

My Wellbeing Action Plan

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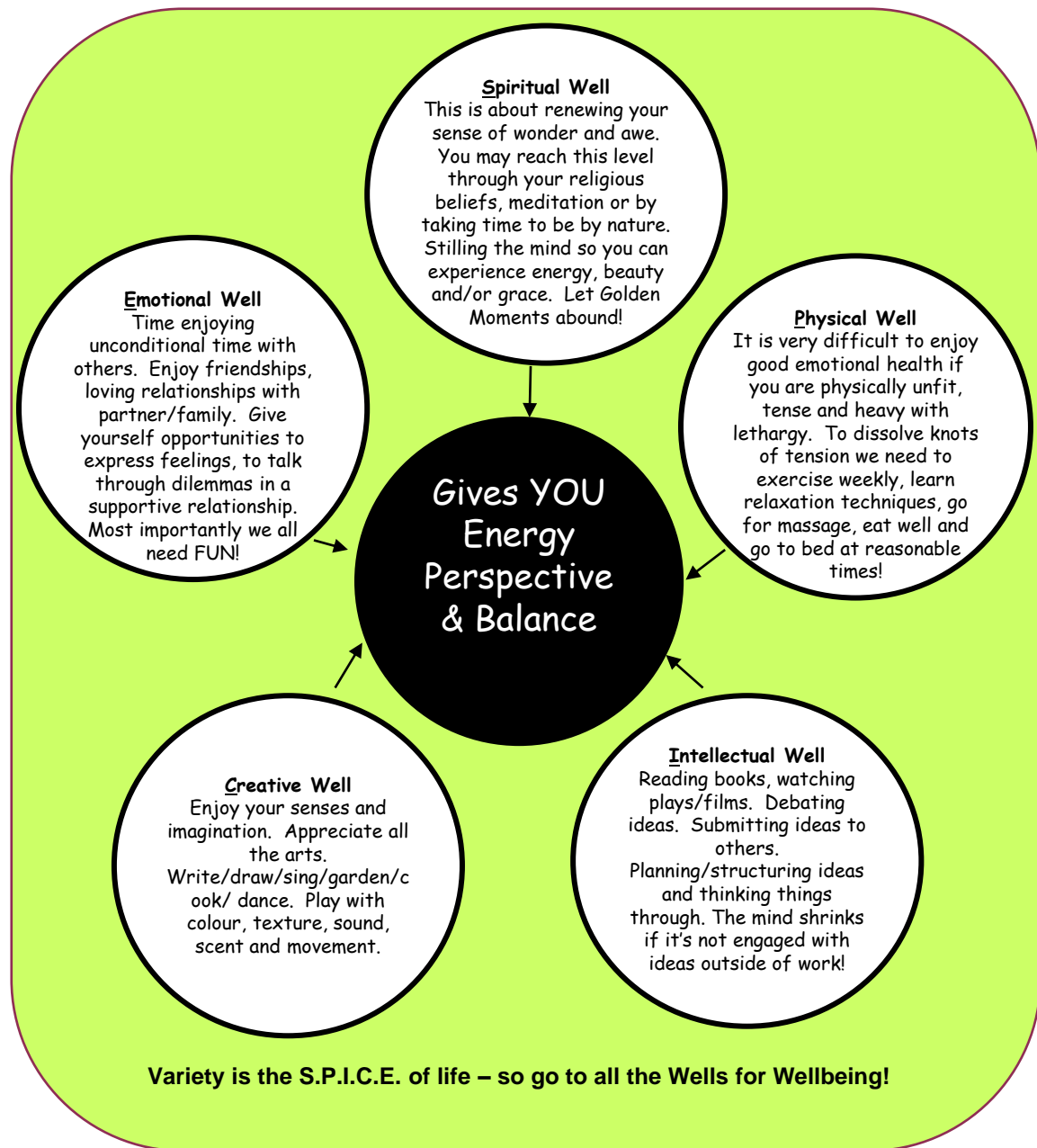


Visiting the Five Wells ...

