

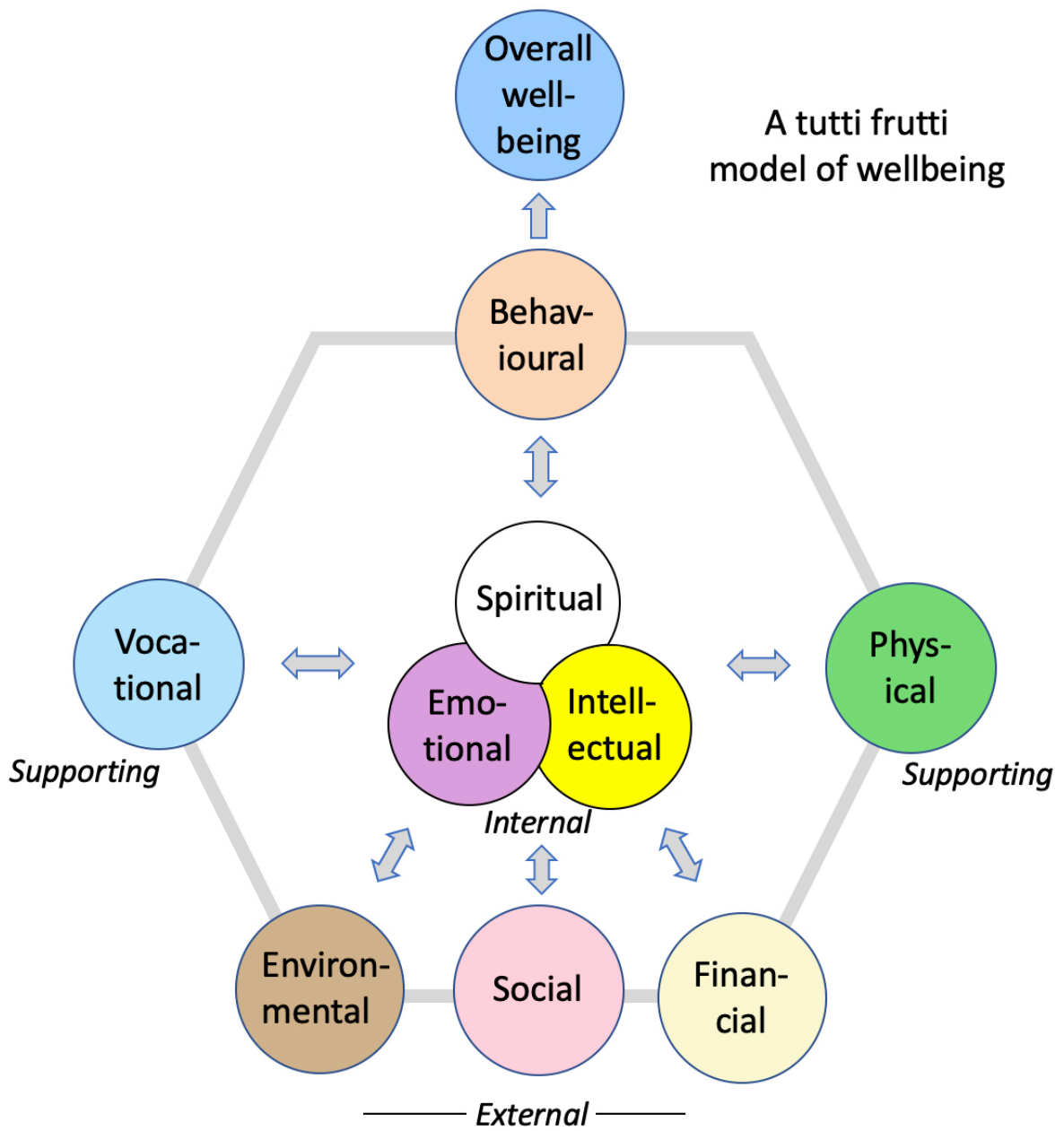
THE
**Tutti
Frutti**

BOOK OF

Wellbeing

Embracing every flavour
for a vibrant you

Finn Willow



I have nine faithful guides,
Each one keeps me whole;

Environmental keeps my world clean and green,
Social weaves bonds tight and serene.
Financial plans with prudence and care,
Vocational seeks purpose in the work I bear.

