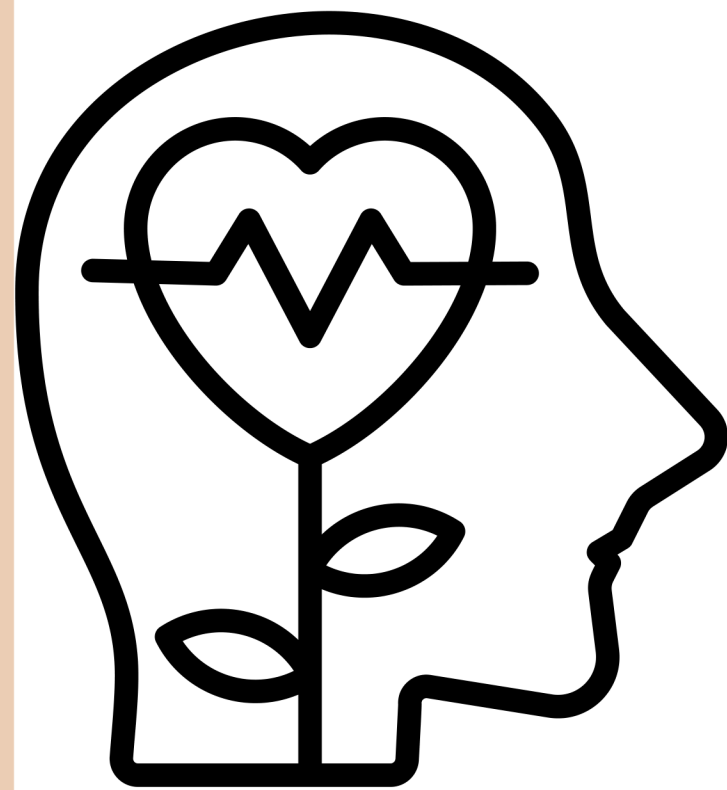




Establishing A Wellbeing Baseline



By Amy Green
The Wellness Strategy



EAT
HEALTHY

EXERCISE

SLEEP
WELL

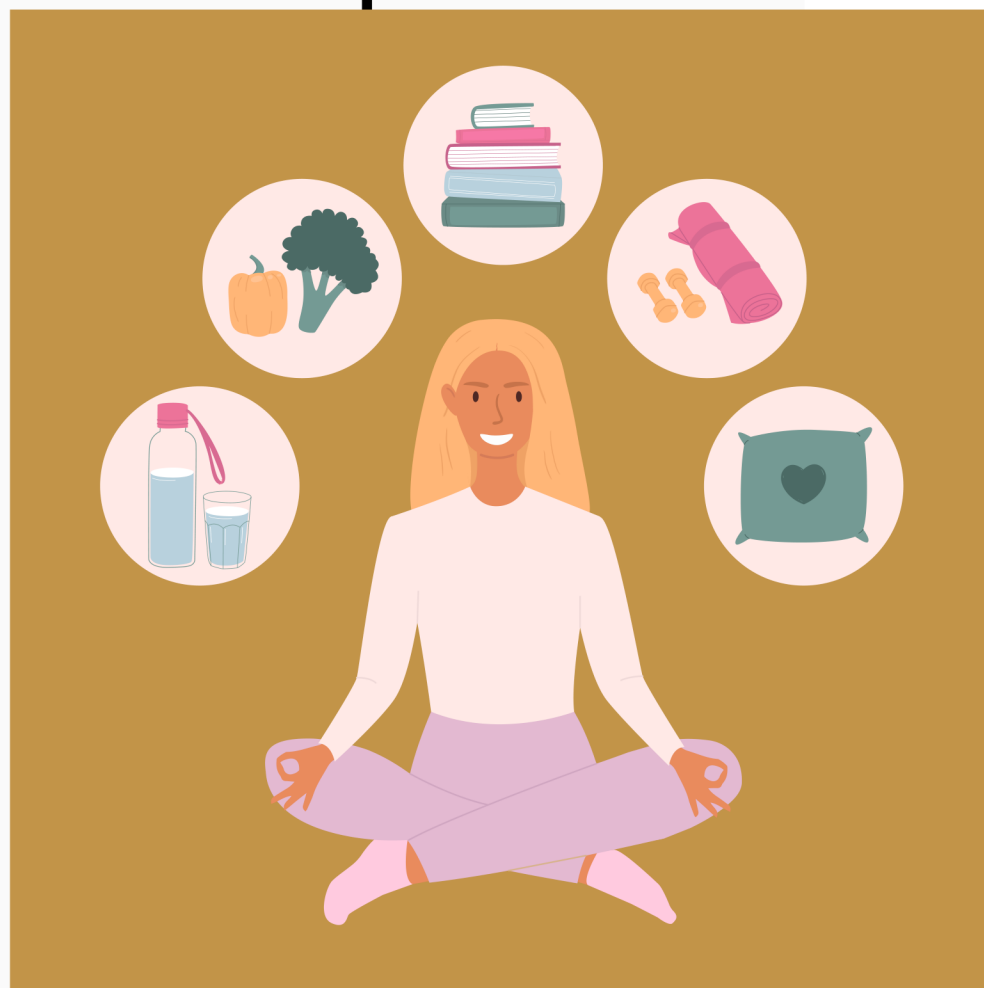
It's time to re-think wellbeing.

KEEP
THINGS
SIMPLE

THINK
POSITIVE

Amy Green
The Wellness Strategy





What is wellbeing?

The only way to know what to do is to first know what we want.



Amy Green
The Wellness Strategy



What is Wellbeing?

