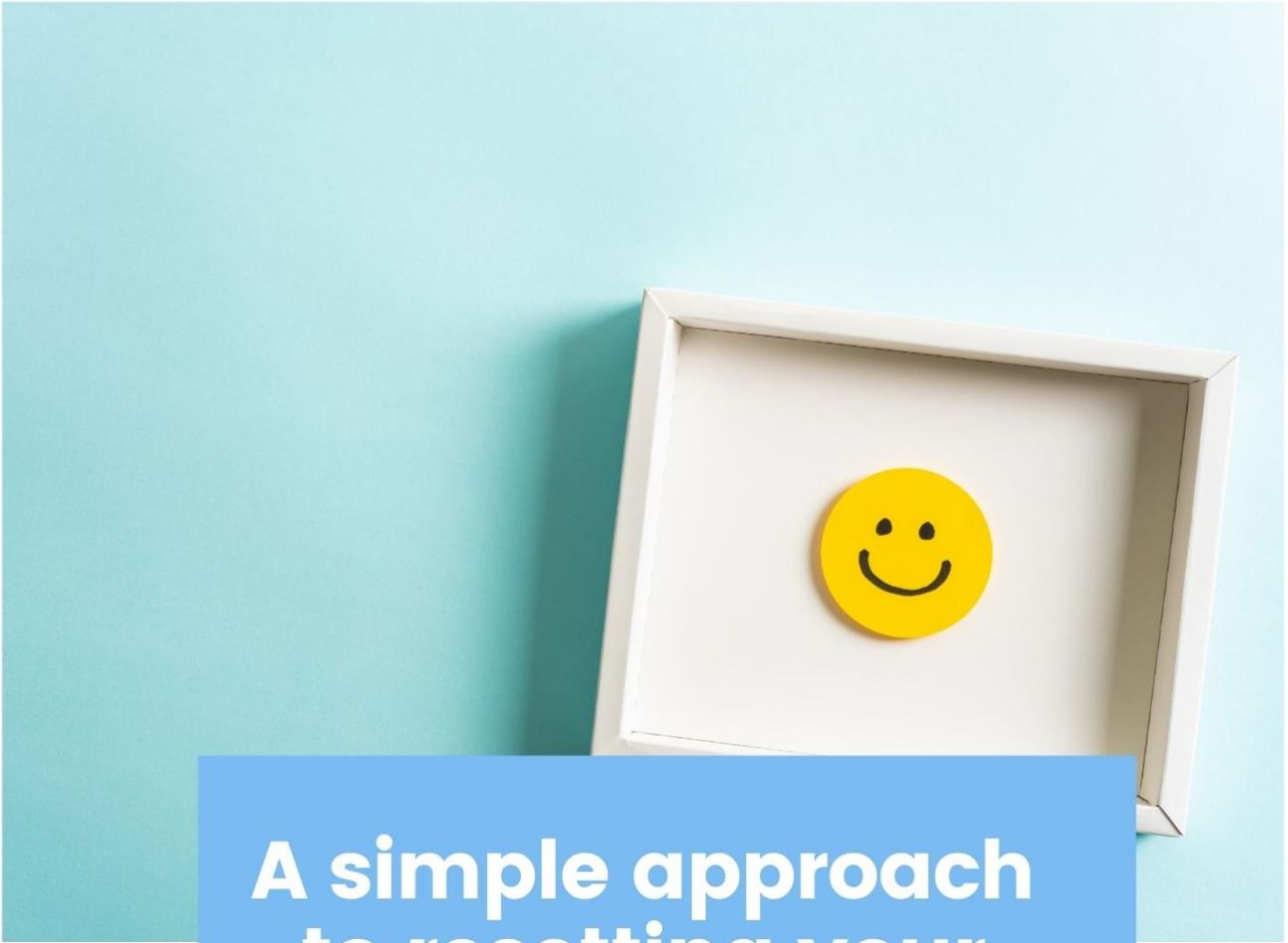
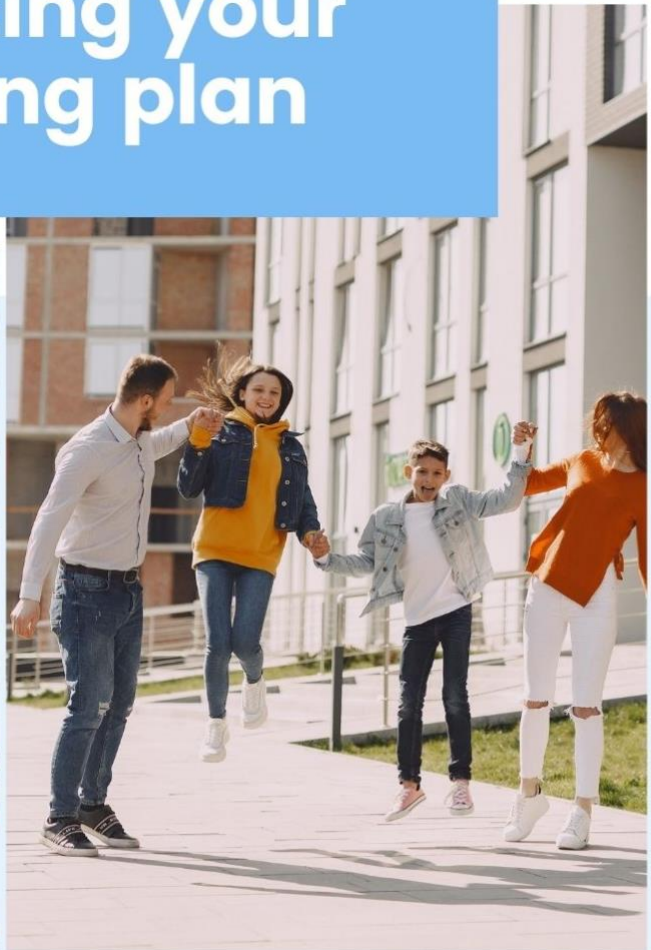


