

Newsletter - Eamali (3)

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#notjustmakingthetea Podcast

Have you listened to the latest episode?

Discussing the realities of our career and life choices made. Celebrating the parts that haven't gone to plan as much as those which have !

- Ep.7 - COVID 19 and Cabin Fever!
- Ep.8 - Assertiveness - SS101
- Ep.9 - How to talk to anyone, anytime, anywhere - SS101

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Located - Apple Podcast / Spotify
<https://www.buzzsprout.com/986113/>

Resources to BUY !

Is it time to upgrade your reading ? Check out two new titles which you can purchase and download.

Living on Purpose - Are you the one who controls your life or is your life controlling you? Which road should you take? Do you know which path will lead you to where you really want to be?.

The Influential Leader - Leadership is a topic that will typically interest businesses, managers, and CEOs. BUT it should be of interest to STUDENTS and YOUNG ADULTS also ... We can ALL benefit from following leadership tips and advice.

www.eamali.com/resources-to-buy

Mind Body Soul

Intentional Self-Care FREE YOGA!

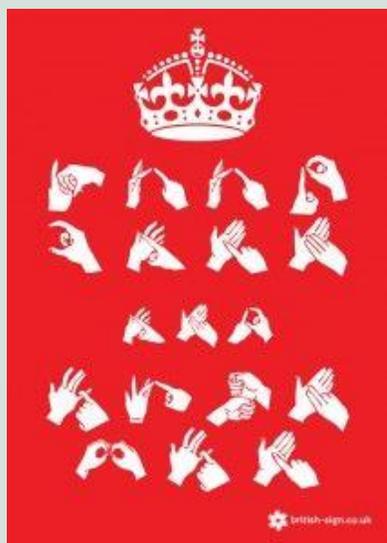
Are **YOU** Worn out. Scattered. Irritable. Stiff and sore. Reactive. Strung out. Overwhelmed. Brain on overdrive. Energy zapped.

If any of those sound familiar, you are definitely not alone.

We need to take good care of ourselves so that we can be our best selves.

Use the link and code (BEKIND) below to access 3 months of free membership to this gorgeous Yoga Site

www.pipiyoga.nz/freetrial



KEEP CALM AND SIGN BSL

Would you like to learn a new skills and language ?

Meet Mr.Tyrese ! He is a 15yr who has lots to teach you about British Sign Language (BSL). He has been using it for as long as he can remember because he was born Deaf and with limited sight.

While we are 'stuck indoors' it's the perfect time to bring your household together and learn something new. Wouldn't it be cool if more people knew BSL

Over five days, Mr.Tyrese will teach you the basics via fun videos, sent straight into your inbox. I promise there will definitely NOT be a test, but by the end of the 5 days, you'll know a whole new way to communicate - how cool is that?

VISIT <https://www.sense.org.uk/sense-sign-school/>

A LONGER READ

5 ways to be more optimistic

“When you wake up in the morning, Pooh,” said Piglet at last, “what’s the first thing you say to yourself?”

“What’s for breakfast?” said Pooh. “What do you say, Piglet?”

“I say, I wonder what’s going to happen exciting today?” said Piglet.

Pooh nodded thoughtfully. “It’s the same thing,” he said.”
- A.A. Milne

Have you ever had that moment when you are walking along and a complete stranger get up into your space and says: “Smile ! It can’t be that bad ...”

Don’t you hate that? Don’t you just feel like telling the stranger where to shove their own smile? Don’t you hate most of all that your resting face (the one you can’t do anything about or even aware of) is sometimes screaming to the world you are ‘miserable’.

The truth is that walking around grinning maniacally doesn’t prove anything. It does not mean you are any happier, or more optimistic, than the grouchy or stone-faced person next to you.

However research suggests that if the smile is on the inside (and outside) your health (and longevity) will love you for it.

Many studies have linked optimism with greater life satisfaction. Optimists, for example, can expect to date more, earn more, have better heart health, live longer. They are also easier to be around – provided it is realistic, and not a relentless hyper-bunny kind of optimism.

So here are some tips for building the right kind of optimism – one that aids your **resilience** and allows you to see the world as it is – but with **hope**.

5 ways to be more optimistic

1. Keep the past behind you and the future in front.

We all carry ‘baggage’ (the experiences and beliefs from our past). We need to be so careful because the past can have a nasty habit of derailing your current life and perspective. So does worrying about what the future might bring.

We can make all the plans we want, but unexpected things (good and bad) will happen and we need to be **adaptable** and **resilient** enough able to accommodate, enjoy, or deal with them.

The answer is to stay in the here and now, but our best **mindfulness** strategies tend to go into hiding when we feel anxious. When you are feeling this way, the best question to ask yourself is “what do I need to do right now” – then put all your attention into completing that task.

2. Loosen your need for control.

The more you have a need for control, the more anxious you will be in the face of uncertainty. I can relate to this, but I am slowly learning to let go and enjoy the journey of life, scary but worthwhile! Change is inevitable, it’s important to learn to ride the wave. When times are uncertain, know that you don’t have to be totally in control for the world to be okay again. Just do what’s right in front of you – and what you can do to look after yourself and those you care about.

3. Accurately assess your sh*t.

People cope better when they are able to accurately attribute life events to external or internal forces, harder to do than it sounds.

For example, when bad things happen, do you negatively attribute them to yourself? I’m a loser, here I go again, bad things always happen to me, I’m c**p at life. Or are you able to see when the event was beyond your control?

The key to **resilience** to be able to tell the difference: when you need to own a mistake and learn from it, or when to let it go.

4. Love your family and friends BUT...

A lot of self-help literature suggests you are sum of the five people you spend most time with. While I am not sure about this completely, better to be part of a tribe and not an island as they say ... We do need all sorts of people in our lives, and truthfully it would be exhausting to be surrounded by the hyper bunny type, but also make sure your key people are not all signed up to the ‘Whinge and Moan’ Club. Over time, they will just drag you down. Find the balance ...

5. Have something to hope for.

Hope is the foundation of psychology, and it’s the same with life. Begin by asking yourself: what am I looking forward to? This week? This month? This year? In three years? For my life? I realise I said in point 1 not to focus on the future, but that was from a negative and worrying viewpoint, this is from a positive and hopeful viewpoint ... If that’s too difficult (a lot of people struggle with the big picture) then pick out the one thing that brings you joy and work out a way to create more of that.

The Last Word

To be honest overblown positivity annoys me. But realistic optimism is key for resilience. When you can face your problems honestly, be vulnerable when you need to, and invest in the things and people that matter to you, you will begin to own your life and outcomes.