

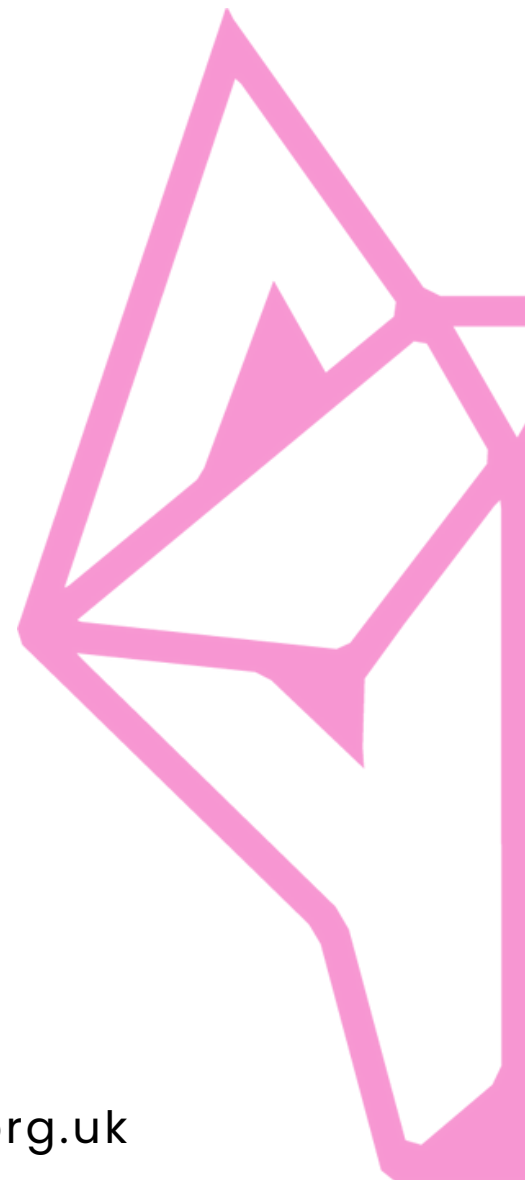


The
Wolfpack
Project

WELLBEING TOOLKIT

CONTENTS

- Why wellbeing is important
- In the moment strategies (p. 3-5)
- Longer term strategies (p. 6-8)



Wellbeing



Looking after ourselves is crucial if we want to live long and healthy lives. There are lots of things that can impact our wellbeing over our lives, so the better we are at looking after it day-to-day, the better we can manage when facing illness, change or loss.

There are 7 elements to think about which help us meet our basic human needs.

Social - Our connections to others

Physical - Our health and movement

Emotional - Our thoughts and feelings

Intellectual - Our skills and continued learning

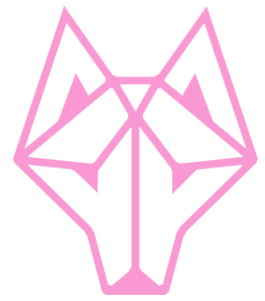
Financial - Our skills and continued learning

