

Week

1

Week

2

Week

3

Week

4

Week

5

Week

6

Week

7

Staying Happy



Week

8

HOW TO STAY HAPPY

Stamp out stress and live happily ever after

Week 8: Keeping worries away for good



IN YOUR WEEK 8 PROGRAMME YOU WILL:

FIND

The secret to staying happy

TRY

Our blueprint for happiness

SPOT

Changes that make an everlasting difference

KEEP

Our recipes for future happiness

**LIVE
GREAT**
PROGRAMME



WELLNESS TOOLS



HEALTH TIPS



MOBILE APPS




WORKSHOPS & EVENTS



EXCLUSIVE PRIVILEGES

<https://www.greateasternlife.com/my/en>

How to de-stress in 8 easy steps

| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 |
|-----------------------|----------------|----------------|-----------------------|--------------------|-----------|----------------|--|
| Starting your Journey | Stress at Home | Stress at Work | Life-changing Moments | How to Communicate | The 4 A's | Tots and Teens |  Staying Happy |

Destination: Happiness – Week 8

Welcome to Week Eight, the last week of your Stress Management Programme!

Congratulations on coming this far! By now, you should be armed with the right knowledge, tools and life skills to handle the hardest knocks that life decides to throw at you. We hope you will be feeling more resilient to any stressful situations you may encounter.

With the stressors out of the way, here comes the final stage on your journey to long-term happiness. This week, we will **find out if you are an embracer, adaptor or resistor to change, and how to find the respective key to long-term happiness.**

Staying stress-free doesn't happen overnight. That's why, in the last week of your stress management programme, we will focus on making all the small, simple changes we can – right now. These tiny changes will make a big impact – and pave the way to ultimate happiness.

To cap things off, print out and keep our recipe for happiness; a few toolbox essentials for staying stress free at home and work!

And, as usual, start small, live great.

START SMALL TIP #8

SCENTS AND SENSIBILITY



Sniff and smile!

One of the quickest ways to find happiness is right beneath your nose – literally! In an Austrian study, researchers wafted the smell of oranges before some participants and lavender before others. The two groups were found to feel less anxious and more positive as compared to participants who were exposed to no fragrance at all. In fact, other scents like pine, freshly cut grass and jasmine have all been found to lighten the mood and alleviate stress according to studies!

Find the secret to staying happy

Before you downloaded this guide you will have taken a questionnaire to find out how you adapt to changes. If you haven't taken the quiz yet, [click here](#) to do it now.



Just to refresh, here are the ways you react to change:

The Dynamic Embracer

You love change in your routine; you thrive in a dynamic environment. You constantly adjust your plans to make way for spontaneity; you embrace new ideas and are open to any changes and often view them as opportunities. Stress relievers that operate on a short-term basis, i.e. the incorporation of novel activities and alternative lifestyle habits, may be ideal for you.

The Cautious Adaptor

You are cautious about change in your routine. You are careful to analyse the change and decide for yourself if the change is warranted. If it can be justified, you champion the cause. You then adapt to live with any potential discomfort and ambiguity that change entails. However, if you think the change isn't based on reasoning, you may show signs of resistance. Stress relievers, which operate on a long-term basis, may be ideal for you. These include psychological techniques that help you adopt healthy thought processes.

The Original Resistor

You have an emotional resistance to change in your routine, even when it is inevitable and might be potentially beneficial. You tend to react negatively to proposed changes and you experience increased stress as a result. Stability and predictability are highly valued. You would rather know what to expect than deal with the potential chaos that change brings. Stress relievers which work quickly to relieve stress caused by external disruptions, i.e. techniques that help you maintain balance in your life, may be ideal for you.

Try our blueprint of happiness

Now that you have identified how you prefer to react to changes in life, it's time to try out a strategy for enduring happiness that suits you.



Adventures For The Dynamic Embracer

When it comes to long-term happiness, the embracer in you is always on the lookout for new ideas and activities to take part in. To keep yourself stress free with a burst of fun:

- **Sign up for an organised run**
The camaraderie and carnival spirit of an event boosts mood and spirits.
- **Sing solo at karaoke**
Belting out your favourite tunes is a great stress reliever for you and your friends.
- **Get off at a random stop and explore**
Take a new route and see new things!
- **Eat something you've never tried before**
Variety, as they say, is the spice of life.
- **Plan an impromptu party**
There's no time to stress when it's off the cuff. Phone a few friends and invite them for a potluck party and you'll have all the fun and none of the hassle.
- **Watch a concert**
Being part of a live event is an exhilarating experience.



Self-Coping For The Cautious Adaptor

You are not exactly resistant to change, but self-doubt can sometimes come in the way of happiness.

Try engaging in self-talk to get out of your rut! Instead of worrying about what a change in your routine can entail, focus on talking to yourself in more adaptive ways. According to *Stress Management for Dummies*, you can ask yourself a number of questions to help clarify your worries to change and give yourself good advice and direction.

Some questions to ask yourself:

1. What exactly am I worrying about?
2. What's the worst that could happen?
3. Is my thinking out of line?
4. Do my emotional reactions fit the importance of the problem?

This self-coping talk will help guide you on the road to managing and minimising your worries for the long haul.