Mental health is a state of well-being in which an **individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.**

- World Health Organisation



Staff Wellbeing

WITH AMY GREEN

Two Views On Wellbeing

Subjective Wellbeing Hedonic Wellbeing

(the type of happiness or contentment that is achieved when pleasure is obtained and pain is avoided – APA)

- focuses on happiness and defines wellbeing in terms of pleasure attainment, enjoyment, and pain avoidance.



Psychological Wellbeing Eudaimonic Wellbeing

(the type of happiness or contentment that is achieved through self-actualization and having meaningful purpose in one's life – APA.)

- related to self-actualization: autonomy, personal growth, purpose in life, self-acceptance, mastery, and positive connections to others.





Two Views On Wellbeing

Subjective Wellbeing

Hedonic - Satisfaction

Short Term
Extrinsic



- Enjoyment
- Instant Gratification
- Experience Based
- Pleasure Driven
- Comfort
- Positive Feelings

(absence of negative)

Psychological Wellbeing

Eudaimonic - Fullfillment

- Fullfillmemt
- Meaning
- Engagement
- Growth
- Purpose
- Connection

Long Term
Intrinsic



What is Wellbeing?



- *individual realizes his or her own abilities (strengths)*
- *cope with the normal stresses (resilience & emotional regulation)*
- *work productively (The 3 E's; efficiency, effectiveness and ease)*
- *make a contribution to his or her community (engagement)*



- *World Health Organisation*

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EAT
HEALTHY

EXERCISE

SLEEP
WELL

Wellbeing to me is...

My wellbeing is optimal when...

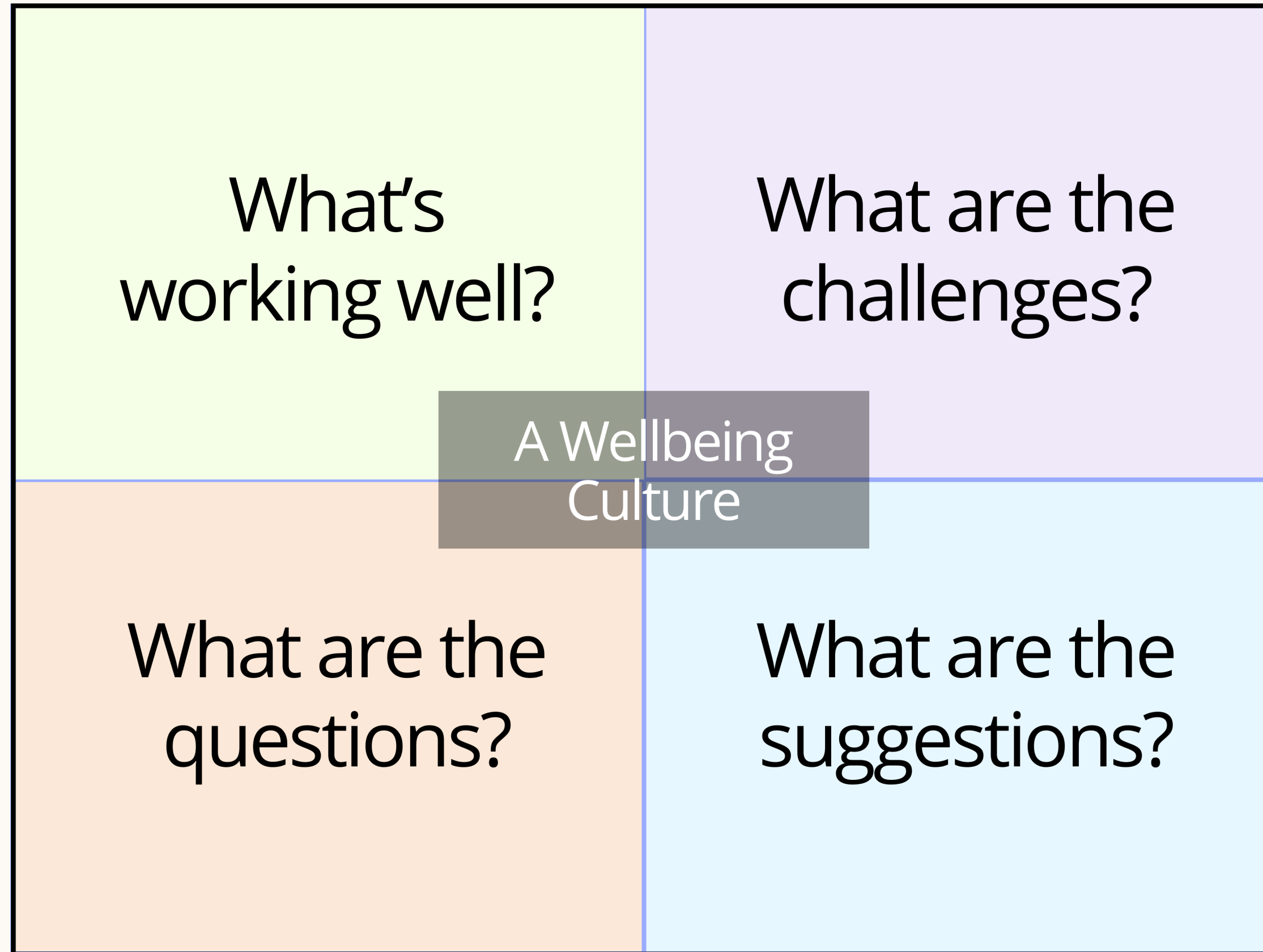
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KEEP
THINGS
SIMPLE