4 simple exercises to design your wellbeing plan



## A simple approach to resetting your wellbeing plan



## Welcome!

We're going to be designing your ideal week or day and the steps you need to make it happen. This activity involves 4 sections, each taking around 4-5 minutes.

These activities are all about creating the space for you to slow down and tune into what you need to create the sustainable lifestyle ideal for you. There is no right or wrong answer, it's about finding what suits you.

It's easy to do, can be completed by individuals, couples or families and is a great way to check in around what you can do to navigate this uncertain time.

## What empties and what fills your bucket

Create 2 lists of things that enrich your life (fill your bucket) and things that drain your energy and attention (empty your bucket).

Empties my bucket	Fills my bucket
1. 2. 3. 4. 5. 6.	1. 2. 3. 4. 5. 6.

## The people equation

Who's in my support crew in life and at work? Create 2 simple lists.  
Who in this list would I like to check in with this week?

My support crew in life is...	My support crew at work is...
-------------------------------	-------------------------------

How do others impact on my work life balance?

The positive things that impact on me?  1. 2. 3. 4. 5.	The detrimental things people can do?  1. 2. 3. 4. 5.
--	---

## Your ideal day or week

Think of it like a recipe.

What are the key ingredients in a great work life balance week/day for me?



## Your next steps

What key actions would take me closer to my ideal week/day?

- 1.
- 2.
- 3.
- 4.
- 5.

Whose help do I need?

# Looking for wellness ideas

Need some inspiration? Here are a few ideas to help get you started. Think of it as a 'bingo' card rather than a to-do list!



**Get lots of natural light.**

**Don't think it – ink it.**

**Set yourself a goal or write about how you're feeling.**

**Do something you've never done before.**

**Take 5 minutes to meditate, breathe or to listen to the noises around you.**

**Spend time in nature and move.**

**Smile at a stranger – kindness is infectious.**

**Have a tech-free day or hour to clear your mind.**

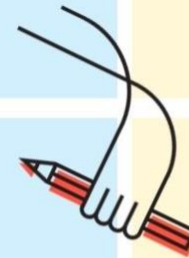
**Find a joke/meme that makes you laugh until you cry...**

**Connect with someone you love or don't see often. You'll brighten their day and they'll brighten yours.**

**Eat more fruit and veggies – the more colourful the better (the antioxidant levels will help boost your immune system).**

**Drink water and then drink more!  
You are mostly made up of water.**

**Put on your favourite music and dance like no one is watching!**



# Further support

Never be afraid to seek support. Below are links to support services, as well as some of mwah.s other wellness webinars and resources.

## Mwah. webinars

- **Changing Habits** with Corey Boutwell, a Health & Performance Coach
- **Clear your head and super charge your energy** with Alex Laws, High Performance Coach
- **Wellbeing without the 'woo woo'** with Sean Hall from Energx

## Mwah. resources

- **mwah. wellbeing survey** – a simple way to see how you are travelling currently and what to consider
- **mwah. mini journal** – helps you reflect on what matters to you, in work and life

## Contact mwah.

We would love to connect with you!

team@mwah.live  
www.mwah.live  
(02) 9267 3079

## Further support

Never be afraid to seek support, there are many services available to support you including:

- **Beyond Blue** – providing free counselling during the COVID-19 pandemic
- **Heads Up** – a suite of resources for workplaces
- **Lifeline** – Lifeline exists so that no person in Australia has to face their darkest moments alone
- **This Way Up** – a fantastic range of self-paced online courses that teach clinically-proven strategies to help you improve the way you feel. Packed full of practical tips and great resources such as:
  - 5 Steps for tackling your problems
  - Effective ways to express yourself
  - 5 simple steps to calm your emotions
- **Reach Out** – Australia's most trusted online mental health support for youth and parents

