

# WELLBEING

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What are the things that keep you well?

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## WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation  
of New Zealand  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

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What takes you away from being well?

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START

STOP

# Stolen focus exercise – the flashlight of attention

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VUCA or anything that influences stress hijacks our attention...

Time	Task	Flashlight
9am	Preparing this presentation	Thinking about whether I can go pick up a light bulb. Kids are off school what are they doing up there?
10am	Talking on phone to Pete	Listened to him well – wasn't distracted – focused on what we were trying to achieve
11am	Developing Leadership Session WFs	Thinking about whether I eat my lunch now or later... Still thinking about the light bulb. Thinking about WFs at camp.

# Quick list

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What's on your mind today/this week?

Worries?

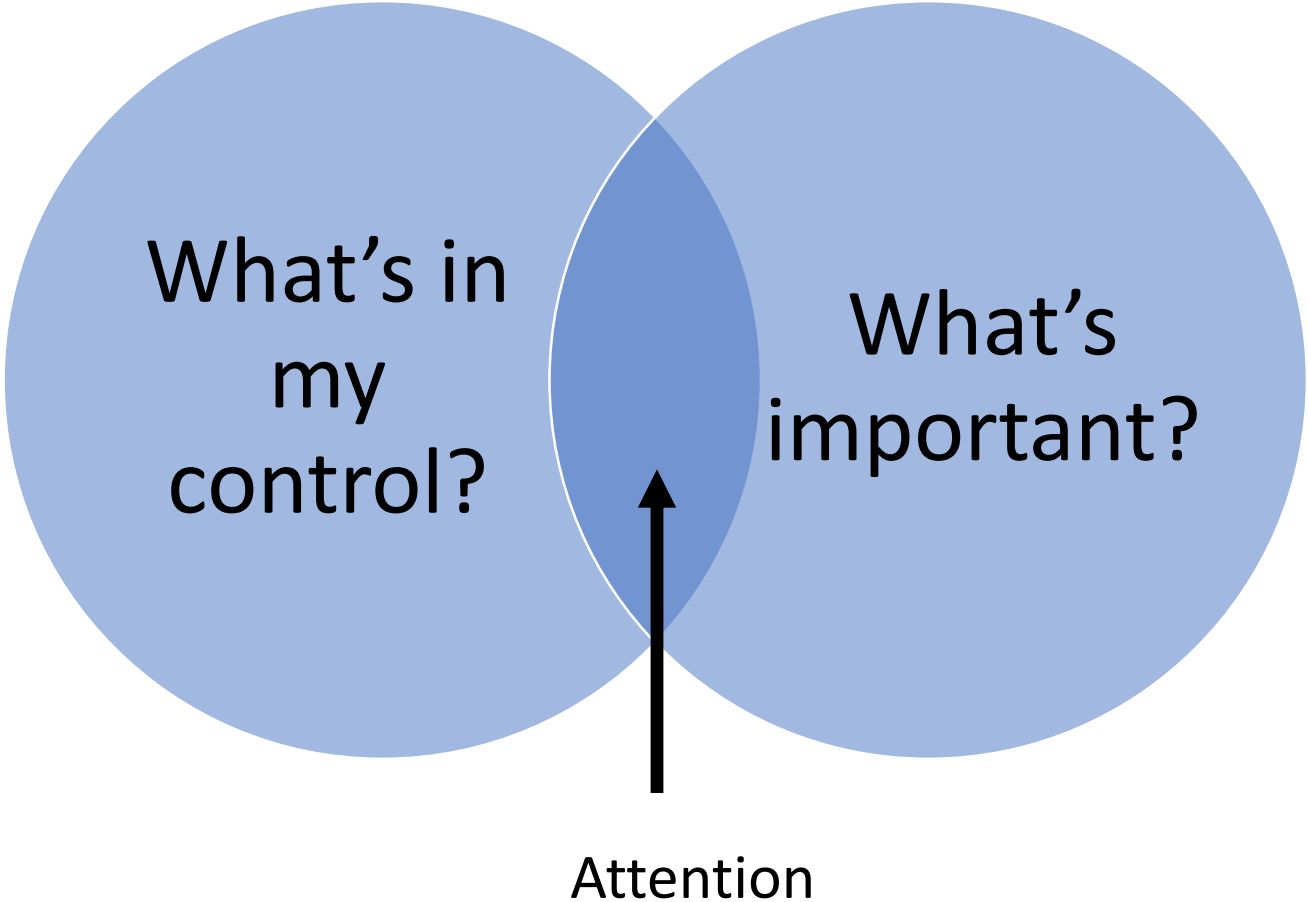
Things to do?

Future?

Past?

# PERFORMANCE

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# Pause: Gaining (or re-gaining) my flashlight (CAR acronym)

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- CALMLY...understand what has happened – what are the facts?
- ASSESS...this is information in perspective – what's in/out of my control?
- RESPOND...in a rational way – what can I do now? What can I do to make this less unpleasant? Do I need support?

# RECOVERY PLAN

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## WHY?

What are my risks if I don't recover?  
Me/Others/My world

## WHEN?

Day  
Week  
Month  
Year

## HOW?

Play v productivity?  
Rest v Activity?