THINK
POSITIVE



Staff Wellbeing Reflection

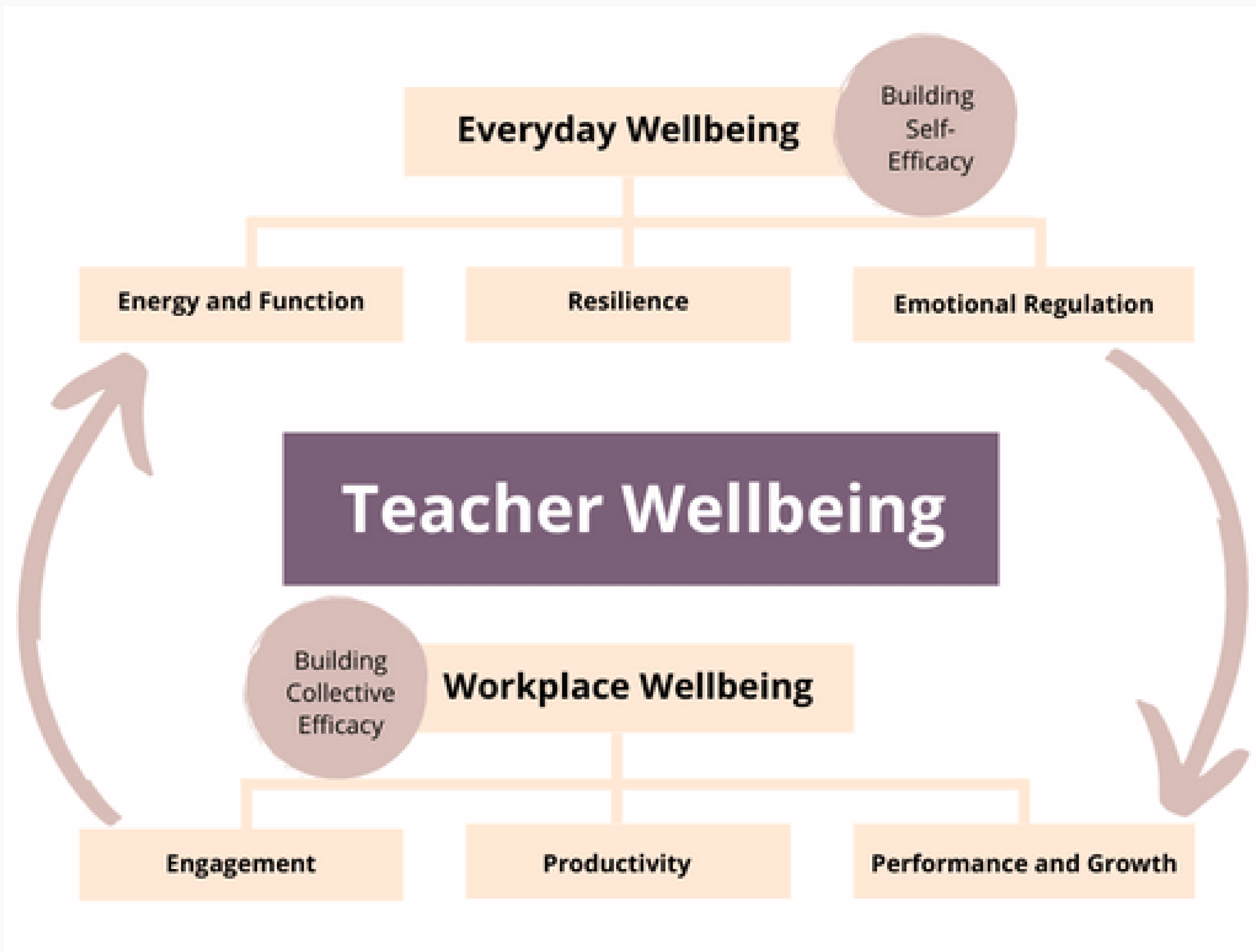


Fit For Purpose Wellbeing

Your wellbeing needs
to support the work you
do and the work you do
needs to support
your wellbeing.

