

CREATE YOUR OWN WELL-BEING PLAN



Your Well-being Plan becomes a container and a foundation to help you have the passion and energy to feel the way you want to be, to do the things you want to do, and gives you the freedom to live your best life.

THE 4 ELEMENTS of the Well-Being Plan:

PHYSICAL - EARTH How you experience your body including physical activity, nutrition, medical care, body image, and energy (also sexual energy and vitality). How your body functions and feels

EMOTIONAL - WATER Understanding and responding to your emotions including positive emotional experiences and how you respond to life's challenges. How you feel & what you do with the feelings

MENTAL - AIR Anything that stimulates, activates or enriches the mind. Stimulation can be provided internally from thought or externally from the environment. Education, occupation, social and leisure activities are important contributors to mental stimulation and overall mental health.

SPIRITUAL - FIRE Your sense of connection to something larger than yourself, values, meaning, ethics, or faith.

MAKE A PLAN:

1. Take an inventory

Scale of 1-10 (1 is less focus and activity and 10 is greatest focus and activity)

Mental

Emotional

Physical

Spiritual

2. Reflect

3. Name what is working best right now

4. In which area have you invested the most time, energy and effort. What does this say about you values and priorities?

5. What area are you struggling with and giving less time to? Where are there areas of growth.

MY WELLNESS PLAN

MENTAL ~ air

EMOTIONAL ~ water

PHYSICAL ~ earth

SPIRITUAL ~ fire

MY WELLNESS AFFIRMATION / MOTIVATION:

MENTAL

Exercise the brain to improve memory, focus, or daily functionality.
Brain exercises to help keep you mentally sharp

- Work a puzzle.
- Play cards.
- Learn a new skill/ hobby.
- Teach a skill.
- Listen to music.
- Learn a song.
- Learn new dance moves
- Play a musical instrument.
- Listen to a podcast or watch TedTalks.
- Read a book.
- Take a course.
- Learn to paint or draw.
- Write poetry.
- Try Using Your Non-Dominant Hand
- Go to Therapy
- Work on Brain Games: <https://www.verywellmind.com/top-websites-and-games-for-brain-exer-cise-2224140>
- Do Breathwork <https://motherhoodcommunity.com/improve-mental-focus-concentration-using-breath/>

MENTAL HEALTH

Techniques to Reduce Anxiety

Anxiety is a feeling of intense discomfort, which drives people to avoid the feared stimuli. Anxiety is defined by avoidance. Every time one avoids an anxiety-producing situation, anxiety will be even worse the next time around. The brain sees it like this: "When I avoid this situation, I feel better. I guess I should try to avoid it next time too."

COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT works by identifying and addressing how thoughts and behaviors interact to create anxiety. and helps one recognize how negative thought patterns influence feelings and behavior

Situation --> Thought--> Emotion --> Behavior

Challenge Negative Thoughts / Ask these questions

"Is there evidence for my thought, or am I making assumptions?"

"What's the worst that could happen? Is that outcome likely?"

"What's the best that could happen?"

"What's most likely to happen?"

"Will this matter a week from now, a year from now, or five years from now?"

Use the Opposite Action Technique: The opposite action skill is a deliberate attempt to act OPPOSITE of your emotional urge. If your emotions are doing more harm than good, try acting opposite. Find the opposite action to our common emotion urges here: <https://www.mindsoother.com/blog/using-opposite-action-for-overwhelming-emotions>

EMOTIONAL

How you feel and how you respond to those feelings are central to your emotional well-being. Emotional well-being includes both positive emotional experiences and responding to life's challenges and the painful emotions that may arise. To build emotional wellness, pay attention to both sides.

Take time to be more aware of your feelings

- The **RAIN** method is an awareness practice that can be used to shift our relationship to emotions and help regulate them.

Recognize: Take a brief moment in your day to stop and recognize what you are feeling in the moment. **Allow:** Allow the feeling to be there. We don't need to try and change emotions; we can just give them space to be there. **Investigate:** Now take time to investigate where you are experiencing the feeling in the body. Is there tension, discomfort, a change in breath? Is there a movement of energy, openness, ease in the body? Stay with these feelings for a bit longer than you normally would. **Nurture:** The last step is to adopt a nurturing stance towards ourselves when difficult emotions arise.

Focus on the positive

- Smiling meditation - neuropeptides are released when you smile - dopamine, serotonin, endorphins

Practice the 3s: for every negative thought create 3 positive ones.

Gratitude journal: 1. 3 things you are grateful 2. 3 things you are looking forward to. 3. 3 things that have gone well.

Social connections:

- Make a point of having quality face-to-face interactions in your daily life. Co-workers, passerby — make eye contact, smile.
- Let the important people in your life know how much you appreciate them
- Identify the people that you feel good to be around and work on building those relationships
- Broaden your social circle: clubs, groups, volunteering
- Connect with friends and talk about feelings

Explore what makes you you.

