

# THE WELLNESS PLAN

Planning for wellness involves understanding the mind as both embodied and relational. A structured approach to relational aspects of the mind is married with information about the importance of sleep, balanced nutrition, exercise, down time and play.

Energy and information flow is what our mind is all about.

The seven steps of the plan are the building blocks for structured conversations - to support families and communities in knowing how they can strengthen and enable their wellness. The plan is best completed with a close friend or trusted person and takes about half an hour to complete.

Try and work through it when you are feeling OK - then keep it somewhere you can easily find it so that you can refer back to it when you're not feeling OK.

**Alpiri** ®



# The Alpiri Wellness Plan

The seven steps :

- **know your warning signs**- changes in thoughts, feelings, moods, behaviours or physical symptoms that happen when you are getting stressed or becoming anxious or unwell eg - feeling like a burden, feeling hopeless, feeling trapped, struggling to keep up with your usual routine, more fussy about food than usual, feeling unusually tired
- **moments of calm**- when you're having thoughts or feelings that overwhelm you, it's easy to get caught up in the pain you're feeling and forget the positives in your life. Think about moments when you feel calm, happy and 'tuned in' or connected
- **making the environment safe**- taking yourself out of unsafe or stressful situations . This may be things like asking someone else to look after your medication or avoiding driving when you're stressed
- **things you can do** for yourself eg going for a mindful walk, doing some exercise, play with a pet, see a movie, watch a favourite film, practice relaxation techniques like breathing exercises , mindfulness or meditation
- **connecting with people and places**- being around people can improve your mood and can be as simple as going to a park or inviting a friend over to watch a movie
- **friends and family you can talk with** - this is an opportunity to think about those people you feel really safe with who you go to when things are really tough. It can be helpful to share this plan with those people
- **professional support is always available** when things become too much. If one service doesn't work for you, try another one.

***CLICK THIS TEXT TO DOWNLOAD THE LATEST VERSION OF THE WELLNESS PLAN - THIS INCLUDES OUR ADAPTATION OF PROFESSOR DAN SIEGEL'S WELLNESS WHEEL***



Jon Kabat Zinn -creator of the Mindfulness Based Stress Reduction -course at the 2019 Mindful Healthcare Summit

***"the deepest repository for health and wellbeing lies right inside our own bodies and minds. By paying attention in a certain way we can tune in to healthy dimensions activating our genetics and every aspect of our biology. Our bodies know when we are calm as opposed to frustrated, agitated or stressed and our biology changes.***

***At the level of neuroplasticity, mindful activities drive functional connectivity between different regions of the brain which do better when they connect with each other. Better in terms of attention regulation, emotion intelligence, perspective taking- all sorts of biological things that have profound effects on our health and wellbeing'.***

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