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Energy and Function



**Staff
Wellbeing**

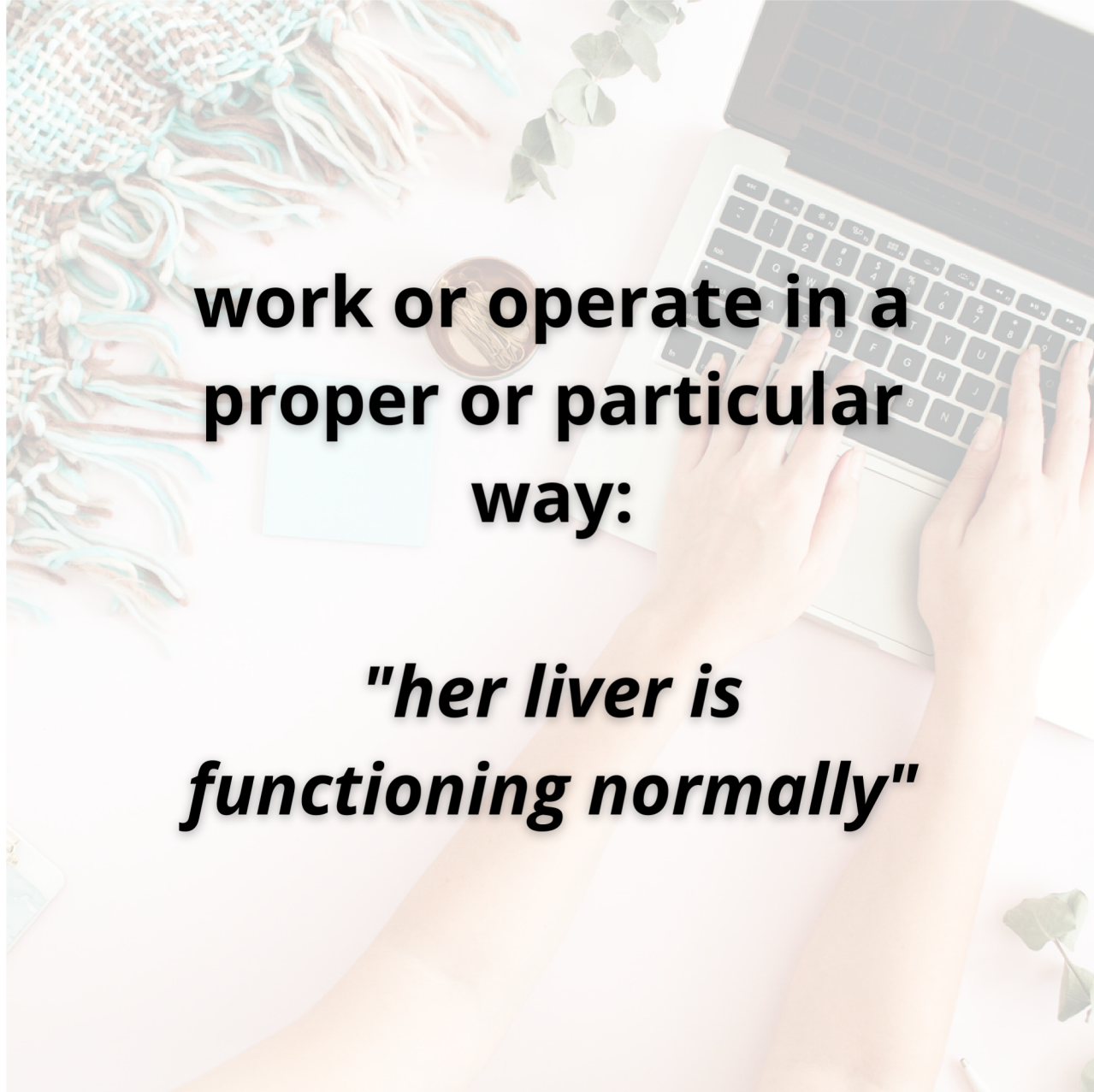
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Energy and Function