... Helping To Bring Energy, Perspective and Balance

On the following pages are some ideas for 'drawing' from your Wells to bring more balance and joy into your life. Do have a think about how you could practice these suggestions. Then fill in the blank squares with your own resolutions.

Revisit in a month's time. If you haven't moved forward – maybe it's time to work with a trusted colleague or friend so that you can mentor each other.



You need to draw strength from each of your personal Wells so you can experience Wellbeing.



Drawing From The ...

Spiritual Well

Quiet the mind and you feel your spirit soar.
Think; What happens around me I cannot
change but what happens within me, I can.

Drawing From The ... **Spiritual Well**

	Yes, I do this regularly	I do this sometimes	I would like to do this more
Just Breathe When you can, focus on diaphragm breathing – inhale slowly through your nose 1,2,3 and exhale slowly through your mouth. Acknowledge that this moment, i.e. being still, safe and breathing, is a gift.			
Learning to be Mindful Try to find a few moments of quiet, without screens. Then concentrate on doing one activity. For example, drink a good coffee or a fresh glass of water with a slice of lemon and really concentrate on the sensations it involves. What can you taste? How chilled or warm do your hands feel? Take time to smell the aroma i.e. the evocative smell of coffee beans or the sharp tang of lemon. If you still have all your senses – these too are a gift.			
Now Create a ‘Golden Moment’ for Yourself Maybe run a beautiful bath, with your favourite oils or foams, calming music, safe candles and slowly sink in. Mindfully spend a few moments enjoying the flickering light, the warmth, the silkiness of water on skin and feel gratitude for this moment. Can you create a different sensory Golden Moment during your day?			
Go Deeper – Meditate Use your mind to imagine a healing sun above your head. Close your eyes and slowly pull the rays in through your scalp and follow them downwards. Feel the rays tingle and reach each part of your body with healing light. Once they have reached your toes, feel totally golden and full of light.			

Drawing From The ... **Spiritual Well**

	Yes, I do this regularly	I do this sometimes	I would like to do this more
Allow Nature to Heal For you to appreciate nature, you need to choose a moment of stillness to truly observe. Train yourself one minute at a time, then two minutes to look at a tree, a spider's web, flowers, shells or something beautiful. Just focus and examine the intricate beauty. If you're nowhere near nature there are some amazing TV programmes which can take you on a walk in real time.			
Water is Calming If ever you can get to the sea; sit and feel the breathing of the ocean through the pounding of the waves. Maybe there's a park nearby where you can get to a river or look at the still depths of a local pond – just focus on the water and breathe.			
Stop the 'Clacking' in Your Head Listening to beautiful music, praying, meditating and singing are some of the ways that people create a quiet mind. Maybe teach your mind to catch the anxious thought that keeps getting in the way, put it into an imaginary cloud and float it away into the sky leaving you with a blue-sky mind. Only when the competing worries have stopped are you open to Beauty, Grace, Nature, God, Chi, Prana - there are many words that people use regarding the spiritual strength that can flow through you and help you feel part of a stronger universal energy.			
At the end of the day Could you make time to jot down the 'gifts' of the day? Maybe somebody said 'thank you'. Did the eyes of any individual light up when you walked in? Did you notice the sky? Did you feel the rain on your face and enjoy it?			

Your Own Ideas – What else would you like to do to help bring Spiritual Balance?





Drawing From The ...

Physical Well

Everything I'm going to say – you already know! I can't reveal anything new that you haven't already heard about. The issue is whether you choose to listen and act.

