

Chartered Institute of Building Services
Engineers (CIBSE) Midlands Region

Managing your wellbeing

Dr Sarah Bell, Clinical Psychologist



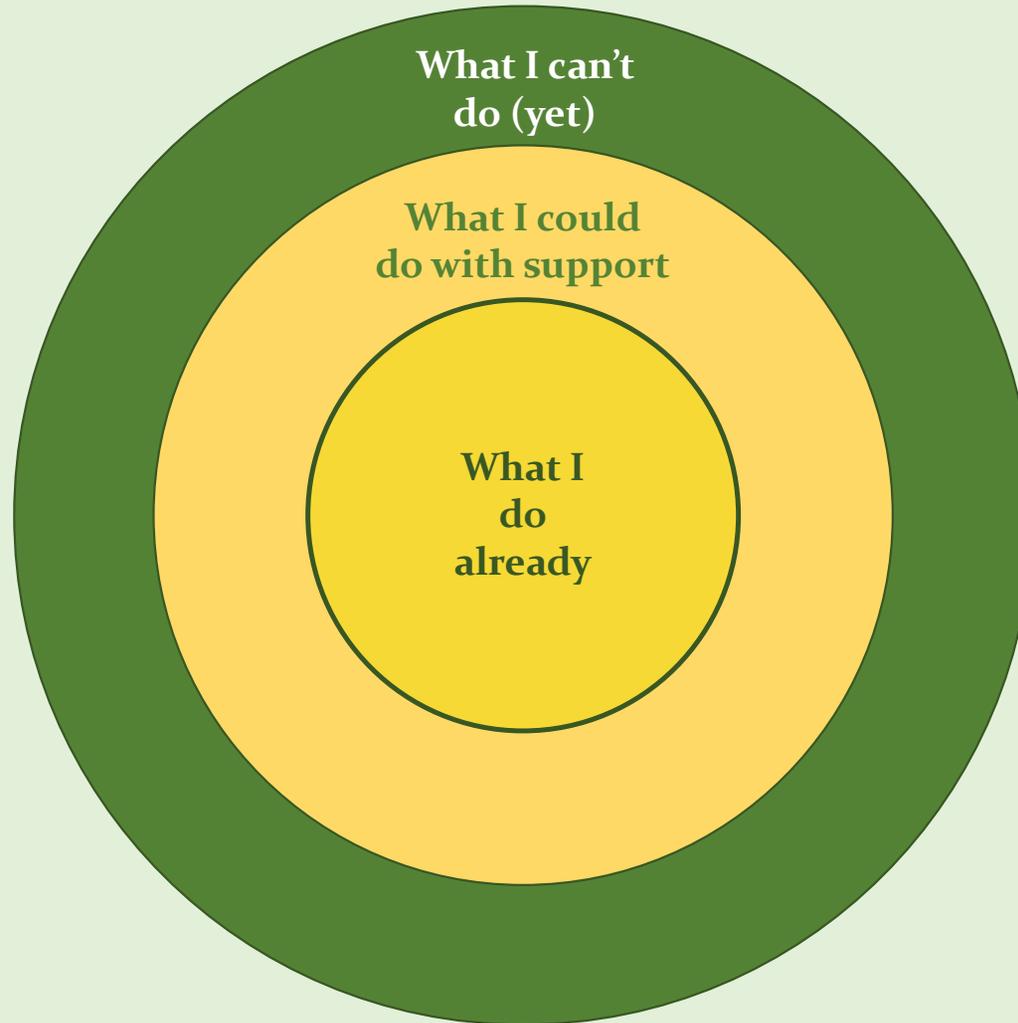
*What brought
you here today?*



Today's session

- Developing your wellbeing knowledge
- Better understanding your own wellbeing needs
- Identifying steps to improve your wellbeing

What can
you do
today?



Zone of proximal development, Vygotsky



What is Wellbeing?