**the strength and vitality
required for sustained
physical or mental activity:**

***"changes in the levels of
vitamins can affect energy
and well-being"***



**work or operate in a
proper or particular
way:**

***"her liver is
functioning normally"***

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Energy and Function

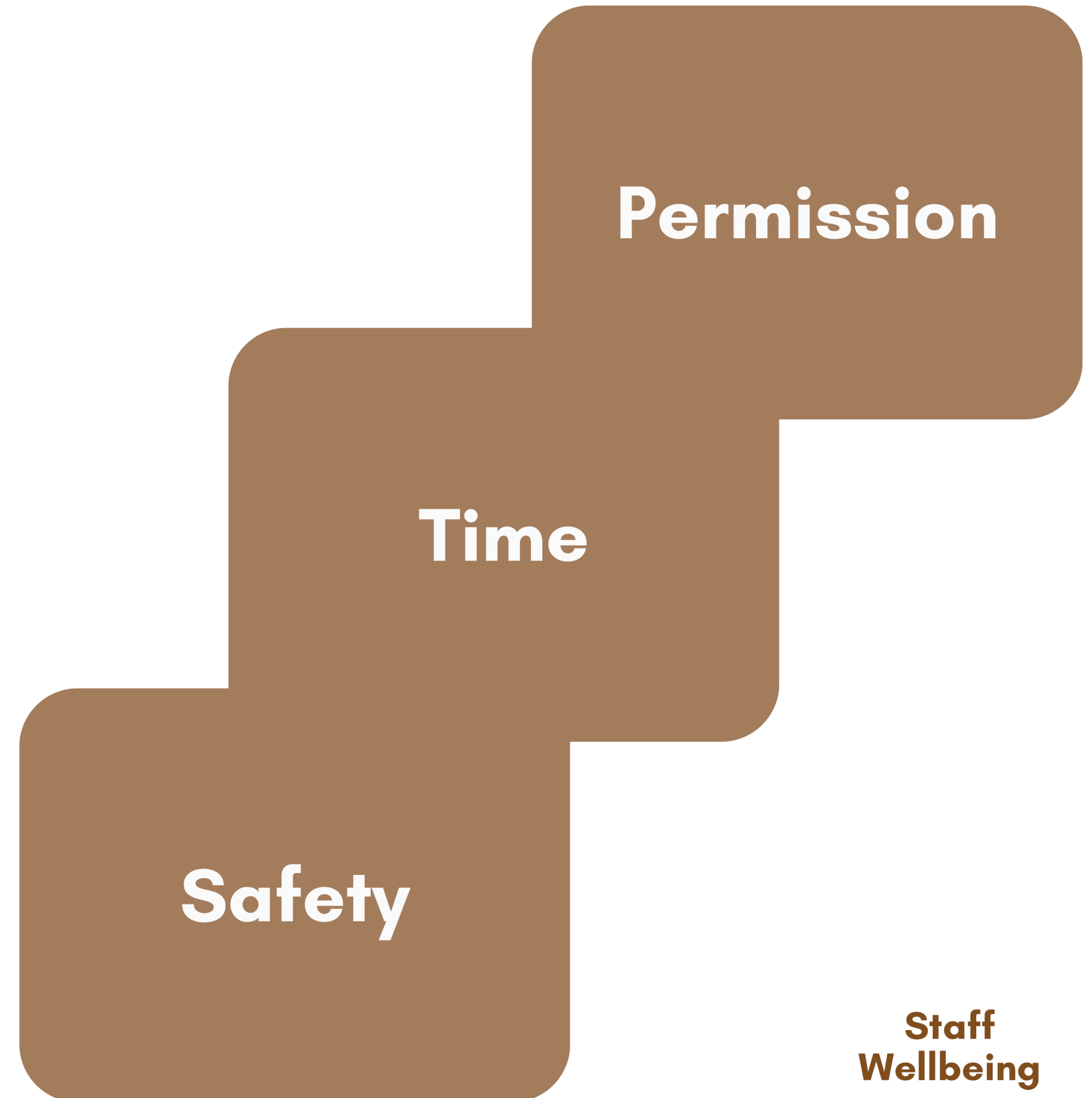


Emotional Regulation



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Resilience



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Coping Strategies

	Subjective Wellbeing	Psychological Wellbeing
Adaptive Coping Strategies	• Walk in nature • Connecting with friends • Exercise • Massage • 5 minute winge	• Daily habits (mindfulness, exercise, rest) • Reframing negative thoughts • Acceptance and reflection • Solution seeking • Setting new goals
Maladaptive Coping Strategies	• Gossip • Alcohol • Junk Food • Binging TV • Procrastination	• Disengagement • Making excuses or justifying • Negative spiral • Lack of responsibility • Problem Focused

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Engagement

Connection
and
Contribution

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Productivity

Effectiveness
Ease
Efficiency



Staff Wellbeing

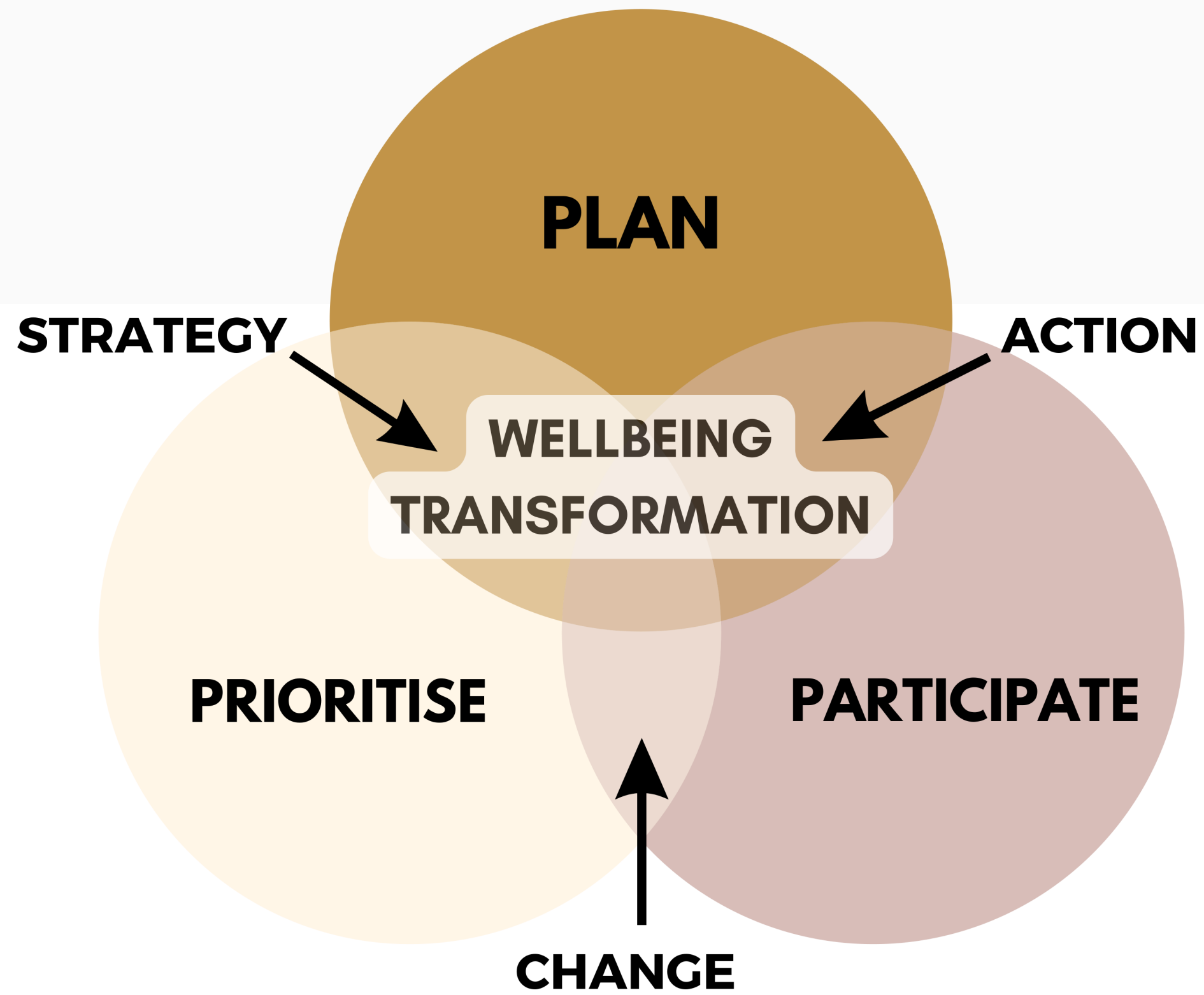
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Performance and Growth

