

## E-Book

# Holistic

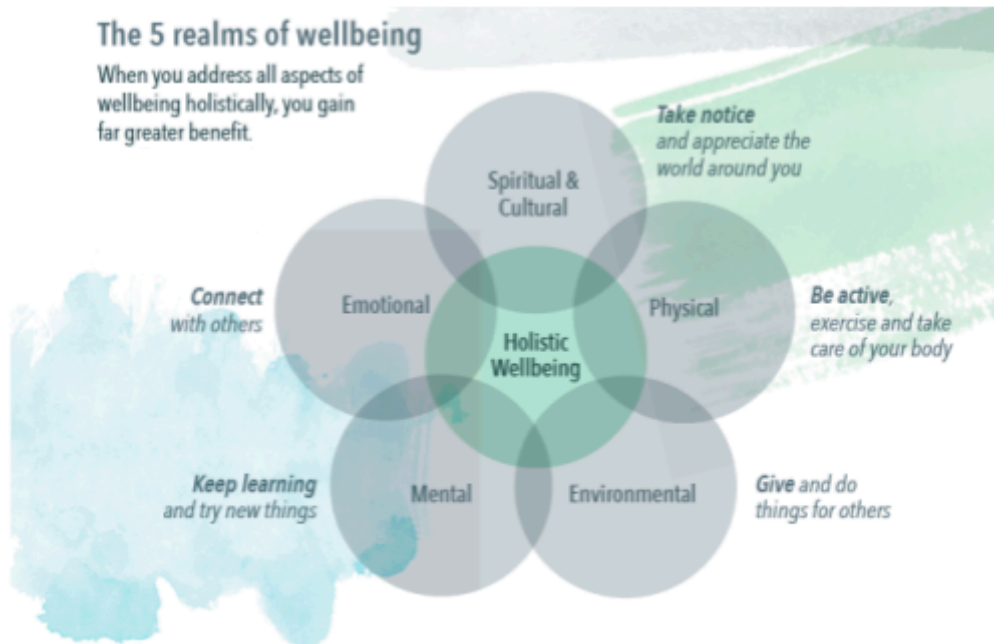
APPROACH TO WELLBEING

*"The whole is greater than the sum of its parts."*  
ARISTOTLE

Physical, mental, emotional, spiritual/cultural and environmental aspects all play an equal part in our wellbeing. When all five aspects are addressed in our life, there is greater capacity for health, growth, insight, happiness and resilience.

### The 5 realms of wellbeing

When you address all aspects of wellbeing holistically, you gain far greater benefit.



### The following resources may be helpful for maintaining wellbeing balance

**Mindfulness App:** *Smiling Mind* would be one of the most well-known and popular, mindfulness app. Includes Pitjantjatjara and Ngaanyatjarra, Arabic, Dari and Kriol languages.

<https://www.smilingmind.com.au/smiling-mind-app>

**Heart & Breath Mindfulness:** I am a bit of a fan of Kelly Mc Gonigal, and I have enjoyed using the *Heart opening breathing practice* that Kelly offers

<https://www.ideafit.com/mind-body-recovery/heart-opening-breathing-practice/> It can be very helpful

even if you just hold your hand on your heart and visualise breathing in and out through your heart centre as you breathe slowly and deeply (refer to the last section of the guidance).

**Healthy nutrition:** If you are looking for some healthy recipes, I have found <https://quirkycooking.com.au/> to have easy to follow, lovely recipes, no matter what dietary restrictions you might have.

**Meditation:** If you have 12 minutes, Mindful.org have a meditation for you; from laughter yoga to deep meditation. [https://www.mindful.org/12-minute-meditation/?mc\\_cid=4dbb125284&mc\\_eid=530edb4b0c](https://www.mindful.org/12-minute-meditation/?mc_cid=4dbb125284&mc_eid=530edb4b0c)

**Well Mob** have wonderful wellbeing and healing resources from an Aboriginal and Torres Strait Island cultural perspective. <https://wellmob.org.au/key-resources/>

Research at the **HeartMath Institute** shows that, “adding heart to our daily activities and connections produces measurable benefits to our own and others’ well-being” (<https://www.heartmath.org>) The HeartMath Institute’s article “Moving more love through our system” also has a link to a group “care focus” using an app that might be of interest.

