

## Looking after our own mental wellbeing



- What made you smile today?



## Put on your own oxygen mask first!



*Flourishing is ... contagious. When we flourish, the students we work with are more likely to flourish and to achieve their own potential too.*

Jenny Fox Eades

Self care is not selfish

## We all have mental health

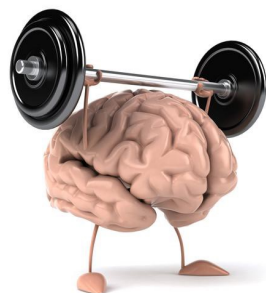
- What does this mean?

## **If you are flourishing, you will...**

- Feel generally happy and interested in your life.
- Feel satisfied with your life.
- Like most aspects of yourself.
- Have warm, trusting personal relationships.
- Be able and confident to express your own ideas.
- Feel that you have a sense of purpose.
- Be able to manage your daily life.
- Have experiences that help you to grow as a person.
- Feel you belong to a family or community.
- Feel that you have something to contribute to your family or community.
- Hold positive attitudes and respect for others.

Corey Keyes, 2007

## How can you build your mental fitness to keep you well and happy?



Without it feeling like something else to be done!!

## 5 Ways to Wellbeing

Foresight Mental Capital and Wellbeing  
Project, Government Office for Science,  
London(2008)

What do you think the 5 ways are?

## 5 Ways to Wellbeing

- Be Active
- Learn
- Connect
- Give
- Take notice

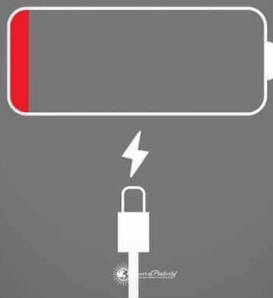
## ***Your 5 Ways***

Wellbeing is personal, not prescriptive.



What matters to you?

Do you recharge  
yourself as much as  
you recharge your  
phone?



## Your 'to do list'



## Your 'List of Choice'

Now change your 'To do list' to a list of things you choose to do and why and tell your partner again:

**"I choose to ..... because....."**

*'Life is a gift, not a chore'*

Anita Moorjani



## ***Take Notice***

*Being mindful can help  
you to de-stress and  
feel more alive.*



What does mindfulness mean to you?

## Taking notice





## Mindfulness



Paying attention, on purpose, to the present moment, with acceptance.

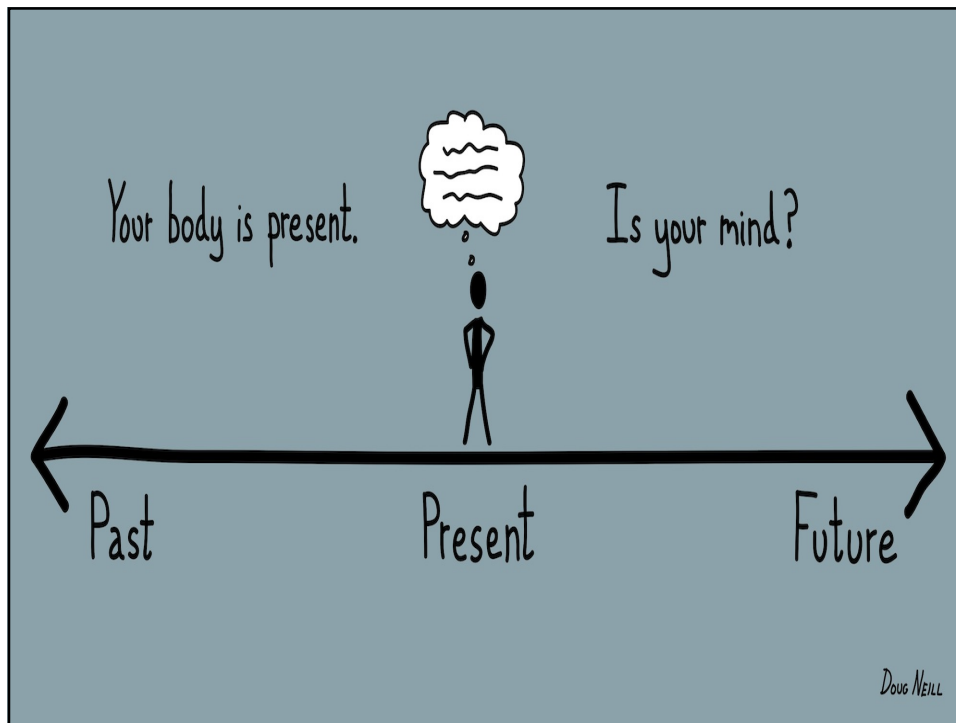
Jon Kabat Zinn

## Take a conscious breath

Breathe in – enjoy your in-breath

Breathe out – let go and relax





Bring your attention to your feet

## Mindfulness is....

Improved with practice, like being able to swim.



## Mindfulness is **not**:

About turning negative experiences into positive ones



## Mindfulness is **not**:

About switching off



It's about switching on to life.

Why is it helpful and healthy to be mindful?

## So how can mindfulness help us?

We can tune in to our own and others' needs

Helps us open our hearts to ourselves and others



## What can mindfulness do for me?

Helps us to 'stop and smell the roses'



## What can mindfulness do for me?

Helps us to become less reactive and more resilient when problems arise



You can't stop the *waves*,  
but you can learn  
to *surf*



Jon Kabat-Zinn

## Body Scan



Andrew Johnson - Insight Timer App

## Top tips for being mindful every day at home and work

1. Take notice of your breath
2. Feel your feet and hands
3. Notice what makes you smile
4. Savour something
5. Do just one thing at a time
6. Give yourself a break

## Self Compassion

*Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That's how the light gets in.*

- Leonard Cohen -

Looking after your own wellbeing is *not* about being a better person or improving yourself







By celebrating what's right with the world,  
we find the energy to fix what's wrong.

Dewitt Jones



Positive Emotions are  
like teflon



Negative Emotions are  
like velcro



Rick Hanson, Neuropsychologist

## Recall 3 good things every day

- *"Bumped into Scott - I'd forgotten how much he makes me laugh"*
- *"Really enjoyed lunch today - lovely to grab 20 minutes in the park and chat with Jo instead of eating at my desk."*
- *"Hooray - the kids did their homework without me having to remind them (too much)."*

## Gratitude Video