

gloji

# Your emotional wellbeing



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# Introducing emotional wellbeing

Did you know your emotional wellbeing can affect your ability to make healthy choices? Whether you're making decisions around what you eat and drink, how much you move, improving your sleep or quitting smoking, understanding your mind and why you make the choices you do can empower you to make lasting changes that will help you succeed!

Find out more about emotional wellbeing and get some practical tips and strategies to use in your everyday life that can help you to improve your emotional wellbeing. This is your journey, and gloji is by your side every step of the way.

You don't need to be at the point of crisis or have a diagnosed mental health condition to benefit from support. If, after reading through this booklet and trying some of the exercises, you feel like you need more support, help is at hand. Contact your GP who can help you find what's right for you. Could be therapeutic support, medication, or a combination of both. Check the 'Useful resources' at the end of the booklet too for helpful links and advice on how to get the support you need.

## Understanding emotional wellbeing

### What's emotional wellbeing?

When your emotional wellbeing is healthy it's easier to cope with life's challenges, build positive relationships and to feel fulfilled and content.

Your emotional wellbeing is vital for your overall health and happiness, influencing how you think, feel and act, your relationships, work performance and quality of life.



# The link between mind and body

Your mind and body are closely linked, with one influencing the other. Your thoughts and feelings can affect your body and health, and your physical symptoms can impact your thoughts, emotions and actions.

An example of this in practice is when you're feeling stressed or anxious you might turn to coping mechanisms for temporary relief that impact your physical health negatively in the long run, like drinking more alcohol, smoking or eating more.

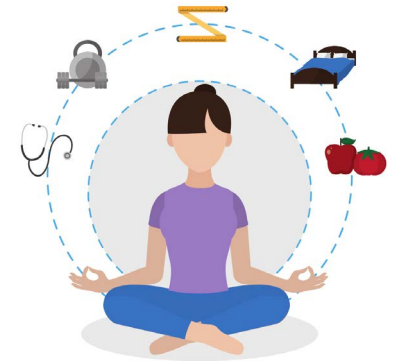
When your emotional wellbeing is poor you might feel the impact of this both physically and mentally. Here are some of the changes you might notice.

- Increased headaches.
- Lower energy levels.
- Changes to your heart rate and blood pressure.
- Digestive issues, like bloating, IBS or diarrhoea.
- Increased muscle tension or stiffness.
- Hormonal changes (particularly common for women during peri- and post-menopause) can affect your metabolism, weight management, anxiety levels and mood.

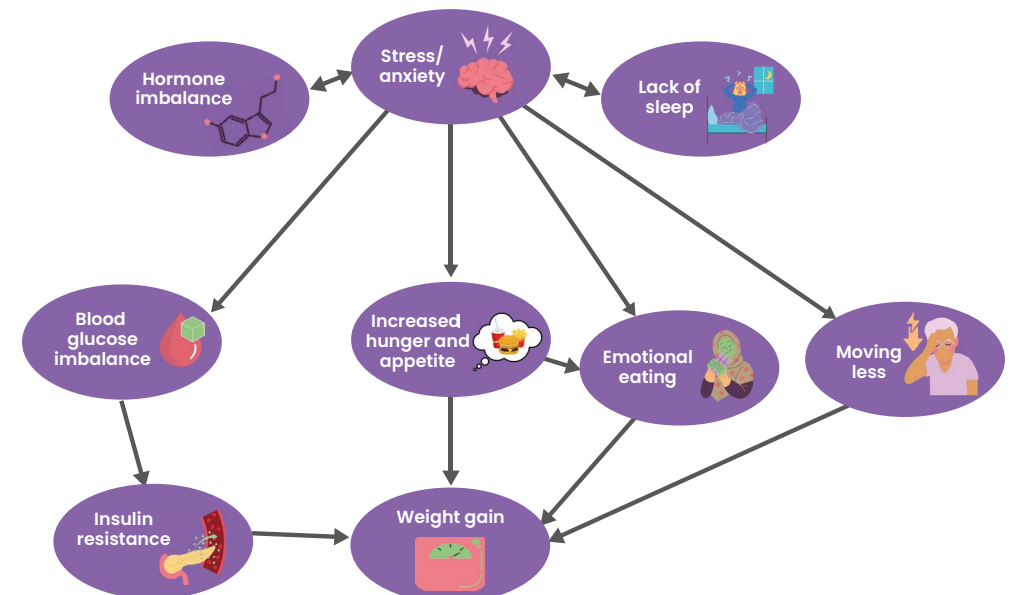
**Understanding your mind body connection can help you adopt healthier behaviours, which can be key to making long term positive changes.**

# Your emotions, weight and health

Strengthening your emotional wellbeing can make it easier for you to make healthier choices, and to resist the urge to act out of habit when you face challenges. Take a look at some of the ways your emotions can be linked to your weight and other habits.



## Your emotions and weight



# Boosting emotional wellbeing

Taking care of your mind is just as important as looking after your body! Taking steps to improve your emotional wellbeing, or practising self-care, might seem unfamiliar, but it's essential to build a strong foundation for your mental health. And it doesn't have to be complicated or costly – little changes to the way you eat, move, sleep and relax can go a long way.

