



A to Z Of Wellbeing

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| <p>C</p> <p>C is for Contagion People can catch your positive vibes and spread them to others.</p> | <p>D</p> <p>D is for Determination Be committed and determined to achieving something in the long term.</p> | <p>E</p> <p>E is for Ease Peace and wellbeing can be achieved when you are at ease with yourself and your circumstances.</p> | <p>F</p> <p>F is for Flow Find something you enjoy. Commit to doing it every day. Even if it's just for five minutes.</p> | <p>A</p> <p>A is for Attitude You can choose to your attitude and it impacts on everyone around you.</p> | <p>B</p> <p>B is for Botheredness Be bothered to care about your life and everyone in it.</p> |
| <p>I</p> <p>I is for Input Read great books, listen to interesting podcasts and talk to supportive people.</p> | <p>J</p> <p>J is for Junk Remove your connection to junk communities where people moan, complain and spread negativity.</p> | <p>K</p> <p>K is for Kindness Being kind can lift your mood and the mood of the person you help. Do it more often.</p> | <p>L</p> <p>L is for Love Love yourself first. It's the building block for flourishing relationships.</p> | <p>G</p> <p>G is for Gratitude Be grateful for what is in your life rather than what isn't. Gratitude is the fertiliser for...</p> | <p>H</p> <p>H is for Happiness We all want more of it. So look for it and let it into your life.</p> |
| <p>O</p> <p>O is for Outside Being outside and offline will reduce stress and increase happiness.</p> | <p>P</p> <p>P is for Perspective Are you having a bad day - or a bad few minutes you can't move on from?</p> | <p>Q</p> <p>Q is for Quiet A quiet mind is free of stress and worry.</p> | <p>R</p> <p>R is for Relationships They recharge you with clean, green and renewable energy.</p> | <p>M</p> <p>M is Mindset The skill set without the mindset will leave you upset.</p> | <p>N</p> <p>N is for Neuroplasticity Practice and repetition can require your brain for the positive.</p> |
| <p>U</p> <p>U is for Understanding Be compassionate and free of judgement for others.</p> | <p>V</p> <p>V is for Values Know what you stand for and stand against. Make sure your actions match.</p> | <p>W</p> <p>W is for Words Words shape worlds. Choose and use yours carefully.</p> | <p>X</p> <p>X is for X factor You are the best version of you. No one is better at being you than you. You have the X factor already.</p> | <p>S</p> <p>S is for Slower Slow down and be present. You are only where you are right now. The present. So lap it up.</p> | <p>T</p> <p>T is for Thinking Thoughts come and go like the wind. Try to hold on to as many positive ones as possible.</p> |
| | | | | <p>Y</p> <p>Y is for You You matter. You always have and you always will.</p> | <p>Z</p> <p>Z is for Zip Having zip and spring in your step motivates you to be your best self every day.</p> |