



## Looking after your **H.E.A.L.T.H**

*Trinity Family - Taking care of our mental wellness to avoid mental illness*

### *Six Steps to Wellness*

HEALING	ENERGIZE	AWARENESS	LIVE	TIME	HELP
<p><b>Practice:</b> Heal your hurt &amp; pain. Deal with the past or existing issues that are currently causing you problems.</p>	<p><b>Practice:</b> Empower your body &amp; mind by looking after yourself. Eat well and exercise.</p>	<p><b>Practice:</b> Begin to take notice of what you are experiencing i.e. your bodily reactions or change in mood.</p>	<p><b>Practice:</b> Live &amp; learn. Live life in all its fullness. Take opportunities &amp; make opportunities. Look at life as a lesson, learn from your mistakes whilst moving on better equipped.</p>	<p><b>Practice:</b> Make time for yourself. Find a comfortable balance, whilst doing the things you have to do, as well as doing the things you enjoy.</p>	<p><b>Practice:</b> Help yourself as well as others. Be patient and kind to yourself. Believe in your value and that you are good enough.</p>
<p><b>Why?</b> Avoiding pain will over time increase it. Painful experiences can result in defining you, shaping you &amp; clouding your judgements. Ultimately avoidance will eventually steal away a life of self-fulfilment &amp; reaching your full potential. Self-actualization. Talk and make connections with others. Talking can release stress &amp; is particularly a helpful way of offloading, making sense of situations &amp; giving your thoughts a voice. Talking allows for relationships to grow, strengthen &amp; perceive problems from a different perspective.</p>	<p><b>Why?</b> Becoming active both physically &amp; mentally will rebalance you emotionally. Powerful chemical endorphins in the brain are released when we exercise. The same endorphins that make us feel energized &amp; give a feel good feeling are the same endorphins that promote calm &amp; wellbeing. A healthy nutritious diet reduces the risk of chronic diseases &amp; increases concentration and high mood.</p>	<p><b>Why?</b> Be mindful of not only what is happening for you, but also try to connect with your surroundings &amp; what is happening around you. Once you begin to make these connections, you'll be able to connect &amp; empathise with how others might feel, ultimately promoting the tolerance of people.</p>	<p><b>Why?</b> We are curious beings. Our learning never comes to an end. What we learn (including the motivation we have for it) can positively have an impact on self-esteem &amp; efficacy, our life satisfaction, our confidence &amp; our capacity to cope.</p>	<p><b>Why?</b> Give time to your strengths, without forgetting to work on the weaknesses. Consider what it is you need and how these needs can be met. Surrounding yourself with people that will bring the best out in you will encourage you and create confidence.</p>	<p><b>Why?</b> Learn to accept your uniqueness, as well as other's differences. Offering your support can reduce isolation. It can create a sense of belonging &amp; in general make the world more habitable. Your act of kindness can increase low self-esteem, optimism, self-satisfaction &amp; happiness.</p>
<p><b>How?</b> Seek advice from your GP. Support groups. Self-help books. Twelve step programs. Counselling. Reach out to friends/family.</p>	<p><b>How?</b> Drink plenty of water. Relax &amp; get the recommended 8 hours of sleep. Exercise &amp; keep active - Join the gym/dance class/drama group. Try Tai Chi/swimming/walking/jogging. Read. Learn something new/take a course.</p>	<p><b>How?</b> Mindfulness/meditation Learn how to actively listen to others, as well as yourself.</p>	<p><b>How?</b> Try new things. Visit new places. Set realistic goals/ create a bucket list.</p>	<p><b>How?</b> Volunteer your time to a worthwhile cause. Partake in a creative activity. Take small steps in challenging your fears &amp; weaknesses. Spring clean &amp; organise your home as well as your mind by getting rid of what you no longer need or want.</p>	<p><b>How?</b> Ask for help when you feel the need. Offer your support where you can. Trust in your capability. Do not let False Evidence that Appears Real (fear) hold you back from reaching your full potential.</p>

***Learning - Loving - Living***