## Eat well

## Nutrition

Changing your eating habits can be challenging, especially when you're under stress or feeling low. Here are a few changes you can make that could help your brain to work at its best and make a big difference to how you feel.

- **Eat regularly** to fuel your brain and help keep your blood sugar levels and your mood stable.
- **Aim to eat less** ultra processed foods and limit trans fats that are often found in processed and packaged foods like ready meals, cakes and biscuits as they are harmful to your brain's structure and function.
- **Eat plenty of protein** as it contains tryptophan, which may help with depression so be sure to include healthy sources like fish, poultry, green leafy veg, pulses and seeds.
- **Eat plenty of iron-rich foods** as not getting enough iron can leave you feeling weak and tired, which can impact your mood. Red meat, beans, pulses and fortified cereals are great sources of iron.
- Aim to **eat a balanced diet** rich in vitamins and minerals. Healthy fats (like omega-3 fatty acids), high fibre foods, vitamin D, magnesium and antioxidants can all help improve your mood so include oily fish, leafy greens and nuts, and plenty of colourful fruits and vegetables in your meals.
- **Drink plenty of fluids**, aiming for 8 glasses a day.





## Simple swaps

Take a look at some ideas for simple swaps that can improve your nutrition and take you from feeling low to feeling fabulous.

- Swap white bread for whole grain bread.
- Swap white pasta for wholemeal pasta.
- Swap chocolate bars for homemade flapjack.
- Swap crisps for homemade popcorn. Try using some of our recipes from our recipe book.
- Swap berries and ice cream for berries and natural unsweetened yoghurt.



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## Looking after your gut

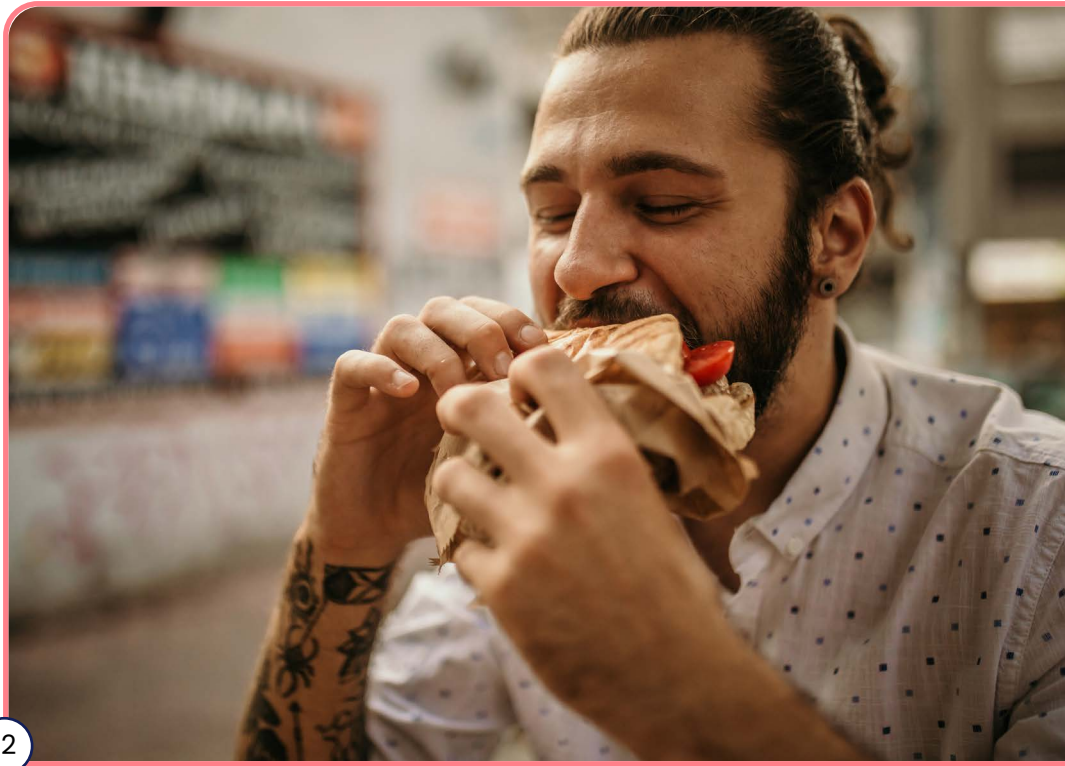
There is more and more research to suggest that there's a strong relationship between our gut health and mental health, so it's important to look after your gut. Aim to eat plenty of fibre from a variety of foods that started out life as plants, like the following examples.

- **Wholegrains** like brown bread, brown rice or brown pasta.
- **Fruit and vegetables** with the skin on, where possible.
- **Beans and pulses** like chickpeas, lentils and kidney beans.
- **Nuts and seeds.**
- **Herbs and spices.**
- **Coffee** in moderation.

Try to build up  
to eating 30  
different plant-  
based foods  
each week for a  
healthier gut!



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## Eating mindfully

You can have a healthier relationship with food and make more conscious choices by practising some simple mindful eating. Why not try it next time you eat!