Emotional and Intellectual,
They walk beside me, true;
Spiritual, Physical, and Behavioural,
Make up the caring crew.

Behavioural shapes habits, day and night,
Together they balance my life just right.

Thank you Former-Member, and
Shaz51, for getting things started

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Wellbeing is about how you feel and think about yourself, your relationships, and your life. It's a simple and deep idea.

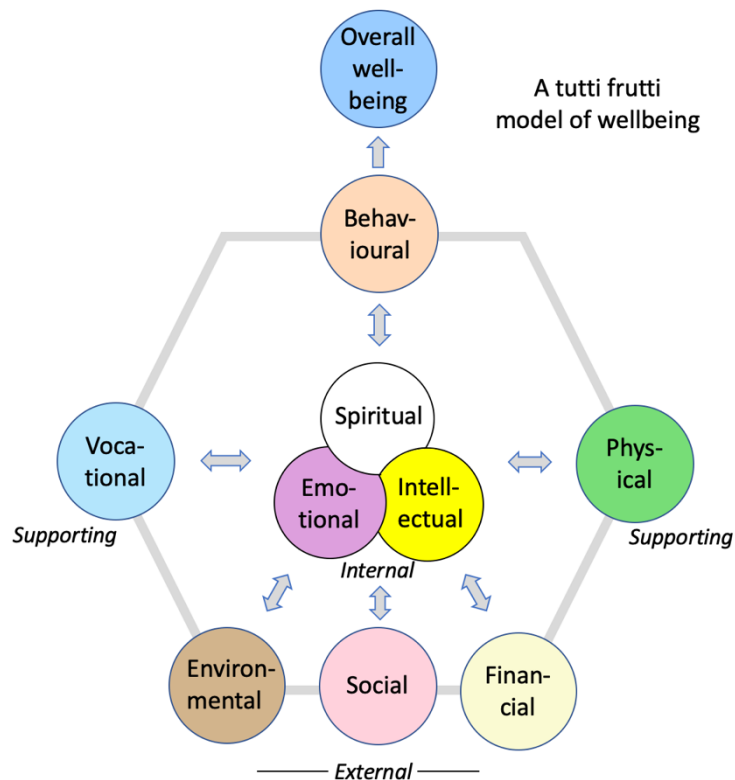
There are nine kinds of wellbeing, each contributing to your overall sense of health and happiness.

1. **Environmental:** Creating a harmonious living space and engaging with the natural world.
2. **Social:** Building meaningful relationships and a sense of community.
3. **Financial:** Managing your finances to provide security and freedom.
4. **Vocational:** Finding fulfillment and balance in your professional and personal pursuits.
5. **Emotional:** Understanding and managing your emotions, fostering resilience, and finding joy.
6. **Intellectual:** Engaging in lifelong learning, creativity, and critical thinking.

7. **Physical:** Maintaining your body through nutrition, exercise, and healthy habits.
8. **Spiritual:** Finding purpose, inner peace, and a sense of connection beyond oneself.
9. **Behavioural:** Developing healthy habits and routines that support overall wellness.

You'll find that these nine kinds are interconnected, creating a wholistic approach to personal wellness.

Dive into the kind of wellbeing that interests you and explore the "how to improve or maintain" suggestions provided for each of them. I've grouped these suggestions into themed sections to make it easier for you to find and implement what resonates with you.



The nine kinds of wellbeing interact with one another, as you can see in the *Tutti Frutti model of wellbeing* (above) resulting in your overall wellbeing.