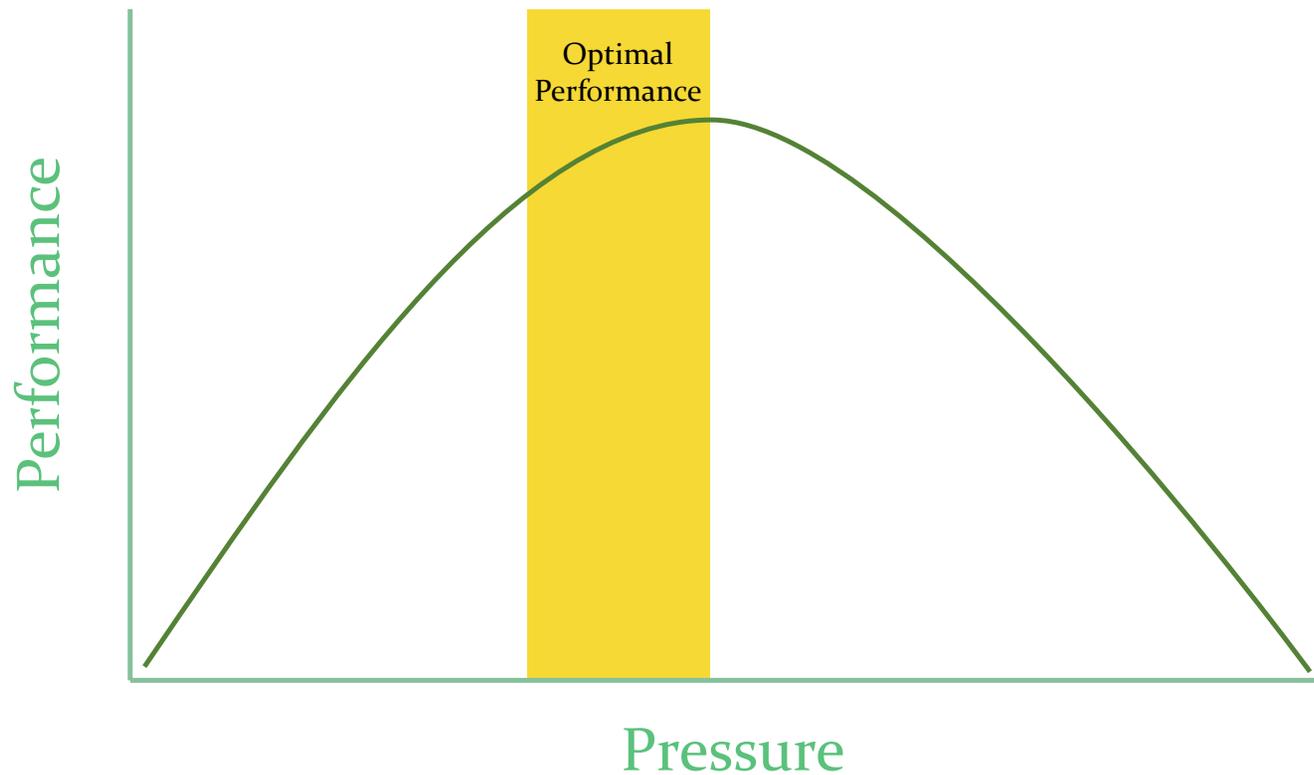
Emotional
Environmental
Financial
Spiritual