- Remove distractions (tv off, phone down) and focus on the act of eating.
- Slow down and think about every bite, considering the taste, texture and aroma of what you're eating.
- Listen to your body's cues on hunger and fullness. It takes about 20 minutes for your stomach to tell your brain that it's full!

## Your notes on nutrition

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- What simple swaps can you make to your diet to eat better? Try eating your next meal more mindfully and jot down any observations.

How many of these can you tick this week? Can you improve next week if you didn't tick them all?

- ☐ I ate regular meals.
- ☐ I ate my 5-a-day of fruits and vegetables.
- ☐ I drank enough fluids each day.
- ☐ I stopped and sat down to eat most of my meals.

# Alcohol

Having a glass of wine or a pint or two of beer might make you feel better in the short term, but drinking alcohol can have a negative effect on your emotional wellbeing, and your physical health, in the long run.

## Did you know?



Alcohol has twice as many calories per gram as carbs or protein.



Drinking alcohol can increase your appetite and cravings for salty and/or fatty foods.



Drinking alcohol can have a negative impact on the quality of your sleep, mood and anxiety.



Drinking alcohol can cause hormonal imbalances that affect your hunger and energy levels.



Drinking alcohol can damage your liver, which affects how your body gets energy from food.



Excessive drinking over time can lead to heart problems and increase the risk of certain cancers.

## Tips to help you drink less

- Commit to having a number of alcohol-free days a week. Start small and build up gradually if you're struggling.
- Alternate alcoholic drinks with low or no alcohol options like a diet soda or sparkling mineral water with a squeeze of lime.
- Use a measure when drinking at home. Free pouring can lead to drinking more than you realise.
- Swap high strength beers for low/no alcohol versions.
- Be honest with yourself and others. If there's places or people that lead you to drink in excess, think about the reasons why? Can the reasons be remedied, or should you avoid them? Reflecting on these factors can help you to moderate your drinking in the long term.

## Your notes on alcohol

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- Which of our tips can you use to help you reduce your alcohol intake?
- Next time you drink less, jot down if you noticed any positives.



# Movement

Getting regular physical activity can boost your mood, reduce the symptoms of stress, anxiety and depression and improve your overall emotional wellbeing. The key is to find a form of movement you enjoy – walking, dancing, yoga, swimming, whatever you like – and make it a part of your routine, starting small and building over time.

## The benefits of moving more



Reduces stress



Improves gut health



Builds connection with others



Regulates blood sugar levels & blood pressure



Aids digestion



Prevents long term health issues



Boosts happy hormones, like endorphins



Improves sleep



Improves mood



## Tips to help you move more

- Add 'exercise snacks' to your day, which are short bursts of activity you can do alongside your daily routine. These can give you the same benefits as doing a 30-minute workout! Try doing a few star jumps while the kettle boils, or set reminders on your phone/watch to walk around work, the block, your garden or home periodically throughout your day.
- Use your free online gym pass to gloji gym. Pick something to suit you with 100s of on-demand and live workouts you can do from the comfort of your home – no experience or equipment needed.
- Use apps like the NHS Couch to 5k or Active 10 to give you structure and keep you feeling motivated.
- Search YouTube for free workout guidance and sessions. Move with Leon is great for mobility, The Body Coach TV by Joe Wicks is also fantastic.

## Your notes on movement

Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.

- What benefits do you want to get out of moving more?
- How can you add more movement to your day?  
Eg. Take the stairs instead of the lift, park further from your workplace/home.
- Is there a physical activity you could do with others?  
Eg. Walk with a friend, join a local yoga class.
- Is there an activity you'd like to try, possibly something new or that you enjoyed as a child?

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## Sleep

Sleep better

Ever noticed that when you're not sleeping well you feel irritable, find it hard to focus and maybe even eat more than usual? That's because sleep plays a huge part in helping to regulate your mood, manage stress and support your brain function, making good sleep key for healthy emotional wellbeing.

### The benefits of sleeping well



Better food decisions



Better concentration



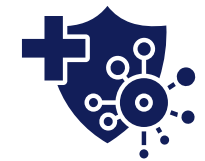
Longer life expectancy



Better energy levels



Better memory



Stronger immune system



Lower stress levels

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## Tips to help you sleep better

- Avoid caffeine in the afternoon and evening.
- Remove distractions, like clutter, tv and devices, from your bedroom.
- Keep your bedroom cool, using blinds to create a dark space to snooze.
- Try to go to sleep and wake at the same time each day to help set healthy circadian rhythms.
- Wind down with a relaxing bedtime routine, like meditation, reading or a bath.
- Embrace the morning light and try to spend some time outside during the day to help your body distinguish between day and night.

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## Your notes on sleep

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- What little changes to your day can you make this week to improve your sleep?
- What can you try to do to relax more before bed?
- What little changes can you make to your bedroom to create a better sleep space?

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## Finding joy and contentment

Doing activities you enjoy can improve your emotional wellbeing, helping you to relax, recover, and even to stay on track and reach goals, like losing weight or stopping smoking, sooner. But how do you add more joy to your life? Here are a few tips.

