

What am I like when I am well? What is wellness or wellbeing like for me?

Perhaps this is something that you are not aware of? Maybe take the time to reflect on how you are when you feel well or good in yourself and how you know you are.

Wellness is much more than physical health, exercise or nutrition. It is the full integration of states of our physical, emotional, social, spiritual, environmental, occupational and intellectual wellbeing. Use these areas as a help to think about the different aspects of your own wellbeing.

Write down words that describe YOU when you are feeling well - so that you can refer to it when you are feeling not so well and help you get back to your wellness. These words can also be how you would like to feel. Maybe this is where I need to get to, or get back to?

Example: Capable, outgoing, bright, active....

What do I do every day to stay well?

Make a list below of all the things you do every day that help keep you healthy and well, or that you know you need to do every day. It might seem obvious but when you sit down to write it you might be surprised with what you come up with.

Example: eating three meals, having time to yourself, spending time with someone close, getting house work done....

Recognising my TRIGGERS for when I am not so well

Triggers are unplanned things that happen that make you feel uncomfortable, upset or distressed. What are MY triggers?

Example: Work stress, being tired, family friction, spending too much time with others or alone....

“Wellness Toolkit” (or your Action Plan)

This is a list of all the things that help you keep well - and to help you when you are feeling not so well. They are things you do daily, things you do maybe weekly and things that you would like to try in the future. They can also be used to help you when a trigger occurs.

What wellness tools did I use today? Maybe I did n't realise I was using them? Are there any specific things I need to do every day to stay well? For example, getting the right amount of sleep for me?

Tool	Specific Action	What TRIGGERS can this help?
<i>Example:</i> Walking	<i>Example:</i> Walk every day for 40 mins, try to do this 7 days but it is okay if I do less.	<i>Example:</i> Gives me time by myself, something I do when I am feeling too much stress for me.

Is there anything I consider doing MORE of or LESS of to stay well?

<p><i>Example, more exercise and less alcohol?</i></p>
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Getting your "Five-A-Day" for wellbeing – what's yours?

(<http://www.yourmentalhealth.ie/>)

1. **CONNECT** with the people around you - family, friends, colleagues and neighbours - and spend time developing relationships.
2. **BE ACTIVE** and find a physical activity that you enjoy. Go for a walk, run, swim or cycle, play a game, do some gardening ... Exercise makes you feel good.
3. **TAKE NOTICE** of the world around you, be observant, look for something beautiful or remark on something unusual. Savour and enjoy the moment, be aware of your surroundings and appreciate the place you are in. Be in the now for yourself...
4. **KEEP LEARNING** and don't be afraid to try something new. Rediscover an old hobby or sign up for a course. Take on a different role, fix a bike, learn to play an instrument, develop a skill that you've always wanted to have ... Set yourself a challenge and have some fun.
5. **GIVE** to others. Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Find ways to work together with others on things rather than on your own.