Environment - The world around us

Spiritual - Any level of faith or belief



In the moment



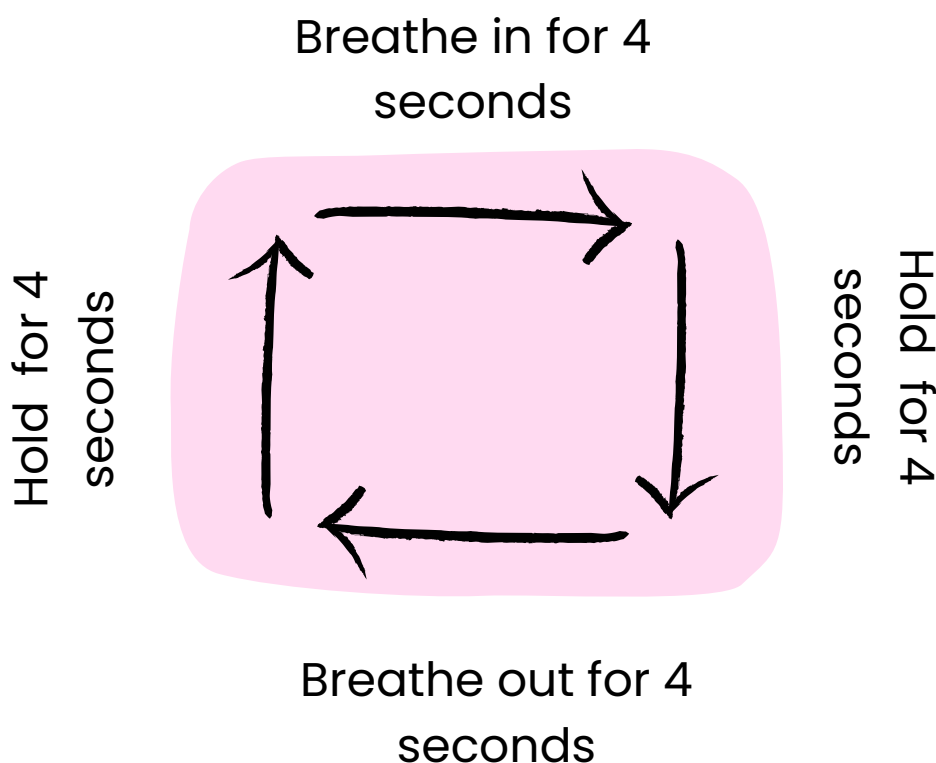
These tools are things to be used in the moment where you notice your mental health shift. Each tool can be easily adapted to suit you and the moment you are in.

Practice each tool even in good moments so they stick in your mind.

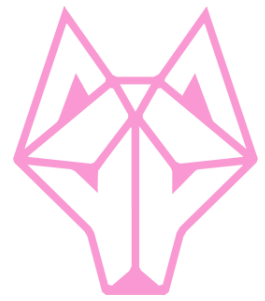
Box Breathing

This can help when feeling anxious or stressed. Getting into a regular breathing pattern sends a signal to our bodies to help calm it down.

You can try with just 2 seconds as you get used to it. As you start to feel calmer, gradually lengthen the out breath.



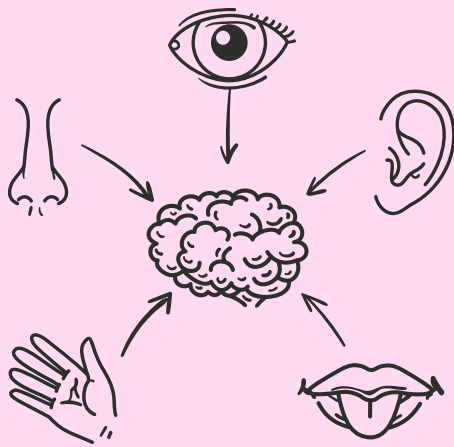
In the moment



Grounding or 54321 Technique

Using the senses can help bring us back into the present moment. Our brains find it hard to overthink and be sensing something at the same time, so this technique can help slow your thoughts down.

Some senses can work better than others so practice what best helps you.



- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Grounding technique can be used on it's own or with the breathing square.

If smell or taste help you ground best, then find ways to have things on you when out and about like sweets or spray.

In the moment



H.A.L.T

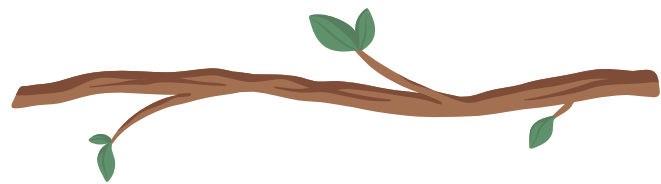
Sometimes in the moment, our response comes from not meeting all of our basic needs. If we are tired or hungry, we're not always going to respond in the best way.

Pause, breathe and reflect. Am I...
Hungry? Angry? Lonely? Tired?

If you are any of these things, take action to address them and you may feel loads better.

