

# Managing Well-being Parent/Carer Coffee Morning:

## Well-being Strategies



# The flower exercise



# Well-being

Wellbeing is defined by the Oxford English Dictionary as “[the state of being comfortable, healthy, or happy](#).” However, it is important to realise that wellbeing is a much broader concept than moment-to-moment happiness. While it does include happiness, it also includes other things, such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they feel. In this respect, the New Economics Foundation describes wellbeing as the following:

“Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.”

Taken from  
Mental Health  
Foundation



# Well-being

'Well-being' is different for everyone

It's personal and what is a valuable strategy for one, will not have as much as a positive impact on another.

What does well-being look like for you?



# Understanding why we need to focus on well-being and its impact

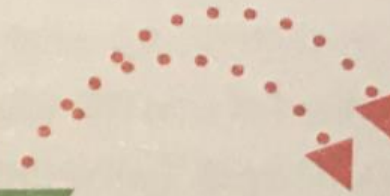


# What's in your stress container?

Stress flows into the container



Vulnerability is shown by the size of the container



If the container overflows, problems develop - "emotional snapping"



Helpful coping strategies = tap working lets the stress out

Unhelpful coping strategies = tap blocked so water fills container and overflows



# Well-being

Well-being is important to an individual for the following reasons:

- It is fundamental to our overall physical health
- Supports us to overcome difficulties
- Gives confidence
- Develops positive self-esteem





# Connect with Others

How can you connect with others?

- Attending coffee mornings (your first step)
- Meet with friends – arrange a day out
- Meet with family – fixed times to eat together
- Access chat with others (websites mentioned previously)
- Volunteering – community groups, hospitals, schools, soup kitchens
- Make the most of technology
- Switch off and play games with our friends or family
- Hobbies
- Have lunch with a colleague





# Be Physically Active

Being active is not only great for our physical health and fitness, evidence also shows it can improve our mental wellbeing by:

- Raising our self-esteem
- Helping us to set goals and achieve them
- Causes chemical changes in our brain which can help to positively change our mood



# Be Physically Active

What ways can we be physically active?

- Go for a walk – take the dog, go with a friend, join a walking group
- Attend community fitness classes
- Complete YouTube video – yoga, Pilates, Zumba etc.
- Swimming
- Join a sports team
- Facebook community pages for physical activity



# Chair Yoga



# Learn a new skill

- Boosts self-confidence and raises self esteem
- Help to build a sense of purpose
- Helps us to connect with others

It's best to find activities that you enjoy and then make them a part of your life.

## Bring learning into our lives

What do you enjoy/what would you like to be better at?

- Learn to cook something new
- Learn a new skill such as DIY – check out YouTube
- Develop a hobby



# Tea/Mindfulness Break

Have a break, enjoy a drink and biscuit whilst chatting and completing your mindfulness



# Give to Others

Acts of giving and kindness can help improve our mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving us a feeling of purpose and self worth
- Helping us to connect with other people

It can be a small act of kindness towards others or a large one such as volunteering within our community

- Saying thank you
- Asking how others are and really listening to their answer
- Spending time with friends or relatives that need support or company
- Offering to help someone – carry bags, open a door, reaching to gather something



# Be in the Present

Paying more attention to the present moment can improve our mental well-being.

This includes our thoughts and feelings, our body and the world around us. Some people call this awareness, mindfulness.

## Take a mindful minute

- Mindfulness can help us enjoy life more
- Understand our life better
- Positively change the way we feel about life
- How we approach challenges





# Meditation

## MEDITATION



Before



After