- Think of a few simple activities that make you happy.
- Think of ways to add them to your day.
- Think of a few things that might be stopping you from experiencing joy.
- Think of ways you can prioritise joy so life's obstacles don't always get in the way.

### Building connection

Feeling isolated and lonely can harm your emotional wellbeing. Combat loneliness by finding connection and building better relationships with others. Here are a few ideas to get you started.

- Devote time and attention to the relationships that matter to you.
- Spend time in nature connecting with others.
- Join a group with shared interests, values and goals.
- Get involved with your community through volunteering or social networking.
- Start a new hobby or interest to meet like-minded people.



## Finding your purpose

When we do things we care about, we feel happier and more fulfilled and satisfied, which can lead to better emotional wellbeing. Finding your purpose can be hard and it's a journey, so take one step at a time. Here are a few tips to start you off.

- Try different activities and reflect on what excites you.
- Talk to friends, mentors, or a therapist for guidance.
- Think about the skills you have as well as the things you love.
- Be self-compassionate and open to learning new things.
- Reflect if spending time on screens/phones is stopping you from finding time for other activities.



## The emotional wellbeing wheel

Taking care of your emotional wellbeing looks different for everyone. Think of all the different aspects of your life that impact how you feel – your body, money, job etc. We can't always devote equal attention to all areas, and that's ok.

Take a look at the wheel below where we've suggested little things you can do to practise self-care in each area. Get inspired by our ideas or make your own emotional wellbeing wheel!



## Your notes on joy and contentment

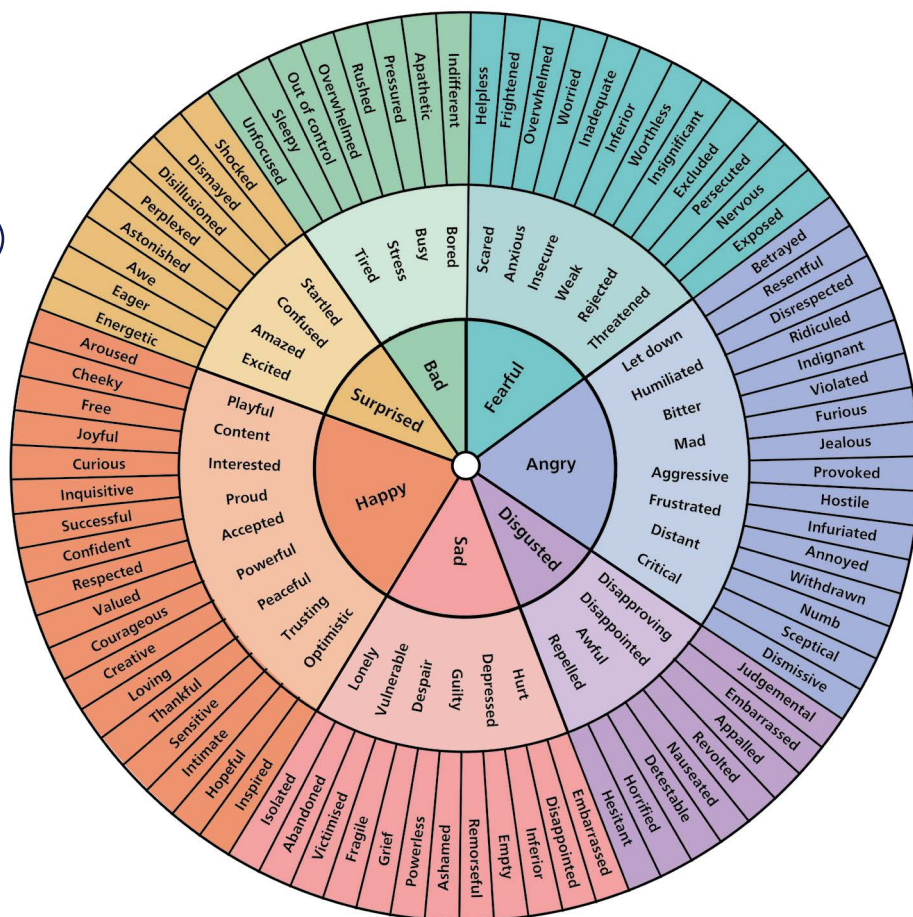
*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- What can you do this week to bring a little more joy to your life?
- How can you find more connection? Eg. Is there a group you can join or new hobby you can try?
- What makes you feel fulfilled and satisfied?

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## Managing difficult emotions

One way to work your way through difficult emotions while maintaining your emotional wellbeing is to use the surfing technique.

Just like a surfer rides a wave, learn to ride out your emotional highs and lows without getting swept away. When a strong feeling pops up, acknowledge it without judging yourself and pay attention to how it grows, peaks, and then fades away. Seeing your emotions as waves can help them feel less intense and help you to come back to the present moment and find calm.

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Another way of processing emotion is to use a technique relating to dance.

Think of your emotions as potential dance partners. You don't have to engage with them or let them lead the dance just because they're there. Instead, see them for what they are: thoughts, not facts. It's better than trying to ignore the thought, which usually just makes it stick around longer. As the thoughts lose their power and shrink, you'll make room for new ones. Choose the thoughts you want as your dance partners – ones that will help you handle your emotions well.