<https://www.heartmath.org/calendar-of-events/special-care-focus/moving-more-love-through-our-system/>

**Career support:** MindTools have a heap of resources to support personal and professional career development <https://www.mindtools.com/>

**Yoga:** 20 minutes of gentle stretch and flow yoga can really help start the day, this link has been a go-to for me (thanks Natalee) <https://youtu.be/kJypraE591c>

**Relaxing Music** played with a Handpan can be so relaxing – have a listen: <https://www.youtube.com/watch?v=mw4k1tCnAuE>

**Gratitude Journal:** Research suggests writing with a focus on gratitude for 15 minutes a day a few times a week for at least 2 weeks can make a significant difference to wellbeing. [https://ggia.berkeley.edu/practice/gratitude\\_journal](https://ggia.berkeley.edu/practice/gratitude_journal)

**Loving Kindness Meditations:** Jack Kornfield and Tara Brach are the Masters in teaching mindfulness. They have some freebies you might find helpful <https://product.soundstrue.com/power-of-awareness/free-video-series/>

**Easy Mindfulness:** This 30 second mindfulness technique from Phil Boissiere works. Such a handy practise to use anytime. I find it particularly helpful when I am feeling off balance, feeling overwhelmed or struggling emotionally. <https://youtu.be/ad7HqXEc2Sc>

**Stress is Natural:** I know this Ted talk from Kerry McGonigal has been around for a few years but I think it is a great reminder of how stress can work for us if we change our thinking [https://www.ted.com/talks/kerry\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kerry_mcgonigal_how_to_make_stress_your_friend?language=en)

**Happy Wellness Tips:** I think it was Buddha who said “We are what we think”. Focusing on thoughts feelings and activities that create happiness and joy is a fun path to wellbeing. I really like these happiness tips: <https://www.livehappy.com/self/wellbeing/10-happy-tips-boost-your-wellbeing-today?nopaging=1>

**Helping our Kids:** The Big Life Journal has wonderful creative resources for working with kids. These free printable’s are great: <https://biglifejournal.com/pages/freebies>

**Mindful walking:** This nine-minute walking Mindful meditation is led by the wonderful Jon Kabat-Zinn <https://www.mindful.org/walking-meditation/>

**Reading:** *Uplift* have some great articles and if you are in to listening to uplifting podcasts this site has some good ones <https://upliftconnect.com/channel/wellness/>

**Daily Om** is a website with lots of wellbeing tools. They are a bit full on with their marketing of their on-line courses (having said that, I did purchase a yoga course that was quite good) but they do have some good information and the regular email articles are usually very insightful. <https://www.dailyom.com/>

**Mental Health support:** Discover 10 things you can do when struggling with your Mental health. A great website with tips from lived experience..  
<https://letsqueerthingsup.com/2018/03/03/10-ways-to-reach-out-when-youre-struggling-with-your-mental-health/>

**Get Creative:** Some great tips and easy practises to use when feeling stressed from the **Creative Wellbeing** Website <http://creativewellbeingworkshops.com/wp-content/uploads/2012/07/CWW-Handout.pdf>

**Affirmations:** I do like to pick an affirmation card or angel card from time to time. I recently found a website dedicated to affirmations for all situations.  
<http://www.vitalaffirmations.com/pool/affirmation-cards.htm#.VgnUIHqqqko>

**Kindness cards:** This website has kindness cards and other kindness activities for download, so you can pay it forward with random acts of kindness. <https://www.randomactsofkindness.org/printables>