Drawing From The ... Physical Well

	Yes, I do this regularly	I do this sometimes	I would like to do this more
You're Only as Mobile as Your Spine! Spending ten minutes a day stretching is invaluable. Yoga is fabulous. Practicing 40 minutes to a good exercise DVD would help. Walking any amount of time will always be helpful.			
Toxins Clog You – We All Need Water Your body needs water – at least two litres a day to help energy run through you.			
Eat and Drink Sensibly There are lots of brilliant programmes and wonderful people extolling the virtue of this. It's all incredibly simple. Good food gives you good energy; choose well. Why don't you write down what you eat – I was shocked by the fact that I was not eating five a day. It's actually really hard to make sure you eat five portions of fruit and vegetables a day – but do it anyway!			
Looking After Your Heart Our hearts have too many shocks in everyday life – and it's just a muscle. So be kind to it. Look after it – exercise, swim, walk or jog.			
Topping Up on Fresh Air and Daylight It is often so difficult to get the fresh air and daylight that we need – winter months, electric lighting, working in dimly-lit rooms. It is really worth it though making sure each day, especially in the darker months, that each day you prioritise getting fresh air and daylight – by opening the window, going for a walk or any outdoor activity.			

Drawing From The ... **Physical Well**

	Yes, I do this regularly	I do this sometimes	I would like to do this more
Bodies Need Real Treats If you can, invest in looking after your body.. If you can, invest in a neck and shoulders massage, yoga or relaxation Pilates. Even a special massage cream or a lavender essential oil roll-on for your temples can help with your wellbeing. If you're kind to yourself – you'll have more energy to be kind to others.			
Shine Up the Sleep Rituals Nobody is coming to rescue you – only you can make sleep happen. The things I have tried ... stopping caffeine after 6pm, having a hot, milky drink before bed, reading books about nature with no tension in them, using a weighted blanket, watching a blue light on the ceiling ... but you have to try things out and find your own path. You need to tell your body you are in charge and keep to the times and the rituals whatever happens. The worst thing I can do is to give in and to get up at 3 or 4 in the morning. My body then seems to think it's the winner and can do it again. So, for me, I've learnt it's better just to keep the light off and practice my breathing and consider this time as a re-energising rest.			

Your Own Ideas – What else would you like to do to help bring Physical Balance?





Drawing From The ...

Intellectual Well

There are oceans of ideas outside your home or work life. Engage with them and you will keep life in perspective and regain balance. The problem you currently have is not the whole of your life. Life is so much bigger than the sum of its parts.

Drawing From The ... Intellectual Well

	Yes, I do this regularly	I do this sometimes	I would like to do this more
Do You Engage with the Written Word? Good books, audio books, newspaper articles, whatever you like reading ... a good writer draws you in so their passions become your own.			
Do you Ever Debate Ideas? Are you too tired to talk? Or do you enjoy chatting about your favourite subjects? What is it that you really care about? Animals becoming extinct? Recycling? Food banks? Politics? Restoring Family Support Centres? Planting Trees? Clearing up Litter? You only have one life, live it with passion. Whenever you can, put your shoulder to the wheel of your choice.			
Are You a Puzzler? Puzzles stimulate the brain. So if you like crosswords, sudokos, word searches or any number of other puzzles or games out there – they are great for switching off from being too busy and for getting your brain working. While they won't substitute for getting involved with a good book or chatting something important through with a friend, they can be a great 'go to' in a coffee break or spare five minutes.			
Watching Films and Videos Maybe you enjoy watching a film that puts a new perspective on things or a story that takes you away from what you know. This can all add to your Intellectual Well. There are great documentaries. Another perfect way of learning more is to listen to some TED Talks. There are 3,000 free talks available via the internet - just Google Ted Talks and pick a subject you are interested in to find out more.			

Your Own Ideas – What else would you like to do to help bring Intellectual Balance?





Drawing From The ...

Creative Well

‘Creativity is a state of mind ... the more you use it the more you have.’ Maya Angelou

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Drawing From The ... Creative Well