## Your notes on your emotions

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- How do your emotions feel physically in your body?
- Think of an emotion you're struggling with and ask yourself what it is telling you about your needs.
- What can you do to try to meet your needs and respond in a healthy way to the emotion?

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## Managing thoughts

We respond to emotions with our thoughts so knowing more about our thoughts can help to break thought patterns that might be detrimental to our emotional wellbeing and health goals.

Next time you feel a strong emotion, observe your thoughts and notice your response. Did your response make you feel worse? What meaning are you giving to that emotion/thought you're experiencing? Are you criticising yourself for experiencing it? Are you saying you shouldn't feel this way or that it isn't normal? If so, you've just spotted the start of a cycle, where emotions and thoughts can trigger more and more, creating a vicious cycle.

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## Managing difficult thoughts

### 1. Spot your thoughts:

Say to yourself, hello thought, I see what you are telling me and that's okay. I'm going to watch you pass rather than engage with you.

### 2. Recognise thought patterns:

Here's the story telling me 'I'm a failure because I ate that biscuit'. Remind yourself this is just a story and let it pass.

### 3. Accept it, don't fight it:

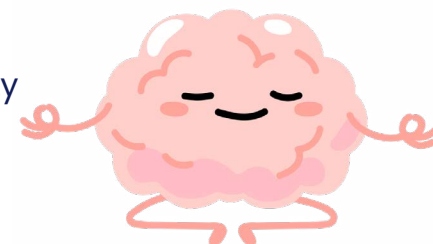
In its own strange way, your brain is trying to help you, perhaps even protect you from failure. Although this might not be the best way to do it, that's the intention. Instead of fighting it, give it a nod of acknowledgement, 'Thank you, I see you're trying to help in your own way.'

### 4. See your thoughts in a different light:

Another way to create some distance between yourself and your thoughts can be saying the thoughts in a silly tone or singing them out loud. It can feel a little silly but makes it difficult to take your thoughts too seriously.

### 5. Challenge your thoughts:

This is not about creating positive thoughts instead, rather it's about approaching your thoughts with curiosity, and questioning 'Is this actually true?'. Try to step away from 'all or nothing' thinking, which can help increase flexibility in thinking and consider wider perspective.



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## Managing your inner critic

We all have that inner critic, whispering doubts and criticisms in our minds, saying we're not good enough or that we'll fail. If we let it, it can really shake our emotional wellbeing and confidence and hold us back from reaching our goals. Here are some steps to help you manage your inner critic.

1. Recognise what your inner critic is telling you and call it out.
2. Give it a name to create some distance, like 'Nagging Nancy' or 'Doubtful Dave.'
3. Recognise where these thoughts might be coming from, like past experiences, societal pressures or fears.
4. Challenge the thoughts with more realistic ones.
5. Be kind to yourself and recognise that nobody is perfect.

## Swapping 'should' for 'can'

Changing from "should" to "can" in how you talk to yourself can really change how you feel about your goals and journey to being healthier. When you tell yourself, "I should do this because I was told to," it often feels like a duty, making you feel pressured and guilty. But if you say, "I can do this," it feels more like a choice and a chance.

For instance, instead of thinking, "I should exercise more," try saying, "I can exercise more." This little change makes it seem less like a burden and more like something positive. By using "can" instead of "should," your goals can start to feel more achievable and less stressful, turning obligations into opportunities.

## Practising gratitude

Taking time to notice and appreciate the good things in your life might seem trivial, but this small act can really boost your emotional wellbeing and leave you feeling more positive overall. Give it a try! Could be as simple as enjoying a sunny day or savouring a delicious hot drink.

### Your notes on practising gratitude

*Use this space to make a list of what you're feeling grateful for. These can be anything, from little to big.*

## Practising journalling

Journalling is a powerful way to help you understand yourself better and figure out why you feel the way you do, noticing any patterns of behaviour. Write whatever comes to mind or try structured prompts or exercises. Don't worry about it being perfect, just be curious and explore your thoughts and feelings.

### Your notes on practising journalling

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- How do you feel right now, both physically and emotionally?
- What's stressing you out or causing tension in your life?
- How do you usually handle tough emotions or situations? Do you notice any patterns?
- What are some healthy ways you can cope with stress and emotions?
- What small things can you do today to take care of your emotional wellbeing?

# Practising mindfulness

Try incorporating some simple mindfulness techniques into your daily routine and see if it makes a positive impact on your emotional wellbeing and health.

## How mindfulness can help your wellbeing



Reduce depression and anxiety



Boost resilience & Reduce stress



Help pain management



Improve self esteem



Improve sleep



Improve relationships



Improve concentration



Reduce emotional eating



Help addiction



Improve blood pressure

Below are a few of the many mindfulness exercises available. Try a few and see which you prefer! Don't forget you can join free mindfulness sessions in our online gym, gloji gym, or search YouTube for more free techniques.

## Breathing exercises

Deep breathing exercises can trigger your body's relaxation response, reducing stress hormones and bringing a sense of calm and wellbeing.