Standards
of
Excellence



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—
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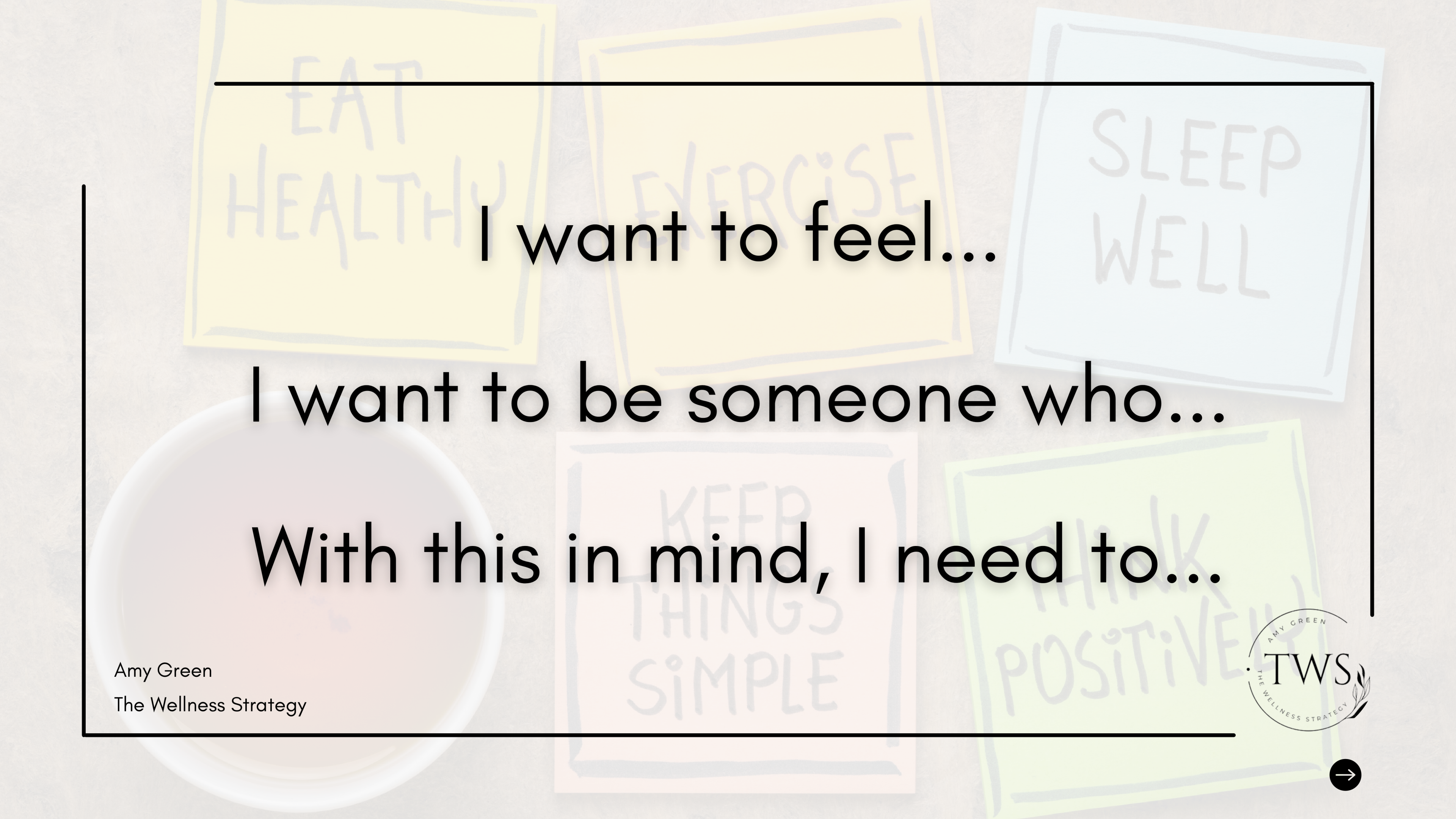
How Do
I Want
to Feel?

+

Who Do
I Want
to Be?

=

What Do
I Want
to Do?

