JK'S TOP TIPS FOR WELLBEING

Sir John Kirwan talks to Greg Murphy about mental health and wellbeing on The Depot podcast and provides some top tips for truck drivers.

Chill

Calming your mind and relaxing your body is a great way to reduce stress, so carve out some time every day to just chill.

JK says, "Learn how to breathe. When you start breathing through your anxiety, it has less power. I never thought it would work until I tried it, but it was amazing, and I still do it to this day. Meditation is also amazing for your mental health, but for me personally, I've found the best ways to calm my mind are reading, cooking and playing the guitar. That's my 'chill'."

Do

Aim to be creative and learn or try something new every day. This strengthens the brain networks and trains your brain to expect positive outcomes, making you feel more optimistic about yourself and life.

"Anxiety and depression take away your self-esteem, your self-confidence and your enjoyment in life. Putting these simple pillars into your day is scientifically proven to be preventative mental health. I call it my daily mental health plan."

Connect

As humans, we crave connection. Carve some time in your day to connect with those you love, strengthen your relationships and give back.

"When someone comes into my heart, I text them; that's my way of connecting. I also love connecting with nature, especially going for a surf."

The six pillars of wellbeing is a comprehensive scientific framework that helps people manage stress, feel more positive, build resilience, and feel better able to get the most out of life. Research shows doing just one thing from each pillar every day has a significant impact on overall wellbeing. Find out more at groov.co.nz

THE DEPOT
HOSTED BY GREG MURPHY

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Move

Keeping active is a great mood lifter. Admittedly, it's hard when you're on the road, but moving your body every day is a great way to stay on top.

"When you stop your truck for a break, go for a walk and don't take your phone. One of the biggest mental health lessons I've learned is to walk slowly. That's when I notice the birds, and that's when people smile at me."

Enjoy

Make some time every day for pleasure, fun and laughter. It will boost your serotonin and endorphins so you feel happier.

"Smell the roses; stop and enjoy the moment you are in. Eat your sandwich slowly, drink your coffee in a real cup, not a takeaway cup. When driving from A to B, don't worry about what B to C looks like. Learn to gauge when you are not feeling good, and put things in your day that will reset you. I call this my triple A battery: A for Awareness, A for Acknowledgement and A for Act."

Celebrate

Think of kind thoughts about yourself. Take the time to celebrate and appreciate YOU!

"Every day, tell yourself that you are awesome; no one else will tell you that daily, so you must tell it to yourself. While you are in the truck, keep telling it to yourself because it works. And don't forget why you do the job you do: you do that job because you care, love what you do, and deliver a service that your business and customers cannot survive without. You are awesome!"

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