Instant Fixes For The Change Resistor

You are someone who is resistant to change, you want stress relievers that will bump your life back on track immediately so that you can minimise the effects. Next time a situation gets you stressed:

- **Walk away**
Getting outside in the open air can put things in perspective – take a walk to clear your mind.
- **Slow your speech**
When people get stressed they tend to gabble. Make a conscious effort to hold your tongue to bring stress under control.
- **Stretch it out**
The hamstrings are said to be one of the first muscle groups to store tension. Give your legs a good stretch throughout the day.
- **Laugh out loud**
Laughter is the best medicine. If you've been feeling gloomy all day, watch a funny video or do something that makes you laugh.
- **Have a chocolate**
A piece of good quality chocolate will immediately lift your mood. Just make sure it contains at least 75 per cent cocoa for maximum health benefits.

Spot changes that make a difference

Even the smallest changes in life can have a large impact on happiness. Aside from keeping your stressors at bay, it is also important to let happiness in when you have the chance. Go through this checklist of little things you can do in your everyday life. Of course, you don't have to check all 20 options below in order to be truly happy, but every little counts and the more the merrier!



CHECKLIST

- | | |
|---|---|
| <input type="checkbox"/> I had my favourite breakfast/lunch/dinner | <input type="checkbox"/> I took time off to read my favourite book |
| <input type="checkbox"/> I made a small gesture of kindness | <input type="checkbox"/> I laughed out loud today |
| <input type="checkbox"/> I blasted my favourite playlist in the morning | <input type="checkbox"/> I expressed my gratitude to someone |
| <input type="checkbox"/> I had lunch outdoors | <input type="checkbox"/> I had a picnic with my family |
| <input type="checkbox"/> I breathed deeply for five minutes | <input type="checkbox"/> I had an evening out with friends |
| <input type="checkbox"/> I made a small healthy change to my routine | <input type="checkbox"/> I had date night with my significant other |
| <input type="checkbox"/> I made a gift for a friend | <input type="checkbox"/> I spent time with my children |
| <input type="checkbox"/> I had a lie in | <input type="checkbox"/> I planned my work-free weekend |
| <input type="checkbox"/> I let myself shower/soak in the bath a little while longer | <input type="checkbox"/> I watched my favourite TV series/movie |
| <input type="checkbox"/> I spent some time with animals | <input type="checkbox"/> I made sure I left work on time |



Print this out and use it keep a record of the little things that make you happy. Sooner or later, you won't need this checklist and will begin to discover more and more things that uplift your spirits.

Keep our recipe for happiness

Like any great recipe, it's all about the ingredients. A happy life is all about a great combination of the right things. They don't need to be expensive or difficult to achieve but here's a handy keep list of some of the key ones to include in the mix.

- ☐ **Go to bed**
Sleep really is the best medicine. A lack of shut eye stops you coping - and lowers your stress threshold. Aim for eight hours a night if you know you've a stressful day ahead.
- ☐ **Get up earlier**
Lying in bed worrying about the day only makes you feel worse. If you're awake early go for a walk before the rest of the world wakes up. The dawn chorus will give you a morning boost.
- ☐ **Eat breakfast**
You wouldn't run a car without fuel – so why run on empty? You might think you don't need it, but most people who skip the first meal of the day find that by mid-afternoon they have run out of steam.
- ☐ **De-clutter**
Arriving at your desk or home to a pile of clutter is stressful. Have a good clear out – a tidy workplace/home really can clear your mind.
- ☐ **Organize your day**
It might seem simple but writing a list of your 'to-do's' makes clearing tasks a lot easier. There's nothing more satisfying than striking a line through a list – and gives you a great sense of achievement at the end of the day.
- ☐ **Don't follow the crowd**
Leave a little earlier to beat the workday rush - or arrive at the store at opening time instead of battling the lunchtime crowds.
- ☐ **Focus on those who want to be with you**
Don't waste valuable time trying to make plans with people who don't make the effort to be with you. If a friendship has run its course it's time to move on!
- ☐ **Say No**
It's harder for most people to say no than sorry, but learning how to say it a little more often will lower your stressors. It's a sentence in itself. It can be polite and firm but it doesn't require explanation or justification.



Print this out as a reminder of quick tips to keep your life and happiness in check.

Manage stress with our handy hints

Go to [Live Great Reads](#) for more helpful articles, features and content.



6 Great Ways to Help Your Child Study Smart

Tips to help manage exam stress



Stress Busting Tips from a Medical Expert

Dr Caroline Low tells you how



How to combat stress-induced insomnia

Know what causes sleeplessness and what can help



15 Tips to Liven Up Your Day

Techniques to turn that frown upside down!



Understanding stress and managing how you deal with it is a key to a happy life.

Thank you...

Thank you for your participation in our stress management programme for the past eight weeks! We've covered a lot of grounds, from dealing with different types of stressful situations to how to stay happy. We hope you found them useful, and remember to share this programme with your friends and family. And, as always, it's the small steps that matter, so live great and live healthy!



Want more?

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<https://www.greateasternlife.com/my/en/personal-insurance/live-great/newsletter-subscription.html>

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Questionnaire endorsed by:

Glenn Graves at www.counselingperspective.com

Based in Singapore, Glenn holds a Masters Degree in Psychology. He also has a certificate in Intermediate Training in Ericksonian Psychotherapy and Hypnosis from the Milton H. Erickson Foundation.



Great Eastern Life Assurance (Malaysia) Berhad

Menara Great Eastern, 303 Jalan Ampang, 50450 Kuala Lumpur
Company Limited (Reg No. 93745-A)

Any Questions? We are happy to help!

General line: (603) 4259 8888

Customer service care line: 1-300-1-300-88

Email: wecare-my@greateasternlife.com

Website: www.greateasternlife.com/my/en