

Relating

The people around you offer a valuable pool of support so it's important to put some time into strengthening those connections

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day.
- Make time to have lunch with a friend at work

Exercising



Regular activity will provide an endorphin boost and increase confidence

Give it a go:

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work
- Make exercise apart of your daily routine



Awareness

Taking time to switch off autopilot and 'being in the moment' is a great tool to combat stress

Give it a go:

- Pay attention to your senses- what can you see, hear or feel around you?
- Choose a regular point in the day to reflect
- Be mindful



Giving

Holding out a helping hand makes other people happy and will make you feel happy

Give it a go:

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgment



ENHANCE YOUR WELLBEING

WELLBEING IS NOT A SPECTATOR SPORT

Trying out

Learning new things is stimulating and can help to lift your mood.

Give it a go:

- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you.



Direction

Working towards positive realistic goals can provide motivation and structure

Give it a go:

- Choose a goal that is meaningful to you, not what someone expects from you
- Remember to celebrate progress along the way



Find out more about the 10 keys to enhance your wellbeing



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Visit www.bakjaconsulting.com to learn more about mental health and wellbeing and how you can support a friend, family member or colleague with their mental health & wellbeing.

Meaning

People who have meaning in their lives experience less stress, anxiety and depression

Give it a go:

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be a part of a team, notice how your actions make a difference for others



Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens.

Give it a go:

- Find an outlet such as talking to friends or writing it down/journaling
- Take action to improve your resilience skills



Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Give it a go:

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun
- Recognise that emotions are data

Acceptance

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness and wellbeing.

Give it a go:

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do
- Focus on what is within your circle of influence