

# Wellbeing for Changemakers



**Sample Toolkit**

Hello and welcome.

This booklet contains a sample of the activities we explored during the Wellbeing for Changemakers programme.

The idea is that having a toolkit can make it easier to weave wellbeing into the everyday.

We don't have any magic wands, but doing more of these activities, more of the time can help make life feel better.

Keep it to hand and dip in whenever you need a boost.

Self-care shouldn't come bottom of the to-do list. Take care of your precious self.

Melissa x



# Toolkit contents

- What 3 words
- Wheel of wellbeing
- We need to move it (move it)
- Mini-meditation
- Face cream
- Smilies
- Speedy portraits
- Story-crafting
- Resistance



# Self-awareness is

Too often we end up running on empty. These three tools offer a simple way of checking in with yourself.

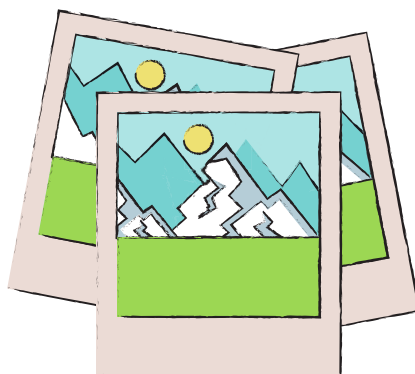
When we attend wellbeing sessions, we leave full of good intentions.

Because we're human, it's really normal for these intentions to get side-lined.

Seeing these prompts and taking a couple of minutes to see where you're at can be enough to encourage you back onto the wellbeing wagon!

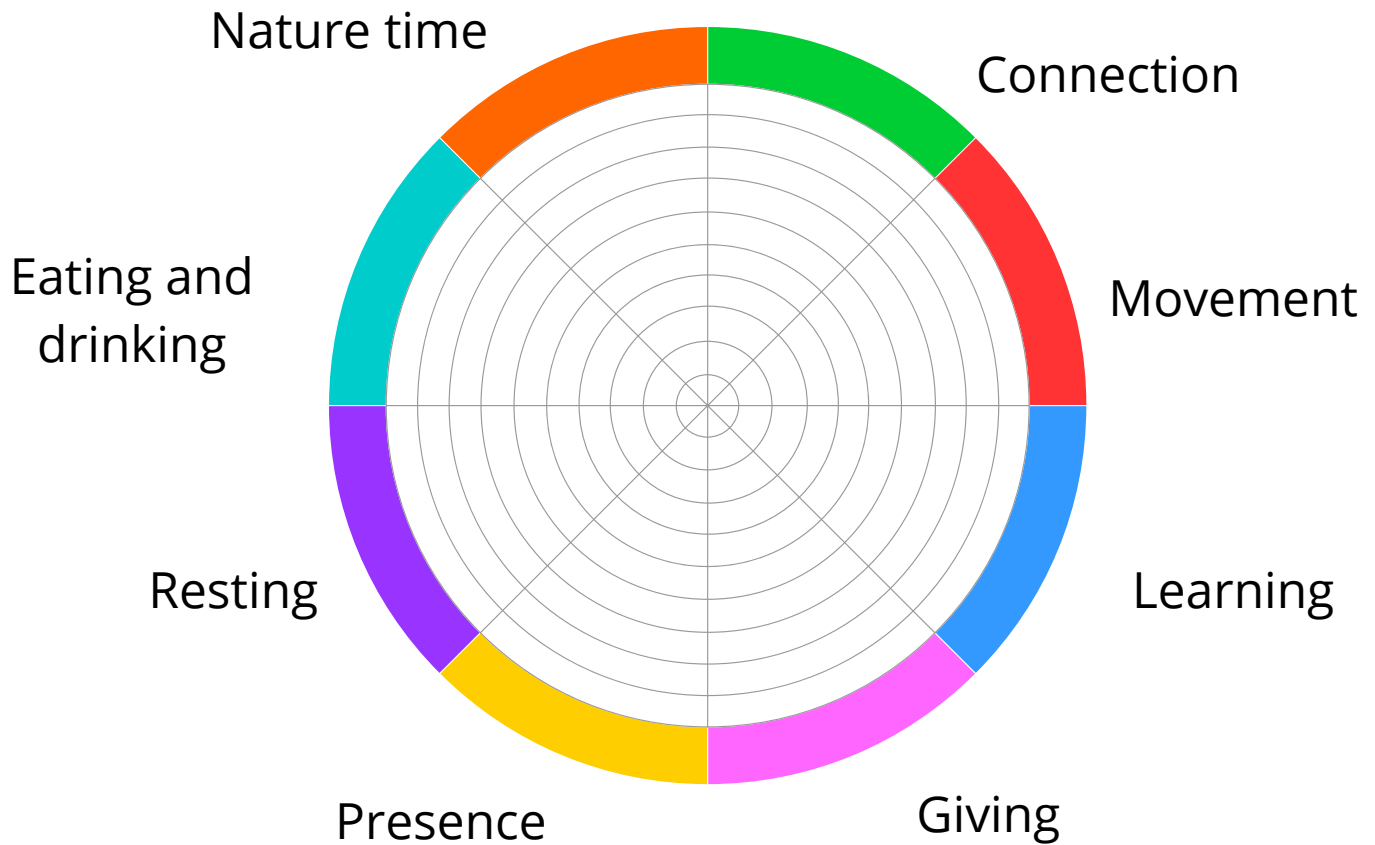
## What 3 words

Taking a simple three-word snapshot of your inner world helps you work out what you need to make yourself feel better.



