



Caring about your well-being

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01 Introduction What is Wellness?



What is wellness?

- Holistic integration of the mind, body, and soul (Stoewen, 2017)
- Requires constant and consistent maintenance
- Consists of everything that occurs in our lives, every action, thought, response, etc.
- Essential to a fulfilling life



02

Consolidating

All wellness strategies & tools

Consolidating all wellness strategies & tools



01

Activities you have used in the past to remain well – list down as many as possible



02

Things that have helped alleviate or mitigate the impact of distress before

E.g. Taking a cold/warm shower, playing with kids, going out for a walk, meditation, playing games, etc.

Consolidating all wellness strategies & tools

Psychological

- Have a mood diary (Write down how you feel and the situation that made you feel)

Intellectual

- Learn something new by taking courses, watching videos online, etc.

Physical

- Smelling scented candles, Take a warm shower
- Have a warm meal
- Go jogging

Spiritual

- Participate in activities that are consistent with your beliefs

Social

- Spending quality time with family or friends
- Volunteering

Environmental

- Head out to nature
- Notice how the environment affect your wellbeing

Occupational

- Finding new ways to shake things up at work
- Taking on side projects

Financial

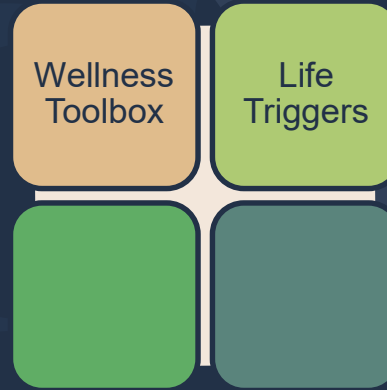
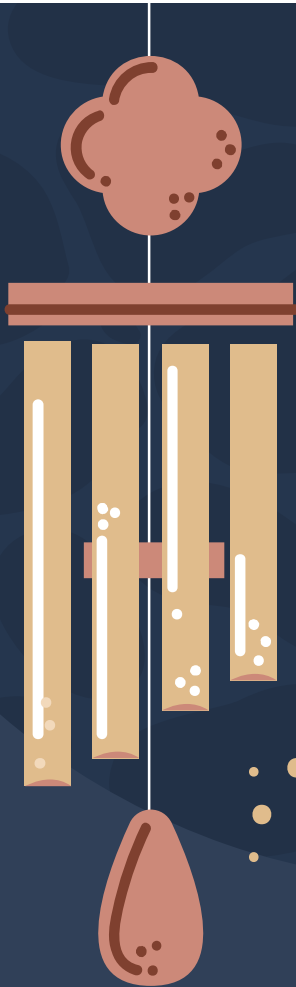
- Learn about investing
- Prepare for long- and short-term emergencies, adequate insurance coverage

Digital

- Setting aside dedicated no digital devices time
- Muting notifications

Creative

- Finding outlets to express individuality
- Taking arts, dancing, song-writing classes, etc



03

Life Triggers

Identifying & dealing with triggers

Identifying & listing



List down triggers that you have encountered before:

E.g. Arguing with a significant other, having to meet too many deadlines, having no time for things you enjoy etc.

Step 1. Identify a situation where you felt triggered

Step 2. Identify what happened before you got triggered

Step 3. Identify what thoughts and emotions you had while being triggered

Coping

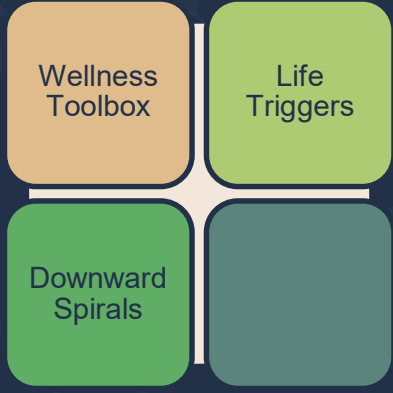
What strategies/tools can be used when a trigger arises?
E.g. Practising mindfulness – watching mindfulness videos on Youtube, heading to bed earlier, playing a game that you enjoy

Step 4: What did you do after you got triggered?

Step 5: What would you have done differently or similarly if the same trigger arises?

Step 6: Are there other ways you could have managed the situation?





04

Downward spiral

Coping or management strategies



Identifying a Downward Spiral

- Times where life seems to constantly become worse and worse
- Feels like things or your ability to manage are slipping away from you
- You are still able to find or see a way to get out of the situation



Identifying: Signs include



Unable to get out of the bed/shower when needed



Losing appetite



Sudden lack of interest in day to day activities



Skipping work or other important life events



Isolating from everyone

1. List down prior experiences of feeling like being in a downward spiral
2. What were your thoughts and emotions during these spirals?
3. Were there any potential trigger points that led you down the spiral

What to do: Coping strategies include



Showering everyday



Eating when possible



Brushing teeth regularly

- 1. Focus on doing one thing at a time when crafting your strategy
- 2. Make them as concrete as possible (e.g., avoid things like rest or relax but list out actual activities or things that can be done)
- 3. Match them to the scenarios you thought of previously

05

Crisis

Identifying a crisis & seeking help



Identifying a crisis

- Crisis are a time of intense difficulty or challenge
- Turning points based on decisions made
- Be aware that you're in a crisis situation
- Step 1: Defining what a crisis is to you and list out prior crises
 - E.g. Being unsure about what is happening in your life; thoughts of suicide
 - E.g. Physical symptoms that affects you (e.g., extreme lethargy, anxious etc.)
 - E.g. Simply feeling a sense of despair or being lost



Seeking help

Step 2: Think about what you want to do or what you want others to do for you in crisis situations

- Step 3: List out concrete steps you can take to help you manage the situation
 - E.g. Taking a quick nap to reset
- Step 4: List out 3rd party support options
 - E.g. Seeking help from family and friends
- Step 5: List out professional support options
 - E.g. Counselling, Psychologists, Psychiatrists, Over-the-phone support (CHAT, SOS etc.)



Thank You!

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The Total Wellness Initiative SG®