	Yes, I do this regularly	I do this sometimes	I would like to do this more
Cooking a Meal You could spend your whole time while cooking a meal worrying about your daughter's drinking. Or you could choose to close down the 'clacking voices in your head' and focus on the aromas, the freshness, lightness and feel of the ingredients and the flavours. In this state of mind, you can take risks, try out new mixes and become inventive. In other words you are engaging your creativity.			
Is Gardening your Thing? If you are lucky enough to have a garden, is it a chore to manage or a pallet of contrasting colours and heights. Serious or joyous? How often can you use your garden to help you unwind and get creative? Big pots of flowers are good ... or even tomatoes in grow-bags make you feel successful!			
You Too are a Walking Artwork!!! Currently, is there anything you love that you wear? The textures, colours and shapes – do they make you feel good? Party frocks used to make me feel good, until I realised some years ago, that people rarely have parties anymore! I had a wardrobe full of weird and wonderful dresses and I decided that 'Every Day Should Be A Party'. So I began to wear out to work my odd vintage / taffeta / colourful outfits with felt flowers – anything I felt like that day. Of course I have really tame days when I want to shrink into oblivion – but then I concentrated on cosy soft colours and textures that I enjoy.			
What Else Feels Creative for You? There are numerous ways to draw from your Creative Well. Some people enjoy arts and crafts, sewing, woodwork, DIY, card making, decorating, making fancy cakes or just putting special touches around your home.			

Your Own Ideas – What else would you like to do to help bring Creative Balance?





Drawing From The ... Emotional Well

Psychologists maintain (as does our common sense) that people need to connect to one another, create intimacy, listen and be listened to and, most importantly, have fun.

“The best and the most beautiful things in the world ... must be felt with the heart” Helen Keller

Drawing From The ... Emotional Well

	Yes, I do this regularly	I do this sometimes	I would like to do this more
Spending Time with Friends or Family Do you make time for them? Or do you do what my children say I used to do – just fit them in to your busy timetable not at a time of their choice? How spontaneous are you? Can you accept this is the moment for a spaghetti fight or a sing-along? Or do you always want people to behave as you want? Could you have become a bit of a nag?			
What Are the Fun Times That You Used to Have Before the Pandemic? What social activities have you enjoyed in the past? Seeing live bands? Spontaneous celebrations and/or picnics? Meals out? Bowling? Right now plan for fun in the future.			
Your Emotions are Important Do You feel that you have a cloud hanging over you at the moment? If you are overwhelmed with feelings, try and find some support – either personally or professionally. Treat yourself as a precious resource. You can't keep giving out to people if there is nothing left inside you.			
See If You Can Make a Difference Whatever you do care about regarding people – maybe lonely neighbours, bored youths, struggling young families, anxious friends – reach out to them. Research shows that altruism, compassion, kindness and giving can help you as much as the people you are helping. Incredibly kind acts stimulate endorphins – which are the hormones we need to feel well and happy, which in turn boost our immune system.			

Drawing From The ... **Emotional Well**

	Yes, I do this regularly	I do this sometimes	I would like to do this more
How Often Do You Prioritise Your Friends and Family? Do you need to spend more time at least once a week speaking to friends or family? Could you reach out with maybe a text or card more often? Friendship, intimacy and love need time. Choose to spend your time with people with whom you can develop honest, open relationships.			

Your Own Ideas – What else would you like to do to help bring Emotional Balance?





Just remember ...

Burn out happens when the Five Wells are empty. The Five Wells are:

Spiritual

Physical

Intellectual

Creative

Emootional

This spells **SPICE**.

We all need a little SPICE in our lives to feel fully alive.

Your Own Wellbeing Notes

There is space on this page for you to write some of your own thoughts about your wellbeing and how to plan for a healthy future.



About this Wellbeing Action Plan

I have created this Wellbeing Action Plan using tried and tested ways to help look after your own personal energy levels and wellbeing. This does not serve the same purpose as, for example, the MIND Wellness Action Plan for work-place wellness.

We hope that the two plans can sit alongside each other well. It's only when we look after ourselves in all areas of life that we can truly work towards better life balance and wellbeing.

However, sometimes things do get very tough. If you find that things are very difficult for you will need to speak to someone professional. This wellbeing plan would not replace the benefit you would get from a professional if that is what you need.

*"What is the bravest thing you've ever said? asked the boy.
'Help,' said the horse.
'Asking for help isn't giving up,' said the horse.
'It's refusing to give up."*

Charlie Mackesy, The Boy, the Mole, the Fox and the Horse



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