



# Wellbeing

## Press here for a Wellbeing Reset

We generally like to share wellbeing insights with tips for enhancing your wellbeing at work and at home that are evidence based and backed by published research papers. Our goal is to spread the word about what works best and to engage your interest in taking positive steps for your own and your clients' wellbeing. So we want to zero in on the need for self-monitoring and 'pressing the wellbeing reset button'. This means recognising when you might have let things slip (to err is human) and need to refocus your efforts.

One challenge with working in the wellbeing space is that we know a lot about wellbeing, but being human types ourselves, we struggle as much as anyone to maintain good habits all of the time. This is where a dose of self-compassion and humility can go a long way!

1. Talk things over with a close colleague, partner or friend, someone who can be trusted to gently encourage you to 'take a look at yourself'
2. Know your 'ill-being' triggers – what happens to you when things get out of whack? Does your sleep suffer, do you lack energy or enthusiasm or do you stop finding fun in anything? What are the small things that tell you it's time for a reset?
3. Make some space – somewhere you are away from other stimulation – and make yourself review what is going on. This might be walking your dog, meditating, sitting under a tree...somewhere you can take time for some introspection.

(Just quietly, we are writing about this because we are doing a reset ourselves!).

There will always be times when your healthy diet slips a bit, when you have neglected your exercise plans, when you forget to use breathing and other calming strategies to manage your stress. You might find yourself with a sleep 'debt', acute insomnia, or getting narky with family and colleagues. You might even lose perspective and forget to feel gratitude for what you have, 'whingeing' about the relative minutiae of work challenges and irritations.

The important thing is that you find a way to stop and reflect, take a look at what is happening and act to redress your wellbeing balance. Some of the best ways we have found for this are:

4. Have a person, place, issue you can bring to mind that snaps you into sharp focus for what you feel grateful for. A friend who is suffering, a news story, a time in your own life that you can view from afar and say 'he/she/they/I are or were doing it a lot tougher than me'. Perspective is a beautiful thing.
5. Figure out one small thing you can do to make a positive change straight away. Maybe that's to switch off your device and reconnect with life that is not online. Or get into bed earlier tonight. Or go for a walk in the fresh air. Give yourself credit for a small step and use this as motivation for one more.

Finally, recognise that when it comes to wellbeing, we are all a 'work in progress'. That's the dynamic nature of wellbeing – the ebbs and flows of challenges and demands at any one time, balanced by the resources we have available to respond to these.