Your Wellbeing Skill Builder

1 IDENTIFYING THE BLUEPRINT AKA TAKING A MOMENT TO REFLECT

- How have you been feeling lately? Which areas of your wellbeing do you feel could benefit from some support and skills-building?
- Journaling, thought monitoring, and observing different emotions and physical sensations can help you create a 'blueprint' to support your wellbeing.



2 SETTING CLEAR GOALS AKA MAKING A PLAN

- You might like to start broad with your goals (e.g., "I want to reduce stress"), then define it to something specific and achievable linked to a behaviour e.g., "I will go for a 20 min walk at the end of each work day to help me unwind when shifting from my work day to my home life."



3 SELECTING HELPFUL TOOLS AKA USING COPING STRATEGIES

- Mindfulness and relaxation: For increased self-awareness and stress reduction.
- Cognitive-Behavioural Therapy (CBT): For identifying and changing unhelpful thought patterns and associated actions.
- Support networks: For building strong connections and seeking help when needed.
- Physical activity: For boosting mood and reducing anxiety.



4 REMOVING WEAR AND TEAR AKA BREAKING UNHELPFUL PATTERNS

- Identify unhelpful thinking patterns and related behaviours that no longer serve you, and build skills for balanced, realistic thinking.
- Remember, change can involve trial and error. Sometimes it can help to identify and change old, harmful habits to make space for healthy ones to grow.



5 A STRONG FOUNDATION AKA RESILIENCE BUILDING

- Enhance your resilience through practices such as establishing a healthy routine, learning from setbacks, and developing problem-solving skills. Building resilience means you'll grow a strong foundation for your wellbeing renovation.



6 FRESH PAINT YOUR THOUGHTS AKA CHALLENGING UNHELPFUL THINKING

- Identify, challenge, and re-frame unhelpful thoughts with realistic, balanced ones. This is a very helpful skill that can take some practice to build up. Once you've got it, it will help with many different situations that life presents you.



7 REGULAR MAINTENANCE AKA MAKING TIME FOR SELF-CARE

- This can include relaxation exercises, healthy boundaries, making time for things that bring you joy, and consistent reflection with your wellbeing.



8 INSPECTING FOR ISSUES AKA SEEKING PROFESSIONAL HELP

- Sometimes challenging thoughts and feelings can benefit from professional support. It's ok to notice challenges, or be having a tough time, and it's important to seek support in these moments. A good place to start can be your local GP. It's never too early to seek support for your wellbeing.



THIS WAY UP ↑↑