Social
Intellectual
Occupational
Physical



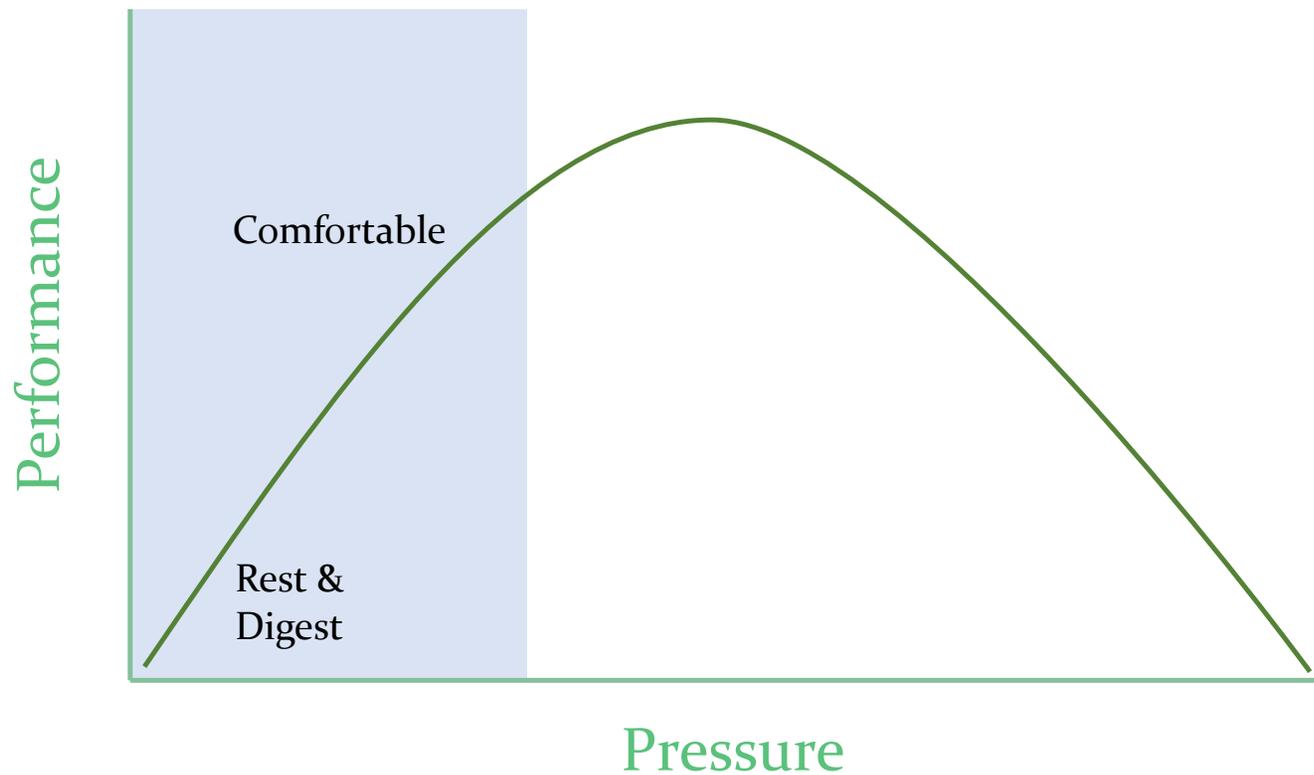
What keeps you well?