# The Wheel of Wellbeing

How close are you to meeting your wellbeing needs?



## Self-assessment

If you're looking for something more scientific, the Warwick-Edinburgh mental wellbeing scale will help. Perhaps schedule in a monthly check-up. Having our eyes open to our inner world is the first step to excellent wellbeing.

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/wellbeing-assessment-tool>

# The Science of Stress

When we're under pressure, the body gets flooded with chemicals.

Adrenaline = increased heart rate + increased blood pressure

Glucose = energy

Cortisol = muscle repair

Dopamine = problem solving

Oxytocin = connection

Serotonin = happy high!

This is why we need a toolkit of activities.

Different tools for different jobs help us stay in balance.



Shift the tough stuff



Soothe our unsettled systems



Cultivate happiness

# We need to move it (move it)

Had a tough conversation? Emails piling up?  
Resist the temptation to just take a deep breath and crack on.

Get up.  
Stamp your feet!  
Shake, from your fingers, up through your arms.  
Get your body moving.  
Walk.

Make horsey lips.

Hopefully, you will feel your system settle.  
If not, repeat!

If the physical activity doesn't help, perhaps you need to talk things through. Or take a longer break. Or a nap.



# Meditation

“Meditation is not mystical – it's simply a way for us to stop for a moment and be calm. In a busy world, it gives us the permission to pause, breathe and reset.”

[www.nhs.uk](http://www.nhs.uk)

There are many different styles. One size does not fit all.

Developing a meditation practice takes time. It can be deeply uncomfortable to begin with. But cultivating a place of peace and calm within is one of the biggest gifts we can offer ourselves.

Even a minute of meditation in the midst of a busy day can make a difference. You can do it sat at your desk.

Here's a simple guide:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-meditate-for-beginners/>





# Face cream

Lots of people slap a bit of face cream on, morning and night. Or give their faces a quick scrub with a flannel. Instead of rushing through, this is a perfect opportunity for some self-care.

Rather than moisturising or washing while walking from one room to the next, or, staring critically into the mirror, take a pause.

If you're not used to moisturising, give it a try!

Take the cream and sit somewhere warm. Enjoy the scent of it. Notice how it feels on your fingers. Then, apply it slowly and gently. Apply it as you would apply a cream to someone you cherish. Take your time. Breathe.

Taking a minute can give you a real sense of time slowing down. Allowing the body to settle. Don't let it end there. See how it feels to take five minutes. Enjoy.



# Creativity

We're all born creative but sadly some of us get it squashed down at a young age.

Reconnecting with your natural creativity can be wonderful for your wellbeing. It can be used to soothe, to inspire and to bring joy.

It's not about getting good, it's about how it feels when we're doing it.

## Speedy portraits

Being 'rubbish' at drawing doesn't mean you can't have fun playing around with it. And, like anything, the more you do, the easier it will become.

Set a timer for 60 seconds. Get your pen in your non-dominant hand. Go!

Try moving between your dominant and non-dominant hand, reducing the time available.

What happens when you've only got 5 seconds?  
Which drawing do you prefer?  
Any surprises?



# Story crafting

Anyone, any place, anytime can form inspiration for a little imagination play.

You don't even need pen and paper for this one. Try it the next time you're stood in a queue.

Imagine the person in front of you or on the checkout is actually a secret agent, leading a double life

Where do they really live - what type of building is it?

What unusual hobby do they have?

What's their super-power?

What's their mission?

Guarantee the time will pass quickly and it'll make a refreshing change from mulling over something from earlier in the day (or thinking about what's coming next).



# Transitions

When we're busy, we have a tendency to barrel from task to task. If we're a few minutes early for an appointment, instead of enjoying a couple of minutes peace, we try and squeeze another task into a ridiculously tight time slot.

There is another way.

Instead of rushing, allow yourself a pause.

Catch your breath.

Congratulate yourself on getting stuff done!

At the end of each task, make a note of how it felt.

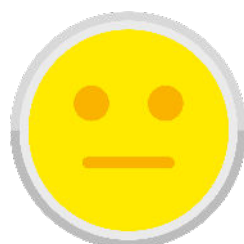
Yes, there are bound to be some tricky times.

But chances are, most are neutral, and some feel great.

Our perceptions are clouded when reflecting.

We often focus on the negative and forget to give ourselves a pat on the back for all the good we've done.

Taking time between tasks to notice what you've achieved may give you a greater sense of satisfaction at the end of the day.



# Resistance

If you're not used to taking pauses or allowing yourself space to practice great self-care, it's inevitable that you'll experience some resistance.

"Comfort with the status quo is very powerful. Moving into an unknown future state creates anxiety, fear and stress, even if the current state is painful".

[prosci.com](https://prosci.com)

Learn to recognise what your resistance sounds like.

Notice it.  
Soothe it.  
Take action.

Great self care takes practice

I'm too busy



What's the point -  
it won't make any  
difference

I'm doing it wrong

They'll think I'm  
not working hard  
enough

I'll look stupid



A massive thank you to the National Lottery Community Fund for making these sessions and this toolkit possible.

We hope that you've found it useful.

If you'd like more great ideas for improving your wellbeing, please sign up for our newsletters:

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**network of  
wellbeing**



Nurture : Explore : Transform