

The





STRESS



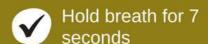
- Q. How can I make distinctions between the types of stress that I am feeling or experiencing?
- Q. Do I feel overwhelmed often? If yes, when, who, where, what?
- Q. Do I tend to overcommit? If yes, when, who, where, what?
- Q. Do I ask for help when I am feeling stressed?

"WE CANNOT
DIRECT THE WIND,
BUT WE CAN
ADJUST THE
SAILS".

Dolly Parton

SIMPLE STEPS TO RELIEVE YOUR STRESS











BURNOUT

QUIZ: https://au.reachout.com/articles/quiz-are-you-burning-out



- Q. Can I identify with any of the symptoms of burnout?
- Q. If yes, what area/s might be impacting these symptoms (work-related causes, lifestyle-related causes or personality traits)
- Q. Did I expect the results from the 'Are you Burning out' quiz?
- Q. From my findings, what are my next steps? Is it preventative or responsive?





PHYSICAL WELL-BEING



Q. When was the time I went for a check-up?

Routine GP check-up:

Dental check-up:

Eye test:

Other:

Q. How many hours of sleep do I get on average?

Q. How often do I move my body?

Q. Do I feed my body with nutritious food?

Q. Do I drink enough water daily? (Discuss your water consumption habits with your doctor)

Q. Is my environment serving me? How so?



If you are due for a routine check-up or have noticed symptoms, your challenge this week is to make an appointment and get back on track.

https://www.betterhealth.vic.gov.au/health/servicesandsupport/regular-health-checks#bhc-content.

















PSYCHOLOGICAL WELL-BEING

Tips to put a stop to regative self-talk:

- Be aware of the chatter. Ask yourself, would you talk like this to someone else?
- Challenge the thoughts. Ask yourself is it true? (often, it's not). Ask yourself if there's another explanation or way of looking at a situation.
- Put thoughts into perspective. Try and look at things from a different perspective. Perhaps from another person's perspective. Try writing your thoughts down or saying them out loud. Ask yourself, will this matter in a few years?
- Replace the thought with a neutral or positive thought. Ask yourself what is a more helpful thought?

"TALK TO
YOURSELF LIKE
YOU WOULD
TO SOMEONE
YOU LOVE."







- Q. What are some ways that I can develop my emotional literacy?
- Q. Have I given my self-talk much attention?
- Q. What self-talk tip might I implement this week?
- Q. What kind of mindset do I have?

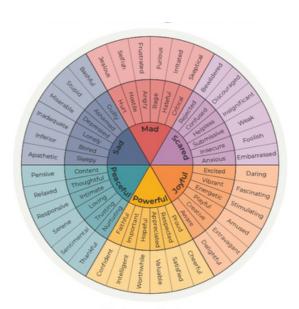
The areas that I would like to develop further?

- o Desire to learn
- o Build abilities
- o Welcome feedback
- o Persevere when met with a setback
- o Be realistic
- o Embrace strengths

Days to develop emotional literacy.

- 1. Remain curious about your emotions
- 2. Become familiar with the different emotions
- 3. Journal and/or share how you feel with someone you trust

https://cdn.gottman.com/wpcontent/uploads/2020/12/The-Gottman-Institute_The-Feeling-Wheel_v2.pdf



The Gottman Institute
Developed by Dr. Gloria Willcox

Carmen Debono

SOCIAL WELL-BEING



- Q. What attributes in a relationship are important to me?
- Q. What contributions do I make to my relationships?
- Q. How can I build/maintain healthy relationships?
- Q. What ways can I encourage more open communication in my relationships?

Link: https://www.healthdirect.gov.au/domestic-violence-and-abusive-relatic



"EVERY ONE OF US
NEEDS TO SHOW HOW
MUCH WE CARE FOR
EACH OTHER AND, IN THE
PROCESS, CARE FOR
OURSELVES."

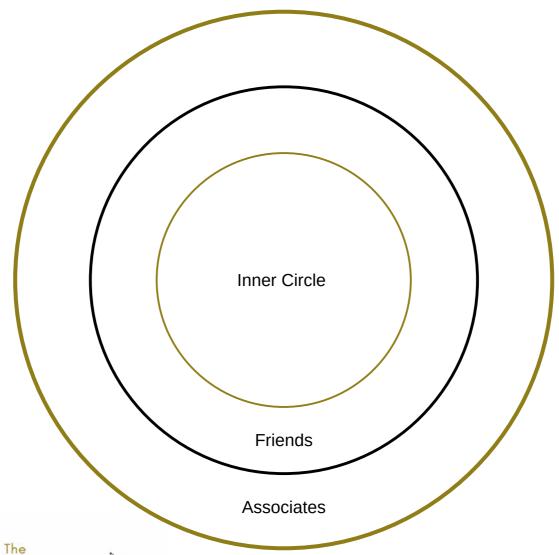
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The Wellbeing LESSON
Carmen Debono

QUESTIONS TO ASK WHEN DECIDING ON MY INNER CIRCLE, FRIENDS AND ASSOCIATES:

- Do I feel good after spending time together?
- Do I feel judged and put down?
- Do I give a lot and get back little?
- Do they only ever talk about themselves?
- Have we grown apart?
- Do I remain out of obligation and habit?



Wellbeing &

Carmen Debono

SPIRITUAL WELL-BEING



- Q. What issues in my community, nation, or world most concern me, or—put another way—what problem(s) do I most want to solve?
- Q. What am I good at?
- Q. What do I love to do?
- Q. If I am not already, how can I practice gratitude daily?
- Q. What are some ways that I would like to extend kindness?

Chaffenge

What is one area you would like to focus on to enhance your spiritual wellbeing this week?





WELL-BEING GOALS TEMPLATE

SOCIAL	PSYCHOLOGICAL
PHYSICAL	SPIRITUAL



NOTES