**Take slow, deep breaths in through your nose, filling your lungs completely to a count of 6. Then, exhale slowly through your mouth to a count of 8, releasing tension with each breath. Repeat for a few minutes if you can. Try to relax your muscles as much as possible. Adjust the timings to what feels right for you, aiming for a slightly longer exhale. If you start to feel lightheaded or panicky, stop and breathe normally.**

## Progressive muscle relaxation

By intentionally tensing and then releasing tension in various muscle groups, you can promote physical relaxation and reduce overall muscle tension, which is often associated with stress and anxiety.

**Find a quiet, comfortable space where you can sit or lie comfortably. Begin by tensing the muscles in one part of your body, such as your fists or your shoulders, for a few seconds, then release the tension and allow the muscles to relax completely. Continue this process, moving from one muscle group to the next, until you've systematically relaxed all the major muscle groups in your body.**



## The 5-4-3-2-1 grounding technique

Use this technique to bring focus back to the present moment when you feel you need grounding.

**Spot 5 things you can see, taking your time to really notice these items and appreciate their details. Focus on 4 things you can touch, noticing the textures and how they feel. Listen to 3 sounds you can hear, tuning into these sounds and recognising them without judgment. Find 2 things you can smell, taking a moment to inhale deeply and appreciate these scents. Finally, focus on 1 thing you can taste, paying attention to the taste and savouring it.**

## Slow down

Rest and relaxation are crucial for your mental and physical wellbeing. Surprisingly, taking breaks can actually boost productivity and enhance creativity. Even short pauses, like a brief walk or a few deep breaths, can have a big positive impact. Going a step further, practicing mindfulness and fully engaging in the present activity can amplify these benefits. It's not just about what you do, it's about how you do it.

## Your notes on your practising mindfulness

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- Try one of the mindfulness techniques and jot down some notes on the experience.



## Changing habits

Changing habits that aren't serving your emotional wellbeing or your health isn't easy, and it might take time, especially if they've been around for a while. Here are some tips to help you change your ways to improve your life.

- Start with small, manageable changes and stay consistent.
- Connect your new habit to something you already do, like meditating right after brushing your teeth.
- Introduce one new habit at a time to avoid overwhelm.
- Make it easy to follow through on your new habit by removing obstacles from your environment.
- Keep track of your progress to stay motivated.
- Find a buddy to hold you accountable and share your successes with.
- Visualise success imagining the positive impact your new habit will have on your life.
- Celebrate your success, changing isn't easy!

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## Your notes on changing habits

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- List some habits that might be impacting your emotional wellbeing.
- Jot down some alternative actions you can take to break the habit and start setting new healthier habits.

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## Facing challenges

Life is full of ups and downs and it's normal to feel stress, especially when you're making big changes to your life. Let's look at some ways you can work on your emotional wellbeing that will help you deal better with life's challenges.

## Preparing for challenges

Did you know that your surroundings can affect your habits and your emotional wellbeing? Here are some things you can do to help you to be more prepared to face challenges.

- Recognise and set boundaries with situations, people, or places that might trigger behaviours you want to change.
- If certain social situations or relationships make it hard to stick to your goals, consider limiting them or finding new ways to interact that are better for your wellbeing.
- Surround yourself with supportive friends, family, or groups who share your goals and cheer you on.
- Make your home environment health-friendly by having healthy food around, removing triggers, and finding other ways to meet your needs.

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## Your notes on setting up success

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- What can you do next time you're in a tricky social situation that's not aligned with your goals or supporting your emotional wellbeing?
- What are 3 things you can change in your home to help set yourself up for success? Eg. Removing ashtrays, removing chocolate from the cupboard, or filling the fridge with your favourite veg.

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## Managing setbacks

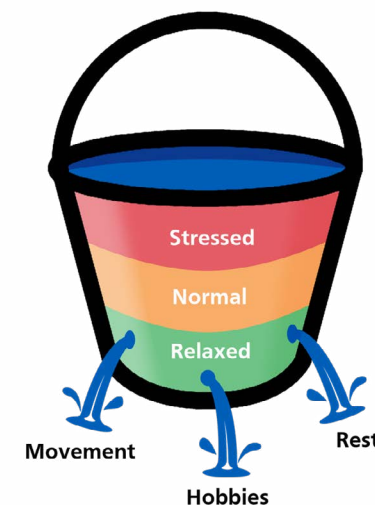
Setbacks and bumps in the road are inevitable and a normal part of everyone's life. Try to see them as chances to grow and learn so you can start to use setbacks to propel you forward on your journey to better emotional wellbeing and health. Remember, when things don't go to plan, what would you say to comfort a friend in the same situation? Start talking to yourself in this and finding ways you can give yourself more support.

**First  
Attempt  
In  
Learning**

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## Managing stress

Sometimes, no matter how much you prepare, you are faced with stress. The notion of a stress bucket can be a handy tool to help you understand and better manage stress.



Picture your mind as a bucket with stress as the water filling it up. Each day, different stressors – like money worries, work deadlines or personal concerns – fill up your bucket. Sometimes, the bucket can take it, other times it overflows or leaks. When this happens, you might feel overwhelmed or exhausted. Try to keep an eye on your stress levels so you can avoid the bucket spilling and you feeling overwhelmed or burn out.

