "What am I grateful for today?" first thing in the morning. This can help you start the day with purpose and get your brain into a positive state before you even start your workday.

#### **Mix up your Daily Routine**

Many of us get stuck in the daily rut; driving the same route to work, eating the same breakfast, starting the day by checking email or chatting in the break room. Changing up our routine stimulates the brain, enhancing creativity and happiness. By changing your everyday patterns or habits, you create new neural connections in your brain. This explains why extraordinary thinkers such as Steve Jobs and Steven Spielberg were known to take long walks to stimulate breakthrough ideas.

#### **Arrive at Work Early**

Nothing can damper a mood faster than getting a late start to the day. Leaving home even 20 minutes earlier can give you a less stressful, head start on your day.

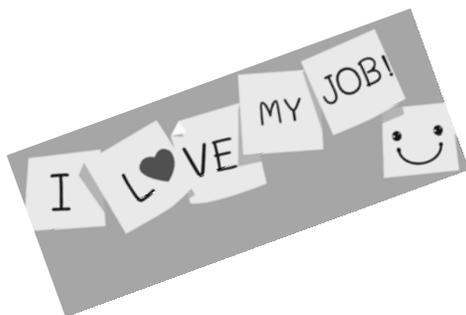
#### **Avoid Energy Zappers & Whiners**

You know who they are: those people who go on forever about their personal problems, the latest office gossip or political hot buttons. These individuals appear obsessed with finding something wrong in every situation. When possible, attempt to surround yourself with happy, positive people; those who exhibit the kind of attitude you want to have.



**There's no doubt that happy people are better workers. Those who are engaged with their jobs and colleagues work harder — and smarter. And people who are happier with their work are happier in their home lives as well. Developing habits to enhance your happiness can help you be more successful and joyful even when you don't love your job, but they will work even better when you are doing work you inherently enjoy.**

**Confucius probably said it best: “Find a job you love and you'll never have to work a day in your life.”**



# Soak up the Sun

For years we have known the important role Vitamin D plays in bone health. However, in recent years more and more research has begun to surface showing the significant role vitamin D plays in our mental and emotional health as well.

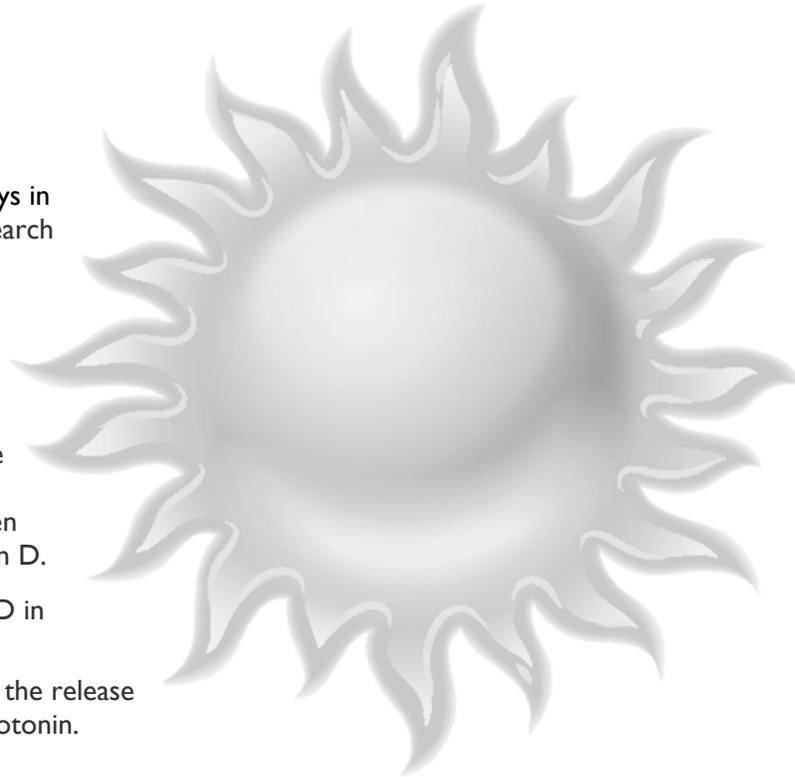
According to recent surveys about 50% of adults have a Vitamin D deficiency. Why aren't we getting enough? Several factors contribute to our lack of Vitamin D. A major issue is that many of us work indoors for most of the day. Other top reasons include doing as we have been told and always wearing an SPF, being lactose intolerant, and even aging because our body is less efficient at processing Vitamin D.

What are the emotional benefits of having enough Vitamin D in our systems?

1. Increased mood: Vitamin D is responsible for activating the release of mood altering brain chemicals like dopamine and serotonin.
2. Increased energy.
3. Protection against brain aging and dementia.

A few tips for increasing your weekly dose of the "sunshine vitamin":

- On a pretty day, take your lunch outdoors and roll up your sleeves.
- Drink your morning coffee outside before applying any products with sunscreen.
- Skip the gym if the sun's out and talk a walk outside instead.



## Solutions Welcomes New Therapist

The staff at Solutions Counseling & EAP welcomes therapist Dene' Culton, MA.

Dene', a Moss Bluff native, graduated from McNeese State University with a Masters of Arts in Psychology with a concentration in counseling. Her experience includes completing an internship in substance abuse, personality traits and mental health.

Dene' is trained in Solution Focused Brief Therapy, and has a special interest in counseling adolescents to help them overcome personal, social and behavioral problems.



## reminder

We are now offering SKYPE sessions after an initial face-to-face assessment.



*For caring and confidential help for personal and family problems, call Solutions Counseling & EAP.*

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