Achieving optimal performance



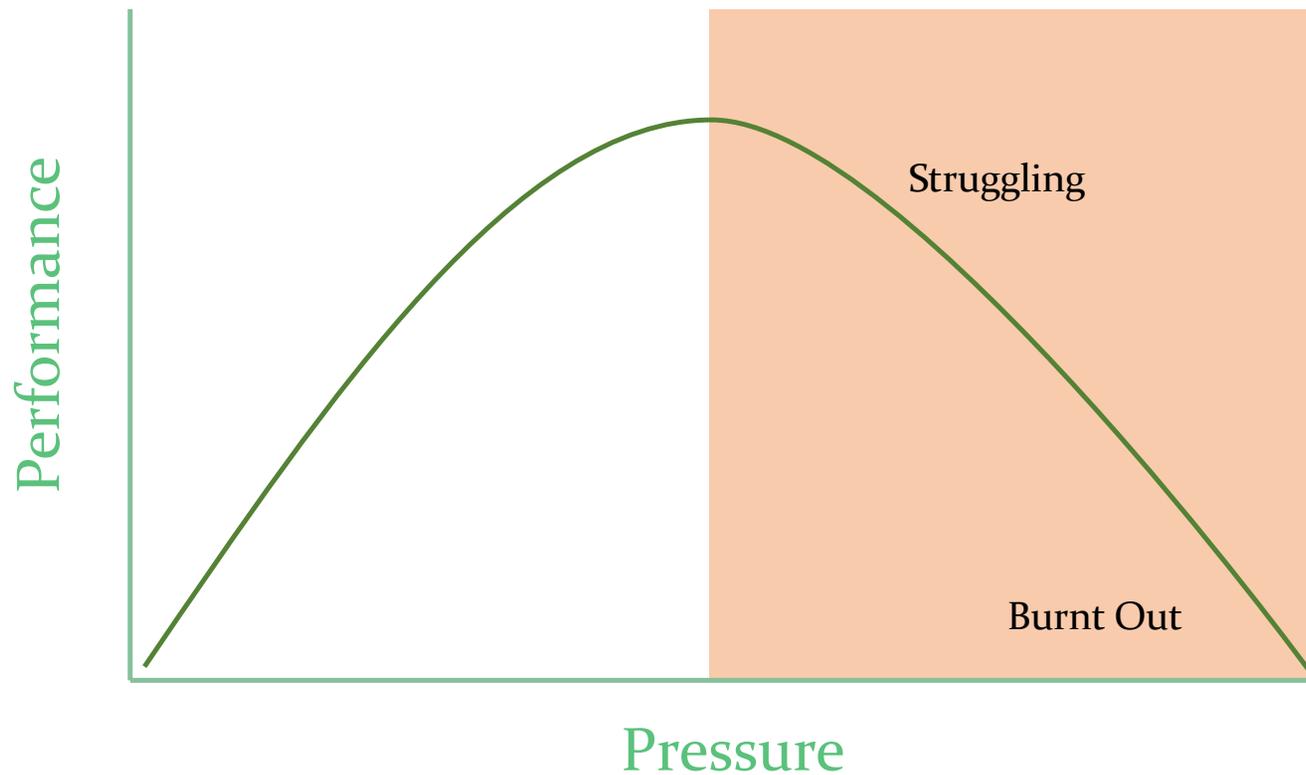
Yerkes-Dodson (1908)

Achieving optimal performance



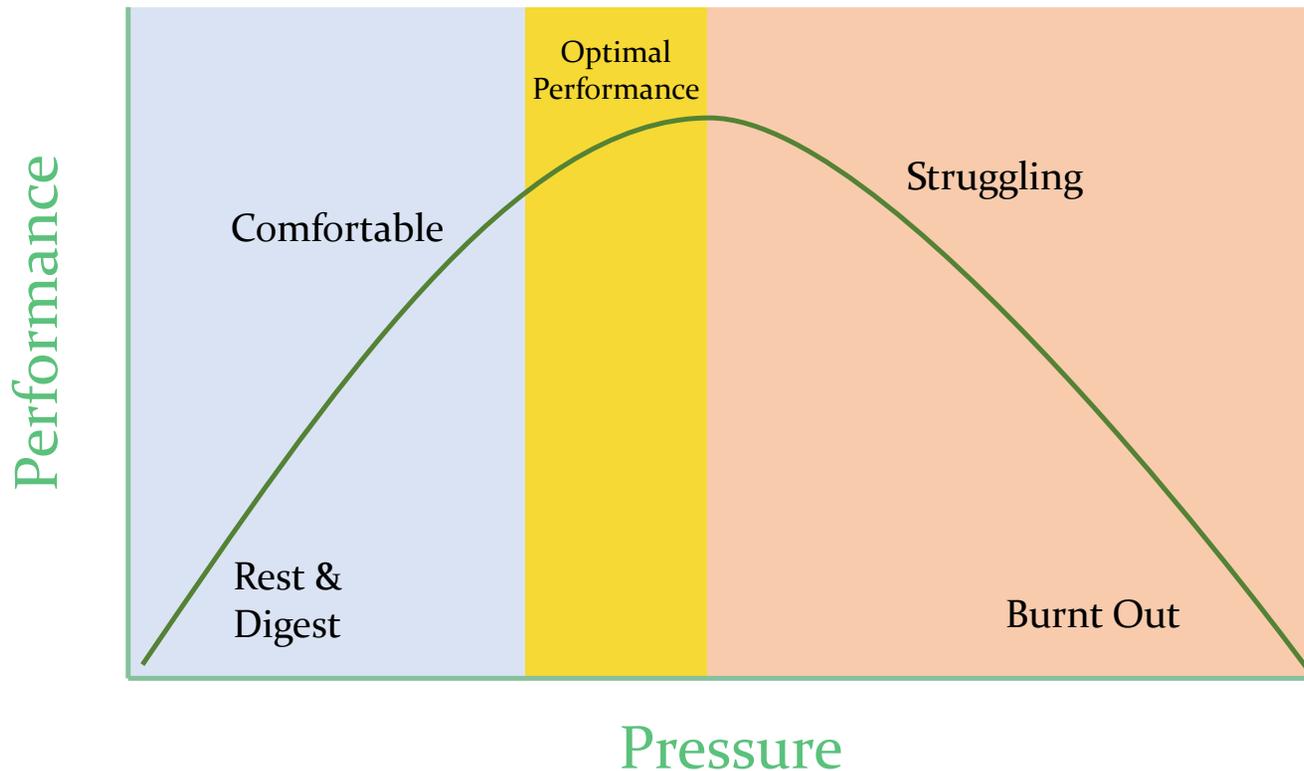
Yerkes-Dodson (1908)

