



10 STEPS TO BETTER WELLBEING





BETTER WELLBEING #1

BE KIND TO YOURSELF

TREAT YOURSELF WITH THE SAME KINDNESS, CONCERN & SUPPORT YOU'D SHOW A GOOD FRIEND.

KINDNESS IS THE FOUNDATION OF SELF-CARE. WHEN YOU HELP YOURSELF, YOU ARE THEN READY TO HELP OTHERS.

SELF-KINDNESS WILL HELP YOU TO BUILD YOUR RESILIENCE WHEN FACING ADVERSITY.





BETTER WELLBEING #2

LAUGH LOUD, LAUGH OFTEN

LAUGHTER REALLY IS THE BEST MEDICINE.

HUMOUR THAT EXPRESSES POSITIVE EMOTIONS AND MESSAGES IS GOOD FOR YOUR MENTAL HEALTH AND THOSE AROUND YOU.

HUMOUR HAS BEEN FOUND TO RELEASE 'FEEL GOOD' HORMONES, INCREASE OPTIMISM, IMPROVE YOUR MOOD AND IMPROVE RELATIONSHIPS (MAYBE EVEN MAKE YOU BETTER LOOKING!).





BETTER WELLBEING #3

CONNECT WITH OTHERS

HAVING MEANINGFUL RELATIONSHIPS WITH OTHERS HELPS YOU BUILD A RICH SOCIAL NETWORK.

GIFTING YOUR TIME TO OTHERS BY LISTENING IS GOOD FOR OTHERS, BUT IMPORTANTLY ALSO GOOD FOR YOU.

CELEBRATE EVERYDAY POSITIVE EXPERIENCES WITH FRIENDS AND BE THE 'SOFT PLACE TO LAND' WHEN OTHERS FACE CHALLENGES.





BETTER WELLBEING #4

SEEK OUT 'FLOW' EXPERIENCES

THE EXPERIENCE OF 'FLOW' IS BENEFICIAL FOR YOUR MENTAL HEALTH. ATHLETES MIGHT CALL THIS 'BEING IN THE ZONE'.

FLOW EXPERIENCES ARE ONES IN WHICH YOU ARE ABSORBED AND FEEL SATISFIED.

RESEARCH SUGGESTS FLOW IMPROVES YOUR SKILLS, LOWERS STRESS HORMONES AND RELEASES 'FEEL GOOD' HORMONES SUCH AS DOPAMINE.





BETTER WELLBEING #5

LOOK AFTER YOUR BODY

BOOST YOUR MENTAL HEALTH THROUGH SIMPLE, POWERFUL CHOICES. BALANCED NUTRITION, REGULAR EXERCISE, AND TIME OUTDOORS ARE YOUR SECRET WEAPONS.

MOVE YOUR BODY, NOURISH YOUR MIND. PRIORITISE SLEEP, STAY HYDRATED, AND BE MINDFUL OF WHAT YOU CONSUME. SMALL DAILY HABITS CREATE BIG MENTAL HEALTH WINS.

YOUR WELL-BEING MATTERS. CHOOSE WISELY, FEEL AMAZING.





BETTER WELLBEING #6

SEEK HELP WHEN NEEDED

SURROUND YOURSELF WITH PEOPLE WHO LIFT YOU UP. IF YOU'RE STRUGGLING, REACHING OUT IS A SIGN OF STRENGTH – NOT WEAKNESS.

TALK TO TRUSTED FRIENDS, COLLEAGUES, YOUR GP, OR A TRAINED PROFESSIONAL. THERE ARE PROFESSIONALS READY TO HELP YOU FIND PERSONALISED STRATEGIES THAT WORK FOR YOU.

SEEKING SUPPORT? THAT'S PURE COURAGE. YOU'VE GOT THIS.