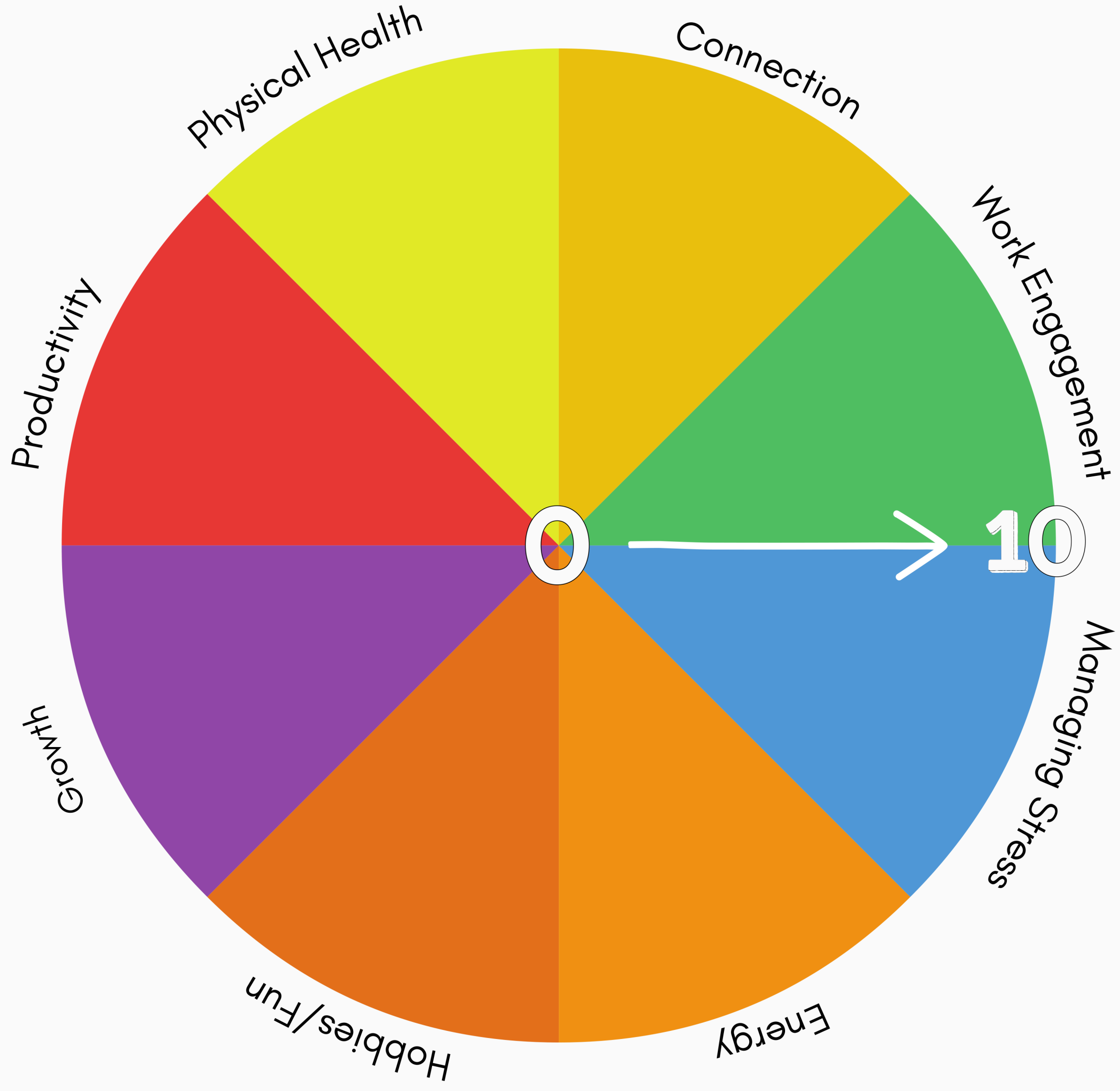


I want to feel...

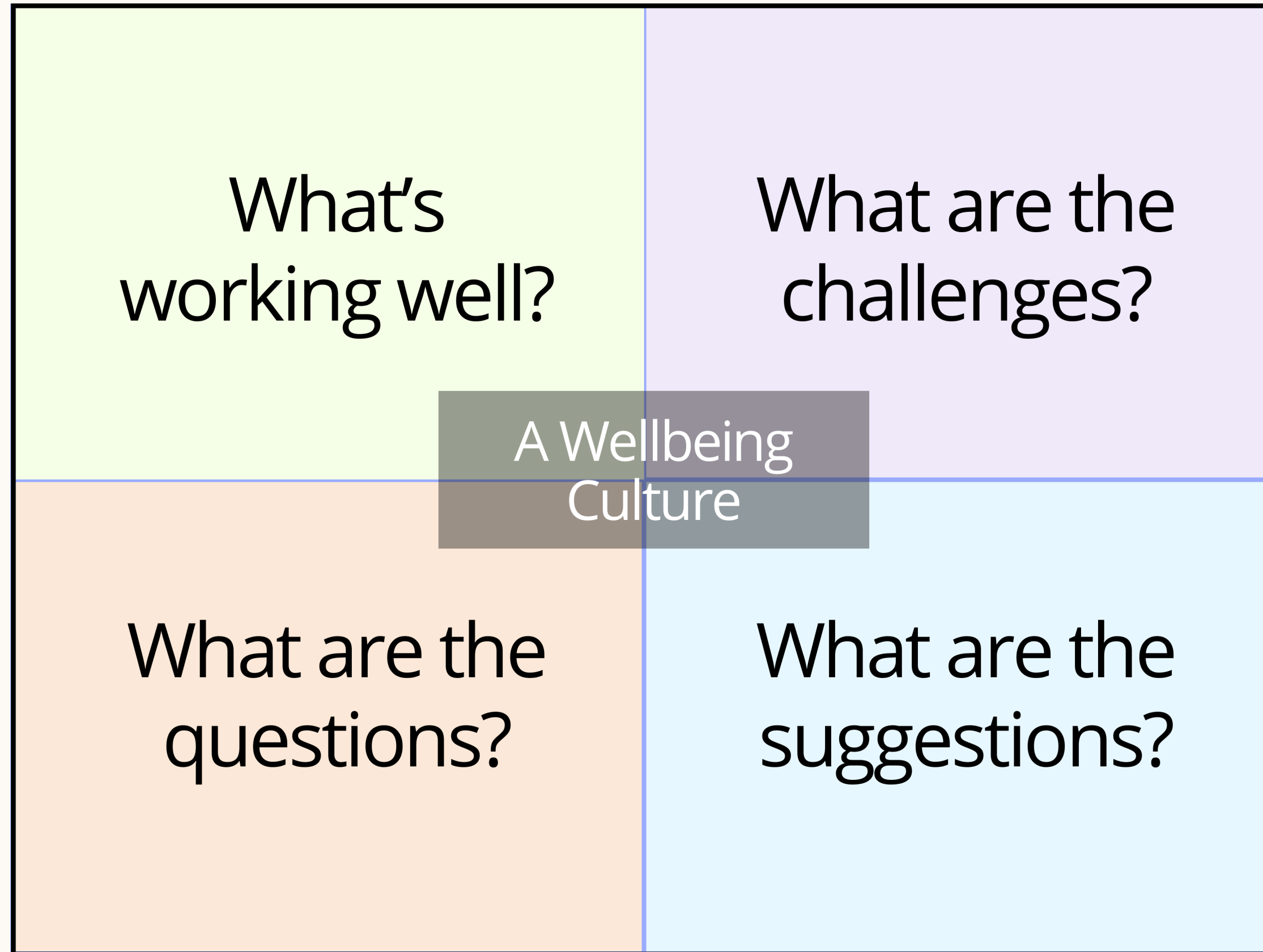
I want to be someone who...