Achieving optimal performance



Yerkes-Dodson (1908)

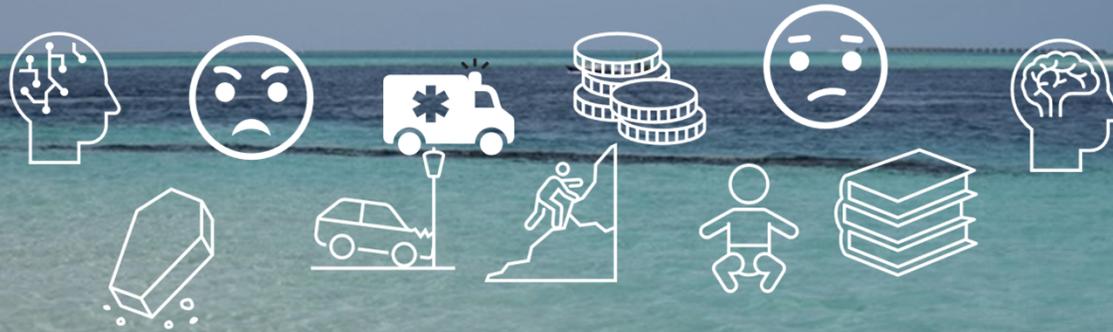
Where are you at the moment?



Yerkes-Dodson (1908)

The Wellbeing Bucket





Filling the bucket...



Overflowing bucket...



Bucket management...

Wellbeing Management



- Basics of physical well-being
- Self-awareness
- Balance
- Resilience

Rest

Physical
Activity

**Basics of Physical
Wellbeing**

Sleep

Diet



Developing Self-Awareness

- Spend more time with 'yourself'
- Going 'within'
- Taking notice
- Without judgement



Mindfulness & Meditation

Knowing what is going on
inside and outside
ourselves, moment by
moment.

Mark Williams

Examples:

The Daily Calm – You Tube

Headspace App

Podcasts

Calm



Headspace



<https://youtu.be/wfDTp2GogaQ>



Getting your life balance right

Using your self-
Awareness

Identifying
Boundaries

Asserting
Boundaries

Developing Resilience



Motivation and Making Changes

A wide-angle photograph of a majestic mountain range. The peaks are rugged and covered in snow, with some lower slopes appearing more densely forested or rocky. The sky is a deep, clear blue with a few wispy clouds near the horizon. The overall scene is serene and expansive.