Ask yourself what you want at this stage of your life or how your actions today will serve you tomorrow. You might also **invest in a guided journal or keep a list of journal prompts you like.**

Journal Prompts

- What brings you joy?, Describe a place where you felt happiest, What was your greatest fear, and how did you conquer it?, What is something that you would like to change about yourself? <https://www.theblissbean.com/blog/2018/6/18/75-journaling-prompts-for-your-best-life>
<https://daringtolivefully.com/journal-prompts>

Do Breathwork

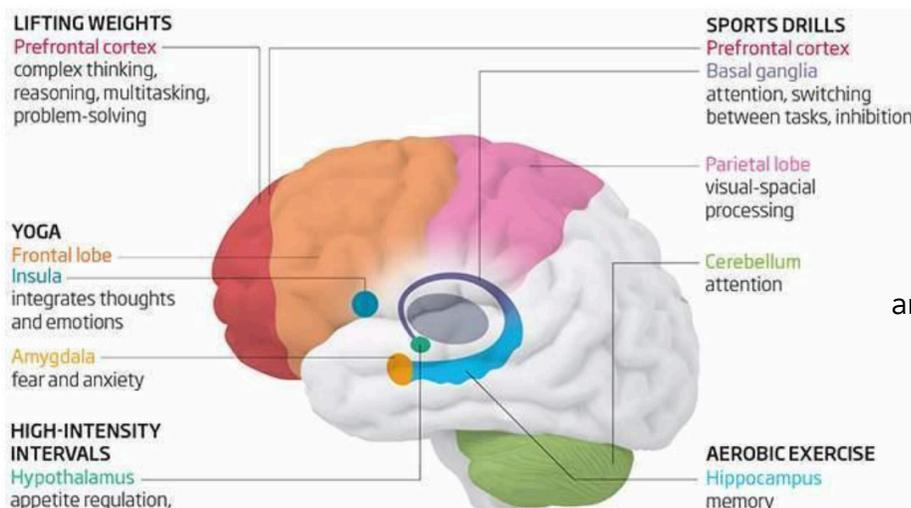
Reach Out

Here are 12 signs it's time to reach out (rather than retreat):

1. Feeling depressed, hopeless, or helpless.
2. Feeling panicked or obsessed about a situation in your life.
3. Feeling increasingly disconnected from the people in your life.
4. Dissatisfaction with solitary time but afraid or reluctant to reach out.
5. Difficulty getting out of bed.
6. Exhaustion even after getting a good night's sleep or taking a break.
7. Difficulty focusing even when you have all the right conditions.
8. Loss of motivation, interest, or pleasure in the things you normally care about.
9. Changes in your normal sleeping and eating patterns.
10. Mood swings.
11. Feeling paralyzed by responsibilities or obligations.
12. Having thoughts of hurting yourself or being better off dead.

PHYSICAL

Engaging in physical activity on a regular basis can help decrease your stress, improve your mood, lower your risk of disease, and increase your energy. And neuroscientists tell us that it can even help your concentration, and memory. New research also shows that different kinds of physical activity affect the brain differently. This suggests that adding variety to your physical activity could help your body and your brain in many ways.



and....Dancing!

Image Courtesy of Conscious Life News

Nourish Your Body

- Find the Balance Between Lack of Control and Over Control With Eating
- Learn what your body needs <https://www.myplate.gov/>
- Practice Intuitive Eating Intuitive eating is an evidence-based, mind-body health approach that follows 10 guiding principles on respecting your body and the signals it's sending. <https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

Get a Good Night's Sleep

- Learn how you relax best
- Establish healthy sleep habits
- Optimize your bedroom for sleep
- Try binaural beats to get your brain ready for sleep. Binaural beats are a technique of combining two slightly different sound frequencies, one in each ear, to create the perception of a single new frequency tone. Research has linked binaural beats with stress relief, better sleep, and enhanced cognitive abilities.

<https://www.medicalnewstoday.com/articles/320019#takeaway>

<https://www.gaiameditation.com/free-binaural-beats/>

Stay in balance or come back in balance with alcohol

Honor your sexual health

Do Breathwork <https://www.mindbodygreen.com/articles/breathwork-techniques-for-beginners>

SPIRITUAL

MAKE IT PERSONAL

There are infinite paths to spirituality. Spiritual wellness is personal. Give yourself permission to make your spiritual life whatever you want it to be.

- Meditate
- Pray
- Donate or Volunteer
- Belonging to a community of like-minded people

STARTING YOUR OWN PRACTICE

Spirituality Practice Toolkit

<https://www.spiritualityandpractice.com/practices/features/view/27713/spiritual-practice-toolkit>

CULTIVATE PURPOSE & MEANING

- Contemplative practices such as meditation, journaling, prayer, or introspection.
- Listening to speakers in person or online who talk about spiritual topics.
- Reading spiritual texts.
- Talking with others about spiritual beliefs and practices.
- Learning about other forms of spirituality through direct experience, such as going on a spiritual retreat, or visiting a place of worship or spiritual center.

<https://positivepsychology.com/live-meaningful-life/>

DEVELOPE MINDFULNESS

<https://www.mindful.org/how-to-meditate/>

DO BREATHWORK

1. Segmented Breath

<https://www.nesoteric.com/blog/segmented-breath-for-depression>

2. Alternate Nostril Breath

<https://www.webmd.com/balance/what-to-know-about-alternate-nostril-breathing>

“Deep, slow, and intentional breaths, that expand and contract the belly, allow for more oxygen to enter the body ... When this respiration is consistent, unnecessary tension will not build up in the body or in the mind. When the body and mind are free from allocating energy to unnecessary tension, that energy can be more directly utilized in the process of emotive-psychosynthesis. Deep breathing is the tool for letting go of old attachments and old emotions and for extracting the wisdom hidden within the experiences of life.”

– Ron Teegarden



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