An analogy can be made to a car or an orchestra. In a car, the tyres have to support the chassis, the engine needs to be able to propel the car, the steering wheel needs to be able to direct, the brakes need to be able to stop it, and so on. How well the car runs depends on how well its parts support one another. In an orchestra, each instrument contributes to the overall harmony and performance of the ensemble. Just as the strings, brass, woodwinds, and percussion sections must each play their parts with skill and precision, the nine kinds of wellbeing must also be in tune and balanced to achieve overall wellness.

Imagine environmental wellbeing as the conductor, setting the tone and pace for your surroundings. Social wellbeing is like the strings section, providing the foundational melody through your relationships and community connections. Financial wellbeing acts as the brass section, offering strength and stability through financial security and freedom.

Vocational wellbeing, akin to the woodwinds, brings in the harmony and fulfillment you find in your professional and personal pursuits. Emotional wellbeing, like the percussion section, keeps the rhythm and tempo, helping you manage emotions and maintain resilience.

Intellectual wellbeing can be seen as the piano, versatile and integral, fostering creativity and critical thinking. Physical wellbeing represents the heartbeat of the orchestra, much like the timpani, driving the rhythm through nutrition, exercise, and healthy habits. Spiritual wellbeing is like the harp, adding depth and tranquility, connecting you to a higher purpose and inner peace. Lastly, behavioural wellbeing serves as the sheet music, guiding the habits and routines that support all other aspects of wellbeing.

When each section of the orchestra is finely tuned and plays in harmony, the result is a beautiful symphony. Similarly, when each dimension of your wellbeing is nurtured and balanced, it leads to a vibrant, well-rounded life. This book aims to help you conduct your own orchestra of wellbeing, ensuring that

every aspect works together to create a harmonious and fulfilling existence.

Each chapter of the book discusses one of the wellbeing kinds and gives suggestions for tuning them, based on what other people have said worked for them. By embracing the tutti frutti model of wellbeing, you can create a rich, diverse, and balanced approach to personal wellness, ensuring every part of your life contributes to a beautiful, unified whole.

How does the Tutti Frutti model work?

The two-headed arrows show feedback relationships.

The three external types of wellbeing, namely *environmental*, *social*, and *financial*, influence inform our internal wellbeing.

In the centre of the model is the *Triangle of Wellbeing* consisting of *emotional*, *intellectual*, and *spiritual* wellbeing types which are interlinked and mutually reinforcing.

Vocational and *physical* wellbeing support and are supported by the Triangle of Wellbeing.

The result of the interactions within the Triangle of Wellbeing is mediated by *behavioural wellbeing*, as influenced by **a.** personality, **b.** attitude, **c.** history; and **d.** motivations:

- a.** One's personality remains largely unchanged throughout life, being 60% nature vs. 40% nurture. That said, it can be informative to consider its relevance to behavioural makeup.

b. You get to choose your attitude to life, which can positively or negatively shape your behavioural wellbeing and, in turn, influence your Triangle of Wellbeing.

Attitude includes self-efficacy,¹ and mindset.²

c. You can't do much about your history, aside from stepping back and considering if your values, which inform your beliefs, which inform your rules, and which you acquired subconsciously from your parents, teachers, friends, and society, as you grew up, are still working for you. The same goes for examining your habits.

d. Motivations include your goals and aspirations, which can equally benefit from self-consideration.

Finally, it seems that “resilience” is a component of *Overall wellbeing*, and that high performance is a natural outcome of overall wellbeing when all aspects of an individual's life are aligned and optimised.

Like an orchestra conductor, overall wellbeing is the cumulative result of the interactions among all these components.

Which elements of the model are under your control and which can throw surprises for example, physical health or environmental such as bush fires.

Element	Under control	Partial	Beyond
Attitude	✓		
Behavioural wellbeing	✓		
Vocational wellbeing	✓		
Social wellbeing	✓		
Spiritual wellbeing	✓		
Emotional wellbeing	✓	✓	
Physical wellbeing		✓	
Intellectual wellbeing		✓	
Financial wellbeing		✓	
Environmental wellbeing		✓	✓
Environmental factors			✓
Health issues		✓	✓
Societal changes			✓

Elements in the partial or beyond columns may well need professional guidance, medical intervention, or emergency assistance.