**Improved sleep:** *Reach Out* has some great ideas and resources for all aspects of Wellbeing and mental fitness. They have some practical ideas to support better sleep <https://au.reachout.com/mental-wellbeing/sleep-issues>

**Colouring-in** to reduce stress seems to be very popular and works! Here are some free downloads of mandala art for you to try <https://mondaymandala.com/m/>

**Workplace stress:** This is an excellent list of how you can address specific stresses and mental distractions whilst at work. <http://www.mindful.org/your-mind-at-work/>

**Stress less tips:** This one is from Mental Health NSW – Great tip sheets you can print out  
<http://www.stresslesstips.org.au/all-tips/>

**Calm:** This app lets you select a wonderful screen image whilst beautiful relaxing music is played. One of my favourites <http://www.calm.com/>

**Meditation practice:** Tara Brach is an inspiring world leader in Meditation and Mindfulness. She generously shares her many excellent meditations for download  
<http://www.tarabrach.com/guided-meditations/>

**Kids Mindfulness:** Three great ideas to engage with mindfulness with Children. I really love the “Roar into the wind” activity – great for young and old!  
<http://www.mindful.org/3-mindfulness-exercises-you-can-try-with-your-kids/>

**Better sleep:** This is a very comprehensive article with everything to help you get a better nights sleep  
<https://www.verywell.com/sleep-4014648>

**EFT or TFT Tapping technique:** Works so well in balancing emotional states. Nick Ortner helps you to experience using it in this YouTube <https://www.youtube.com/watch?v=02bN4JFx10Y>

**Clear Mind:** For those of you who don't connect with meditation here's 10 top tips for clearing the mind  
<https://mindfulminutes.com/10-ways-clear-mind-without-meditating/>

**Calm foods:** Eat yourself calm gives a good explanation of what foods can exacerbate anxiety and what food our bodies really need for balance.

<http://www.mindbodygreen.com/0-25477/eat-yourself-calm-10-foods-that-fight-anxiety.html?platform=hootsuite>

**Earthing:** Breathing through your feet is a practical way of being able to ground and centre and calm yourself. As you breathe, you visualise your breath travelling out through the base of your feet into the earth, then breathing in drawing up positive energy from the earth up through your feet filling your whole body. This article highlights the benefits of “Earthing” <http://upliftconnect.com/benefits-of-earthing/>

**Decluttering** the home or office can have a wonderful benefit on wellbeing. I found this great website with 18 tips for creative decluttering. <http://www.becomingminimalist.com/creative-ways-to-declutter/>

**Doodling** can be described as helping us to “think differently” and is considered to be “deep thinking in disguise”. Read more here: <https://www.psychologytoday.com/blog/arts-and-health/201401/doodling-your-way-more-mindful-life>

**Volunteer:** Feel good by helping others. The *GoVolunteer* app can match your interests to the help that is needed in your community <https://www.volunteeringaustralia.org/get-involved/govolunteer/#/>

**Tips for a bad day:** I have such respect for people who live with mental illness and such gratitude for the wisdom and knowledge they impart on coping strategies that work. Very helpful for any of us tackling a major mental health issue or just having a bad day. <https://themighty.com/2017/11/different-coping-techniques-for-mental-illness/>

**Games for connection:** Here’s some fun team building, or family fun, games to try <https://www.mural.co/blog/team-building-activities>

*Wellbeing Consultancy Australia would like to acknowledge the Kabi Kabi nation as the traditional custodians of the land in which we live and conduct our business. We pay respect to all Elders – past, present and emerging. Sovereignty was never ceded. It always was and always will be, Aboriginal land. Wellbeing Consultancy Australia welcomes diversity in all forms and supports the LGBTIQAP+ community.*

\* Environmental – GIVE \* Mental – LEARN \* Emotional - CONNECT \* Spiritual / Cultural – TAKE NOTICE \* Physical – BE ACTIVE