With this in mind, I need to...





Staff Wellbeing Reflection

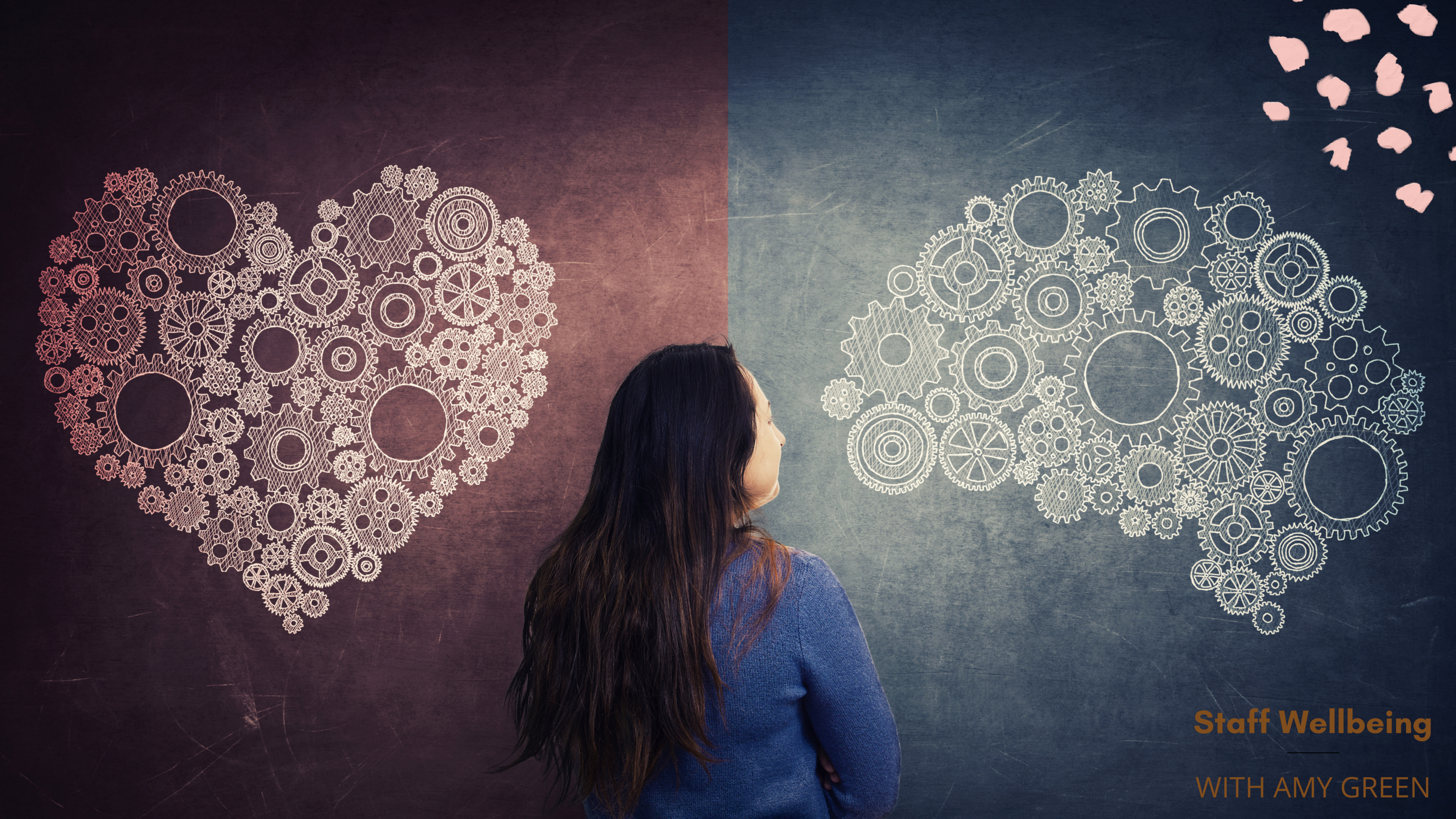




**We wait until we
are here!**



**We waited until we hit
rock bottom.**



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GET IN TOUCH

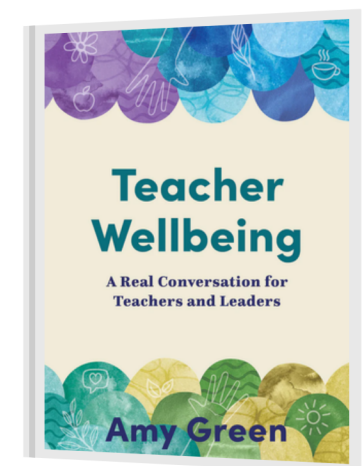
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in Amy Green

Thank You



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Mailing List**