Note: anger can also be any unresolved emotion

Connect with Nature



Studies indicate that exposure to green spaces can lower blood pressure, enhance mood, and even boost the immune system. This makes spending time outdoors not just a pleasurable experience, but an essential aspect of maintaining positive wellbeing.

Just 10 minutes by a window or outside first thing can really help our mood and sleep.

Longer techniques



These tools are things to be used when you have time to pause and reflect for longer.

They might help with setting goals, spotting areas to develop or highlighting where you may need extra support. See Stress Toolkit for additional tools.

Practice Gratitude

Recognising the good things in our lives can help with shifting our perspectives. The more you practice this, the more you'll start spotting the good things around you across the day.

In a journal or on a piece of paper, jot down:

- 3 things can you be thankful for today
- Why are you thankful for them

The next day, find 3 different things and say why and so on. Try for a week to think of 21 things to be grateful for.

If you keep a gratitude jar, then each month you can review all your notes and give yourself a boost.



Longer techniques



Connection

When we feel lonely, it can be helpful to remind us of the **People, Places and Things** that we feel connect to.

This can include family, friends, holiday spots, photos and more. Also think about wider groups you associate with like a sports team or artist/band.

With a response in each section, add how you can best connect this week:

- a visit?
- a phone call?
- having it with you?

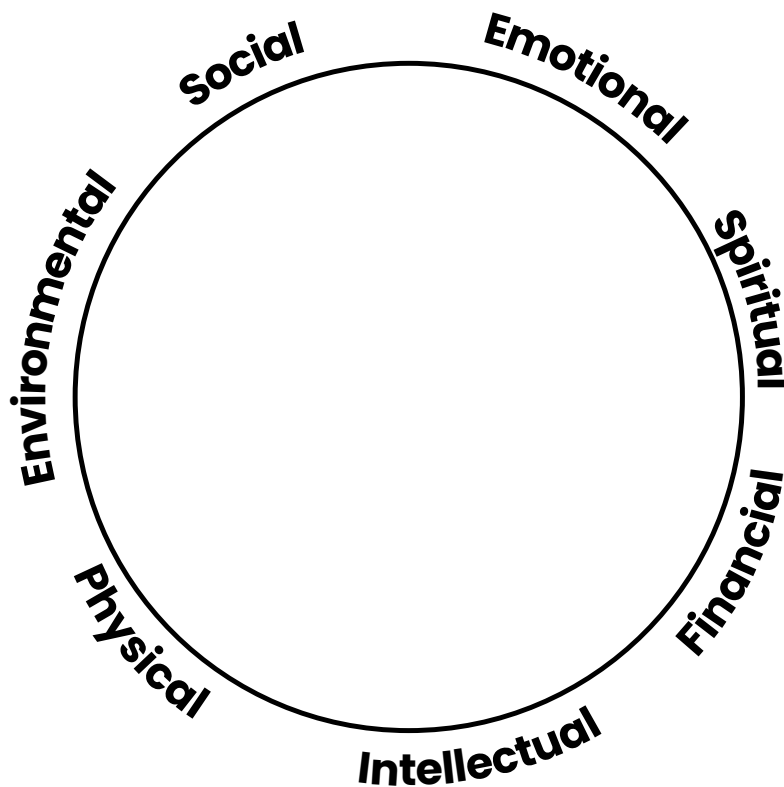
A diagram consisting of three overlapping circles arranged in a horizontal line. The leftmost circle is labeled 'People', the middle circle is labeled 'Places', and the rightmost circle is labeled 'Things'. The circles overlap in the center, creating a shared space between them.

Longer techniques



Self-Care Wheel

You can use this wheel in a few ways to help with your wellbeing under the main elements.



1. Ranking your wellbeing for each area and understanding why.
2. Mapping out your routine and ensuring you have balance for each area that works for you.
3. Setting goals for areas you want to get better at managing.
4. Managing transitions by looking at what changes could happen and what adaptations will work to still look after your wellbeing.