Accelerator

Balance & Wellbeing

Memory Jogger

What is wellbeing?

The World **Health** Organisation (**WHO**) defines **health** as 'a state of complete physical, mental and social **wellbeing** and not merely the absence of disease or infirmity'

'Wellbeing' refers to a positive rather than neutral state, framing **health** as a positive aspiration.

Holistic Health is actually an approach to life.

Rather than focusing on illness or specific parts of the body, this ancient approach to **health** considers the whole person and how he or she interacts with his or her environment.

It emphasises the connection of mind, body and spirit.

Superficial **Combative** **Relational**

Empathic **Sympathetic**

Notes

The Benefits Of A Good Night's Sleep

Empathetic Listening or "Time to Talk"

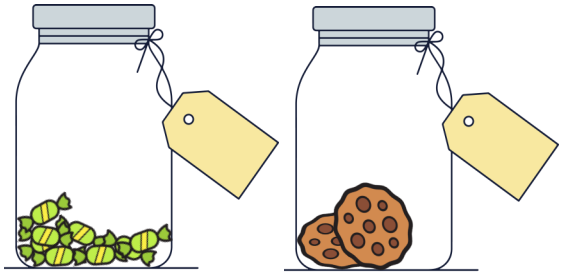
How can I help?

What can I do?

What is stress?

At the most basic level, **stress** is our body's response to pressures from a situation or life event.

When we encounter **stress**, our body is stimulated to produce **stress** hormones that trigger a 'flight or fight' response and activate our immune system.



Signs to look out for...

Lack of **energy**

Finding it **hard to think clearly**

Feeling restless or agitated

Feeling upset or **wanting to cry all the time**

Wanting to be alone all the time

Using alcohol or drugs to cope with feelings

Finding it hard to **cope with everyday tasks**

Notes

How am I feeling today..

- Mentally?
- Physically?

My stress levels

- How am I responding to pressure today?
- Am I using helpful ways to cope?
- Do I need to manage anything differently?

How is my thinking today?

- How are my thoughts making me feel?
- Am I having unhelpful thoughts?

Looking after my wellbeing

- Am I eating a balanced diet?
- Am I drinking enough water?
- Am I getting enough sleep?

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