- The taboo of self-care
- Practical challenges of the modern world
- Belief in improvement

Further guidance, support & resources

- Self-development
- Social support
- GP
- IAPT
- Employer support
- Charities
- Private Therapy



hcpc
registered
www.hcpc-uk.org



mind



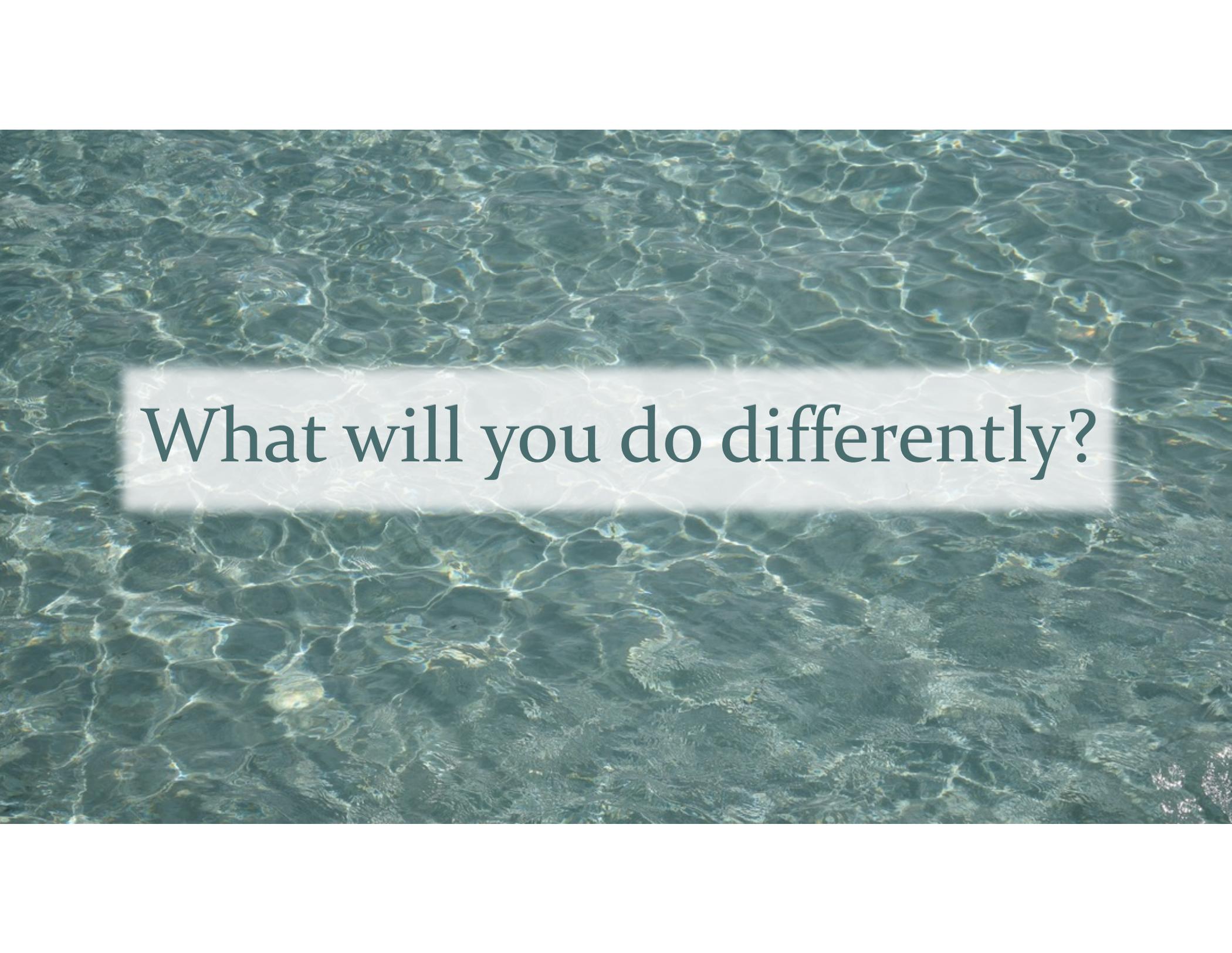
bacp



iapt
Improving Access to Psychological Therapies



NHS

The background of the image is a close-up, top-down view of water with intricate, shimmering ripples. The light reflects off the surface, creating a complex pattern of dark blues, greens, and bright highlights. In the center of the image, there is a semi-transparent white rectangular box containing the text.

What will you do differently?



Thank you.

**Any questions, thoughts
or comments...?**