

Investing In Experiences over Material Possessions

Research shows that investing in experiences leads to greater and more enduring happiness than purchasing material items. The belief is that experiences create lasting memories and foster social connections, contributing to longer-term happiness and personal growth. For example, you're more likely to frequently and fondly recall a camping trip experience as a child than a toy, both of which brought happiness.

While possessions seem to lose novelty over time, experiences stick around and become part of our identity, and the stories we tell about them add to our sense of fulfillment. Try embracing new experiences this year and reflect on whether they truly enhance your happiness. If the discovery turns true, create a new habit that will enrich your life. Learn more: <https://integrative-med.org/investing-in-experiences-over-possession-boosts-happiness/>

Loneliness at Work

Employee loneliness is a growing problem in the workplace. It doesn't mean being physically or remotely isolated or stuck in a back office. Workplace loneliness refers to feeling disconnected and emotionally detached from coworkers despite being surrounded by people all day. Suppose you feel like you are simply "going through the motions" at work, lacking meaningful social connections, and experiencing a diminished desire to engage or collaborate on projects. In that case, this sense of feeling invisible or undervalued can harm productivity and mental health. Loneliness can happen when social connections don't meet our personal needs, even in busy office settings. This often includes feeling like you can't be your true self, making it seem like no one knows who you are.

A recent survey found one in five employees feels lonely on a typical workday. Try this engagement fix: Be deliberate about building relationships with coworkers rather than leaving it all up to chance. Initiate conversations and show genuine interest in others' experiences. Look for common interests to discuss. Invite a colleague for coffee or lunch. Small efforts to connect with others can make your workplace feel more supportive and reduce feelings of loneliness. Try talking to your Employee Assistance Program (EAP) for advice on feeling more connected at work. Remember, these feelings can sometimes be linked to depression, and your EAP can help figure out whether that's a factor in your workplace loneliness. Learn more: ridleyconsultants.com/loneliness-at-work/

Can Counselling Help You Thrive in the New Year?

Happy New Year! With the new year ahead, you may have goals and resolutions that you want to accomplish or change for this year. In the face of change, many of us can stay stuck or stagnant when we strive for something different. Not because we don't have good intentions or motivations, but because old habits can be hard to break, and sometimes we don't have the tools or knowledge to support ourselves through periods of transition. Research shows that only 9% of people are successful in keeping up with their New Year's resolution, while 43% of people are most likely to give up by the month of February.

Whatever your 2025 goals may be, it's worthwhile to consider counselling as a source of guidance and support for your goals. FSEAP's confidential counselling services pair you with a suitable counsellor based on your individual personality and needs to help address issues such as mental health struggles, trauma, relationship challenges or concerns, substance use and addictions, grief and loss, life transitions, and more. Seeking out help from a professional can be a great source of encouragement and proactivity to find clarity and expedite your goals. Reach out to your EAP provider to learn more.

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