For surprises, one's capacity to deal with these would rely on at least the resilience aspect of overall wellbeing. Some intellectual wellbeing (or “nous”) may well help too.

¹ **Self-efficacy** means believing in your ability to handle tasks and challenges. It's the confidence you have in your skills to achieve goals and overcome obstacles. When you have high self-efficacy, you feel more capable and motivated to take on tasks and persist through difficulties.

² **Mindset** refers to your attitudes and beliefs about yourself and your abilities. It's how you think about your potential for growth and change. A positive mindset can help you embrace challenges and learn from experiences, while a negative mindset can hold you back.

The “walk before you can run” coping toolbox



The coping toolbox is based on the premise that you need to be able to walk before running, in terms of improving or maintaining the nine dimensions.

What is it?

A Coping Skills Toolbox is a collection of items and strategies that help you manage stress and calm yourself during difficult times. Having everything in one place makes it easier to use your coping skills instead of resorting to negative behaviours.

Self-soothing

Comfort yourself using your five senses:

1. **Touch:** Include items like a stress ball or a stuffed animal.
2. **Hear:** Gather music or meditation guides.
3. **See:** Keep happy pictures or a snow globe.
4. **Taste:** Have mints, coffee, or sour sweets on hand.
5. **Smell:** Use tea, incense, or candles.

Distraction

Distract your mind from the problem temporarily:

Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, Sudoku, positive websites, music, movies, Wordle, etc.

Opposite action

Engage in activities that evoke positive emotions, opposite to your initial impulse:

1. **Affirmations and Inspirations:** Look at or create motivational statements or images.
2. **Something Funny or Cheering:** Watch funny movies or read humorous books.

Emotional awareness

Tools to help identify and express your feelings:

Examples: A list or chart of emotions, a journal, writing supplies, drawing and art supplies.

Mindfulness³

Centre and ground yourself in the present moment:

Examples: Meditation or relaxation recordings, grounding objects like a rock or paperweight, a yoga mat, breathing exercises.

Crisis plan

Have contact information for support and resources when coping skills aren't enough:

Family and Friends
Therapist

Psychiatrist
Hotline
Crisis Team
Emergency Room

Put it all together!

Gather all your items in a box or container, decorate it as you like, and keep it somewhere accessible. Remember to use it whenever you need support!

Have a *ripper* recovery day!

Here are some extra suggestions for each of the six toolbox places:

Self-soothing

1. **Something to touch:**
 - A soft blanket or scarf
 - Fidget spinner
 - Massage ball
2. **Something to hear:**
 - Nature sounds (like a sound machine or an app)
 - Audiobook
 - White noise machine
3. **Something to see:**
 - Colouring books and markers
 - A photo album
 - A kaleidoscope
4. **Something to taste:**
 - Herbal tea
 - Flavoured lip balm
 - Chocolate
5. **Something to smell:**
 - Essential oils and a diffuser
 - Fresh flowers
 - Scented lotion

Distraction

1. **Puzzles and games:**
 - Jigsaw puzzles
 - Board games
 - Card games
2. **Creative activities:**
 - Painting or drawing
 - Model building (e.g., model cars or airplanes)
 - Origami

3. Reading and learning:

- Magazines or comic books
- Educational videos or documentaries
- Language learning apps

4. Physical activities:

- Gardening
- Cooking or baking
- Dance routines or exercise videos

5. Tech-based activities:

- Mobile apps for brain games
- Virtual reality experiences
- Interactive websites (like virtual museum tours)

Opposite action**1. Physical activities:**

- Going for a walk or run
- Dancing to your favourite music
- Doing yoga or stretching exercises

2. Social activities:

- Calling or meeting a friend or family member
- Joining a club or group activity
- Volunteering for a cause you care about

3. Engaging your mind:

- Starting a new hobby or project
- Learning something new, like a language or instrument
- Playing strategy games or brain teasers