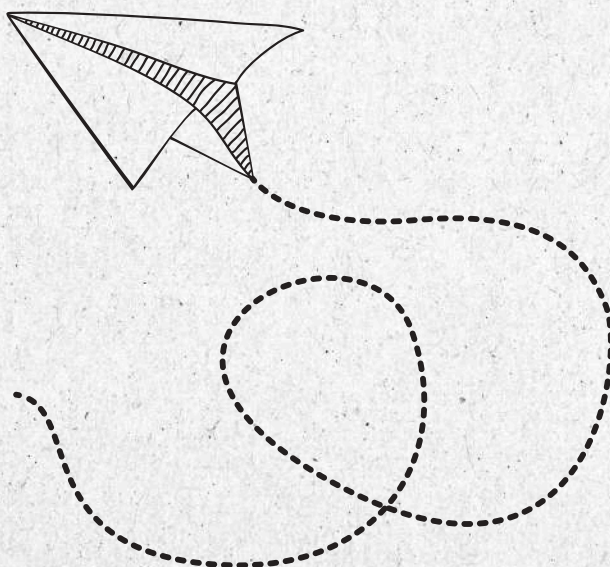
BETTER WELLBEING #7

KNOW YOUR VALUES & LIVE CONSISTENTLY WITH THEM

ALIGN YOUR LIFE WITH WHAT TRULY MATTERS. YOUR CORE VALUES ARE YOUR INNER COMPASS – GUIDING HOW YOU TREAT YOURSELF AND OTHERS.

BE INTENTIONAL. KNOW WHAT YOU STAND FOR. WHEN YOUR ACTIONS REFLECT YOUR DEEPEST BELIEFS, YOU UNLOCK GENUINE HAPPINESS AND PEACE.

YOUR AUTHENTICITY IS YOUR POWER.





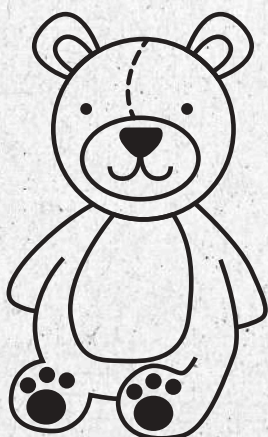
BETTER WELLBEING #8

GET ENOUGH SLEEP

GETTING QUALITY SLEEP, AND ENOUGH OF IT, IS ESSENTIAL FOR PHYSICAL AND MENTAL HEALTH.

LIFE STRESSORS (BIG AND SMALL) CAN AFFECT OUR SLEEP. USING ELECTRONIC DEVICES BEFORE BED CAN DISRUPT SLEEP, AS CAN CAFFEINE, CIGARETTES, ALCOHOL, AND SOME MEDICATIONS.

GET INTO A REGULAR BEDTIME ROUTINE, MAKE THE ROOM DARK, COOL AND COMFORTABLE, AND GET OFF YOUR DEVICES FOR A BETTER NIGHT'S SLEEP.





BETTER WELLBEING #9

KEEP YOUR PERSPECTIVE

BOTTLING UP FEELINGS OR DODGING TOUGH EMOTIONS DRAINS YOUR ENERGY. TRUE STRENGTH ISN'T ABOUT HIDING – IT'S ABOUT FACING YOUR INNER WORLD WITH COURAGE.

EMBRACE ALL YOUR FEELINGS. ACCEPT THEM. LEARN FROM THEM.

FLEXIBLE THINKING AND OPEN PERSPECTIVES TRANSFORM CHALLENGES INTO GROWTH.

YOUR EMOTIONAL HONESTY WILL HELP YOU TO RESPOND AND REACT TO SITUATIONS YOU FACE.





BETTER WELLBEING #10

CONSIDER YOUR DEMANDS AND OPPORTUNITIES

CAUGHT BETWEEN ROLES AND RESPONSIBILITIES? IT'S EASY TO LOSE SIGHT OF WHAT TRULY MATTERS.

PAUSE. REFLECT. CHECK IN WITH YOUR RELATIONSHIPS, WORK, PERSONAL TIME, HEALTH, AND PERSONAL GROWTH.

WHEN YOU HONOUR ALL PARTS OF YOUR LIFE, YOU STRENGTHEN YOUR RESILIENCE AND WELLBEING.





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