

basic principles of wellbeing.

Wellbeing is more than being physically well and surviving. It's about feeling satisfied, content, happy and capable. Respect between people, shared understanding and relationships with equal give and take support emotional wellbeing.

wellbeing

A WHOLISTIC APPROACH
TO FEELING GOOD.

Personal Wellbeing...

Emotional

Strive for balance – stress often comes when we have competing demands and pressures. You can't control everything, prioritise what you can.

Spend some time in the morning sun, learn mindfulness techniques, appreciate nature.

Physical

Eat nutritious meals regularly – Avoid emotional eating habits like bingeing or missing meals.

Exercise – sweat and get puffed!
Increase endurance gradually and enhance your strength and mobility.

Sleep - allow physical and psychological recovery.

Limit alcohol (and caffeine) - it might feel right at the time, but can cause fluctuations in energy levels, constrict thinking and physically drain you.

Consult a pain specialist about persistent or chronic pain, including recurring headaches.

Spiritual

Think about your values and beliefs - are you living by these? What can you do to achieve balance between what you do and what you believe in?

Mental

Strive to maintain a positive approach to your worries – if this is too difficult on your own, seek help from a psychologist or counsellor.

Challenge your mind with a new activity.

Prioritise key goals for work and home and take a systematic approach to practical problems.

Social

Often when we don't feel happy within ourselves we stop seeing people important to us. Reconnect with people – join an interest group, laughter club, walking group or call an old friend.

Avoid people or scenes that bring you down.

Behavioural

Have you stopped or started doing things that “aren't you”? Think about behaviours that reflect positive wellbeing – it may be putting into action all of the above approaches.

Practice self-care and personal hygiene.
Develop a routine where taking care of yourself becomes a habit!

*Psychologists and Counsellors.
Choose a clinician experienced in “best practice” treatment– these are proven treatment approaches supporting a return to emotional well-being. Common “best practice therapies” include CBT, ACT and mindfulness based therapies. See the APS website to find a psychologist and look at different therapies.*

Wellbeing

Key factors for good personal wellbeing are;

Sleep

Exercise (so you sweat!)

Psychological balance

If you find that you are having trouble managing these three things, then consult your doctor or a psychologist.

Other aspects of wellbeing.

Physical Environment

Is it safe, comfortable, and meeting your needs?

Financial

Consult a financial counsellor to help manage or budget finances if this is a cause of stress.

Community

Make a contribution to community.

Wellbeing

Ask for suggestions at your local Council, MP or community leader/groups.

Work satisfaction

Balance work/life satisfaction. This might be through talking with your EAP, manager or purely reflecting on what matters.

Culture

Talk with an Elder or person of cultural importance about how to increase your feelings of cultural connection and engagement.