It's important to spot the signs when you're feeling like your stress levels are becoming unmanageable. Here are just a few.

- **Physical:** like heart palpitations, teeth grinding or sweating.
- **Emotional:** like low mood, irritability or tearfulness.
- **Social:** like wanting to avoid friends or family.
- **Behavioural:** like leaning on bad habits.

Once you know your signs of stress, you can work to find healthy ways to cope as the more tools you discover to help ease your stress, the better you'll be able to cope with challenges in a healthy way. Here are just a few ideas.

- Talking to a friend or loved one.
- Doing a form of exercise you enjoy.
- Journalling or meditating.
- Saying no to situations you know will add stress to your life.
- Getting outside and into nature.

There are also little things you can do each day to boost your resilience so when stressful situations arise, you're better equipped to deal with them. Here are a few ideas.

- Start your day with a 10-minute gentle walk.
- Make sure you drink enough water each day.
- Avoid skipping meals.





## Your notes on managing stress

*Use this space to make notes and make this journey your own! Not sure where to start? Here are a few ideas.*

- What are your signs of stress?
- What can you do to ease stress when it arises?
- What can you do to boost your resilience?

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## Managing cravings

Stress and cravings (like the urge to eat, drink or smoke) can go hand-in-hand. Next time they hit, try the 'STOP' technique.

**Stop and pause your actions, thoughts or reactions to break from acting on autopilot.**

**Take a break with a few deep breaths, bringing your focus to the present moment.**

**Observe your thoughts, emotions and sensations, without judgement.**

**Proceed mindfully, making a deliberate decision on how to act based on what you've observed through stopping and reflecting.**

Get curious and reflect on the function of the craving that you are experiencing. What are you feeling and how can you meet that need? If you find it difficult to bring attention to the craving in the moment, do something actionable, like going for a walk for 20 minutes, and check in with how you feel and what you need afterwards.

## Managing worry

Is worry interfering with your emotional wellbeing? Worrying is perfectly normal and we all do it, but it can become a problem if you spend a lot of your time and energy worrying. Learning how to better manage worry can be so useful when you want to make healthy lifestyle choices.

- **Write them down** and put them where you can't see them, like in your phone notes or on a piece of paper in a drawer.
- **Set aside time for worry** allocating a regular time you feel comfortable with (daily or weekly) to look at them in detail.

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- **Reflect** on your worries and try to decide which problems are current problems and which ones are hypothetical.
- **Create an action plan** where if the worry is hypothetical you tear up the piece of paper and throw it away or put it back into the box, if throwing away feels too difficult and come back to it next time.
- **Put them away** at the end of your allocated time and keep them out of sight until next time.
- **Make a plan** to do something that changes your focus of attention and carry on with your day. Remember when a worry pops into your head just write it down.

If you have trouble worrying about things that are out of your control, try the following visualisation tool.

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**Picture your life like a set of circles. In the middle is your circle of control, where you have power over your actions and thoughts. Moving outwards is your circle of influence, where you can make a difference in your relationships and work. Beyond that is the circle of concern, where you care about things but can't control them, like global events. Understanding these circles helps you focus your energy where it counts. Instead of stressing about things you can't change, like the weather or others' opinions, focus on what you can control, making you feel more in control and less stressed.**

## Getting set for success

Here are some tips to help you strengthen your emotional wellbeing and prepare for long term success!

## Celebrating success

You've faced and overcome a challenge or achieved goals and you want to reward yourself. That's brilliant! Celebrating success is important, particularly when it comes to keeping you motivated for the future. Instead of using food, cigarettes or another way to reward yourself, try choosing activities or experiences that will nourish your body, mind, and soul. Here are some ideas.

- Treat yourself to a massage.
- Take a relaxing bath.
- Plan a day out with friends or family.
- Have a movie night.
- Start a new creative project that brings you joy.

## Setting realistic expectations

Your journey to better emotional wellbeing and health won't be linear. By setting realistic expectations, you can create a more sustainable path to achieving your goals, building your confidence, enjoyment and motivation.



## Finding with your WHY

Pause to think about why your goals are important to you as knowing your "why" can connect you to what's actually important in your life, which will help you to make changes you can sustain.

Use the exercise below to find your why, write it down and put it somewhere you can see it to keep you feeling motivated and on track.





## Cultivating a sustainable mindset

Adopting a sustainable mindset is all about shifting away from 'all or nothing' thinking so you can learn to recognise your strengths, celebrate your achievements, and approach challenges with flexibility and learning. Having this mindset and approach will boost your resilience and empower you to learn from setbacks rather than seeing them as the end of the road and giving up on your goals. Here are a few ways you can start building a sustainable mindset.

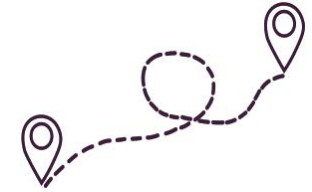
- Set realistic expectations.
- Embrace learning new things and new experiences.
- Be self-compassionate.
- Focus on enjoyment.
- Find what works for you.
- Find a healthy balance.
- Embrace choice and flexibility.
- Listen to your body.
- Aim for consistency.

