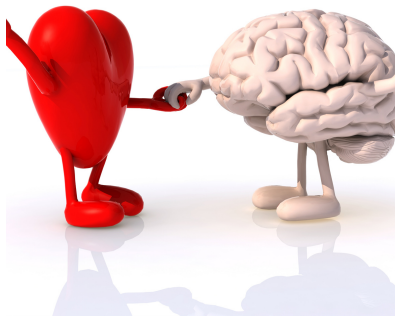


Coaching & Leadership Lens

WEEKLY INSIGHTS

TALENTA LTD

THEME: WELLBEING



The World Health Organization states that **wellbeing** is “a state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity.”

Physical Wellbeing

Physical activity can improve mood, reduce stress & anxiety and help prevent mental health problems.

Mental Wellbeing

This is about our thoughts & feelings and how we cope with the ups and downs of everyday life - equally as important as physical wellbeing.

Social Wellbeing

Generally speaking, social wellbeing is the extent to which we feel a sense of belonging, social inclusion & social stability.

By taking an holistic approach to our wellbeing we are caring for our whole self.

Effects of stress on the brain

- Difficulty concentrating
- Anxiety
- Depression
- Irritability
- Mood
- Mind fog

Self Care

- Get plenty of sleep
- Establish a morning routine of self-care, i.e. meditation, exercise, nutritious breakfast
- Use positive language & self-talk
- Make time for family & friends
- Set daily intentions & celebrate progress
- Practice daily gratitude
- Take time out
- Ask for help if you are really struggling, you are not alone

Reflective Questions:

- How would you rate current satisfaction in each area of your wellbeing from 1 (least) - 10 (most)?
- How would you like each area of wellbeing to look?

Reflective Action:

- What lifestyle behaviour choice would you like to make for your health? How will you make this change?

Resources:

World Health Organization:
www.who.int

Mind: www.mind.org.uk