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
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
Physical Activity

Rest

Sleep

Diet

Basics of Physical Wellbeing
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
Getting your life balance right

Using your self-Awareness

Identifying Boundaries

Asserting Boundaries
Developing Resilience

Change  Acceptance
Motivation and Making Changes

• 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
What will you do differently?
Thank you.

Any questions, thoughts or comments...?