## Being kind to yourself

Self-compassion involves treating yourself with the same kindness, respect, and patience that you would a friend or a loved one. Change can be difficult and the way you talk to yourself can make a big difference to your chances of long-term success. By recognising your strengths and inner resources, you can build greater resilience and confidence in your ability to overcome obstacles and achieve your goals.



Aim for progress,  
not perfection



Focus on the journey,  
not the destinations



Reflect



Be aware of the words  
you use and think



Practice positive daily  
affirmations

'I am learning to accept myself  
as I am in this moment'.



Make small,  
sustainable choices



## Changing how you see yourself

It's not always easy to change the way we see ourselves. You may have labelled yourself a smoker for many years, or see yourself as a quitter, and our brains like to resist change to protect us, but challenging these ideas of identity can make a real difference to whether you succeed in achieving your goals.

Try using identity statements and adding positive affirmations to your day to help you to change the way you see yourself. Some examples might be, "I make healthy choices", "I'm a non-smoker" or "I can do hard things". Embrace these beliefs and let them guide your actions.

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## Looking after your mental health

Just as you would see a doctor or get support when you have physical challenges, there are also things you can do to support your mental health and get help when you need it. If you are not seeing improvements or you've been experiencing low mood, anxiety, or any emotion impacting your daily life for more than 2 weeks, consider speaking to your GP.

Your GP or medical practitioner can discuss your personal situation and suggest ways to improve your mental health. They may prescribe medication, which many find very helpful.

### Your mental health first aid kit

Making yourself a mental health first aid kit can help too, so if you experience dips in your mental health, you're prepared. It can include ideas of activities you know help you when you're feeling low, as well as practical lists and items. Here are some ideas.

- Phone numbers of supportive friends and family.
- Contact information for helplines.
- Mindfulness exercises.
- A journal to jot down your thoughts.
- A playlist of uplifting songs.
- Motivational quotes and affirmations.
- A note to do something you enjoy, like gentle movement, reading a book, taking a bath or playing an instrument.

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## Your notes on getting set for success

- Make a list of your wins and achievements – big and small – to look at on tough days and propel you towards success.
- Make a list of ways you can reward yourself that won't impact your health goals.
- What are some realistic expectations you have for the goals you've set yourself?
- What's your WHY?
- What are some of your personal strengths that have helped you through difficult times?
- What's an affirmation you can repeat to help you change the way you see yourself?
- What would you put in your mental health first aid kit?

# Useful resources

## Crisis hotlines

- **Samaritans:** Call 116 123 (available 24/7 for anyone in distress).
- **Shout:** Text SHOUT to 85258 (24/7 crisis text line).
- **Mind:** 0300 123 3393 (for information and support on mental health issues).
- Get help from **111 online** or call 111 and select the mental health option.

## Online therapy platforms

- **BetterHelp:** Offers professional online counselling services.
- **Ieso digital health:** Provides online cognitive behavioural therapy (CBT) with accredited therapists.
- **Kooth:** Free online counselling and emotional wellbeing platform for young people.

## Mental health apps

- **Headspace:** Guided meditation and mindfulness app.
- **Calm:** Offers meditation, sleep stories, and relaxation techniques.
- **My Possible Self:** An app designed to help manage anxiety, stress and low mood.



## Support groups and forums

- **Mind:** Offers local peer support groups and educational programs. Visit their website to find a group near you.
- **Rethink Mental Illness:** Provides peer support and information on living with mental illness.
- **SANE:** Runs SANEline, a national out-of-hours mental health helpline (0300 304 7000), and offers online support forums.

## Websites

- **Mind:** Offers advice and support for anyone experiencing a mental health problem.
- **Mental Health Foundation:** Provides information on mental health, advice on taking care of your mental health, and details about their campaigns.
- **YoungMinds:** Focuses on children and young people's mental health and offers resources for parents and young people.
- **Lttf: living life to the full:** Offers free resources and courses to overcome stress, anxiety or low mood to live life to the fullest.



## Professional organisations

- **British Association for Counselling and Psychotherapy (BACP):** Find a registered therapist and access information on counselling and therapy.
- **British Psychological Society (BPS):** Provides resources on psychology and mental health and help to find chartered psychologists.
- **NHS Mental Health Services:** Offers free mental health services through the NHS, including talking therapies. Visit the NHS website to find local services.

## Books

- **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk:** Explores the impact of trauma on the body and offers insights into healing.
- **Lost Connections: Why You're Depressed and How to Find Hope by Johann Hari:** Investigates the societal factors contributing to depression and offers alternative approaches to healing.
- **The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle:** Explores the concept of mindfulness and living in the present moment to find peace and happiness.
- **Feeling Good: The New Mood Therapy by David D. Burns:** Provides practical techniques for overcoming depression and anxiety based on cognitive-behavioural therapy (CBT) principles.



The background is a solid dark blue. In the top right corner, there are overlapping semi-circular shapes in bright green, pink, and cyan. In the bottom left corner, there are overlapping organic shapes in cyan, orange, and yellow.

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