

WELLBEING

What are the things that keep you well?

WELLBEING

What are the things that keep you well?

WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

WELLBEING

What are the things that keep you well?

What takes you away from being well?

WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

WELLBEING

What are the things that keep you well?

What takes you away from being well?

WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

START

STOP

Stolen focus exercise – the flashlight of attention

VUCA or anything that influences stress hijacks our attention...

Time	Task	Flashlight
9am	Preparing this presentation	Thinking about whether I can go pick up a light bulb. Kids are off school what are they doing up there?
10am	Talking on phone to Pete	Listened to him well – wasn't distracted – focused on what we were trying to achieve
11am	Developing Leadership Session WFs	Thinking about whether I eat my lunch now or later... Still thinking about the light bulb. Thinking about WFs at camp.

Quick list

What's on your mind today/this week?

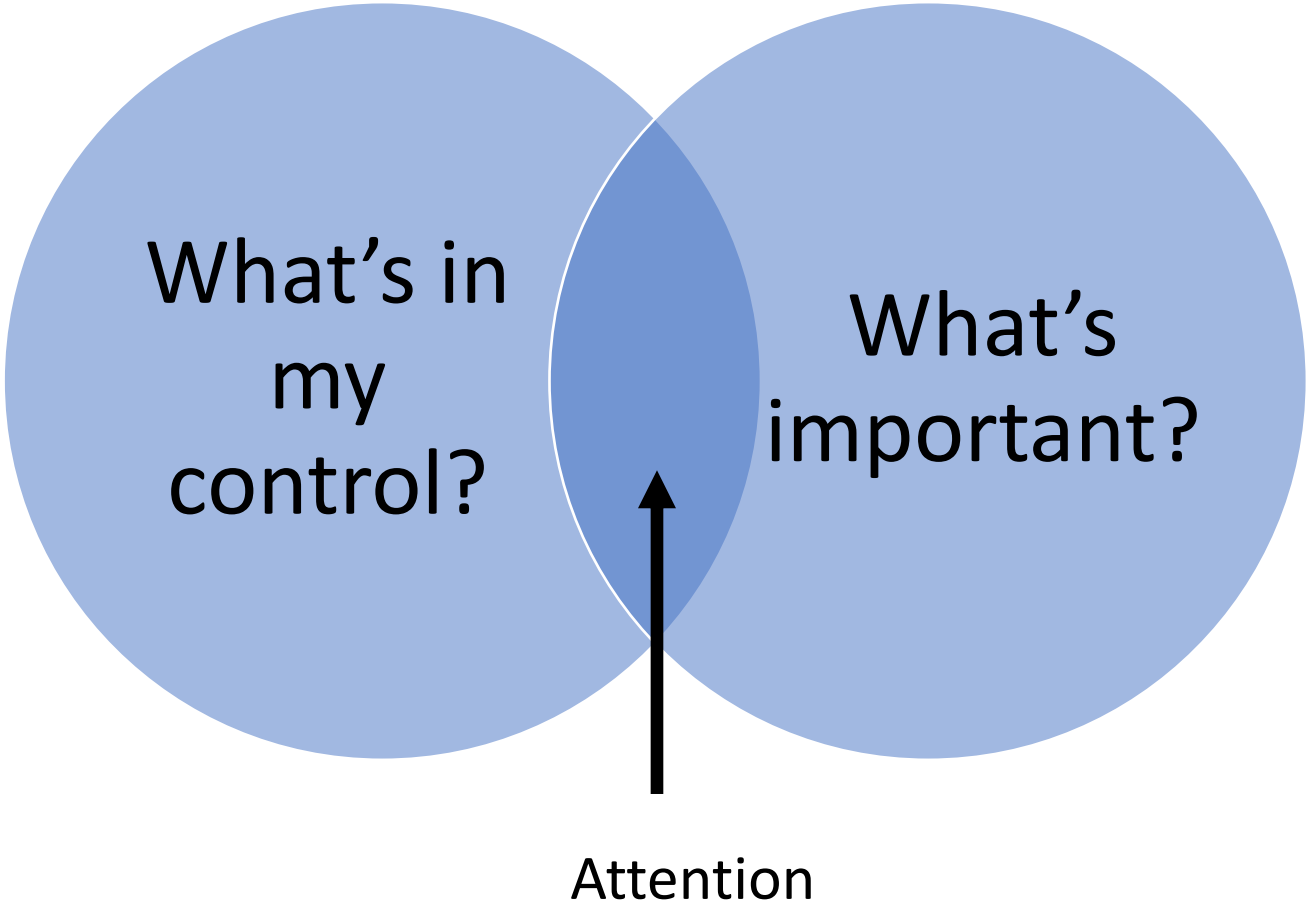
Worries?

Things to do?

Future?

Past?

PERFORMANCE



Pause: Gaining (or re-gaining) my flashlight (CAR acronym)

- CALMLY...understand what has happened – what are the facts?
- ASSESS...this is information in perspective – what's in/out of my control?
- RESPOND...in a rational way – what can I do now? What can I do to make this less unpleasant? Do I need support?

RECOVERY PLAN

WHY?

What are my risks if I don't recover?
Me/Others/My world

WHEN?

Day
Week
Month
Year

HOW?

Play v productivity?
Rest v Activity?