³ See the precautionary note on page 19

4. **Creative outlets:**
 - Writing a story, poem, or song
 - Engaging in a DIY craft project
 - Cooking a new recipe
5. **Positive self-care:**
 - Taking a relaxing bath
 - Practicing positive affirmations or self-talk
 - Creating a vision board for your goals and dreams

Emotional awareness

1. **Writing tools:**
 - Daily gratitude journal
 - Prompt cards for reflective writing
 - Emotion tracking apps
2. **Visual aids:**
 - Emotion wheel or chart
 - Mood tracking stickers
 - Visual storyboards
3. **Expressive activities:**
 - Role-playing scenarios
 - Acting out emotions with puppets or dolls
 - Creative visualization exercises
4. **Supportive resources:**
 - Books on emotional intelligence
 - Guided emotional processing worksheets
 - Online support groups or forums
5. **Mind-body practices:**
 - Somatic experiencing exercises

- Emotional freedom techniques (EFT tapping)
- Body scan meditations⁴

Mindfulness⁵

1. **Breathing exercises:**
 - Box breathing
 - 4-7-8 breathing technique
 - Alternate nostril breathing
2. **Meditation tools:**
 - Guided meditation apps
 - Zen sand garden
 - Tibetan singing bowls
3. **Grounding techniques:**
 - 5-4-3-2-1 grounding exercise (identify 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste)
 - Walking meditation⁶
 - Sensory grounding objects like smooth stones or textured fabrics

⁴ See the precautionary footnote below

⁵ **Caution.** While mindfulness and other types of meditation are often promoted as effective stress-relievers, they can sometimes have negative effects. Approximately one in 12 individuals who try meditation experience worsened depression or anxiety, or the onset of these conditions for the first time. This finding comes from a systematic review of the evidence conducted by Miguel Farias at Coventry University. The review revealed that about 8 percent of people who meditate experience unwanted effects, ranging from increased anxiety to panic attacks, and in some cases, psychosis or suicidal thoughts. The prevalence of negative effects may be

underestimated as many studies do not record minor adverse reactions.

The study suggests that individuals with undiagnosed anxiety or depression might be more prone to these negative effects. Psychologist Katie Sparks recommends guided meditation sessions, led by a teacher or through an app, as a safer alternative. Despite the potential risks, meditation can still be beneficial in the right context. See: Farias et al. 2020, Adverse events in meditation practices and meditation-based therapies: a systematic review. *Acta Psychiatrica Scandinavica*, pp. 1–19

⁶ See the precautionary footnote on page 19

4. **Body awareness:**
 - Progressive muscle relaxation
 - Body scan meditation
 - Tai Chi or Qigong
5. **Mindful activities:**
 - Mindful colouring books
 - Journaling with prompts for mindfulness⁷
 - Mindful eating exercises

Crisis plan

1. **Emergency contacts**
 - Contact information for trusted neighbours

2. **Hotlines**
 - Lifeline
 - Domestic violence hotline
 - Substance abuse hotline
3. **Health resources**
 - Contact details for primary care physician
 - Local urgent care centres
4. **Mental health resources**
 - Online therapy resources
 - Local mental health clinics
5. **Support groups**
 - Information on local or online support groups relevant to specific needs (e.g., grief support, addiction recovery)

⁷ See the precautionary footnote on page 10

The nine wellbeing types and their associated suggestions for improvement or maintenance

Environmental wellbeing refers to how we interact and respond to our homes and the natural world around us. Having a nice atmosphere around you, and experiencing the beauty of nature, can make you feel more fulfilled overall.

“The environment in which you live has a significant influence on how you feel. People who live in nations with a lot of rain and overcast days, for example, may experience seasonal depression, which can damage their emotional, social, and spiritual health, among other things.”⁸

In the lists that follow, letters in parentheses () flag which other kinds of wellbeing are reinforced:

Beh = Behavioural; Emo = Emotional; Env = Environmental; Fin = Financial;
Int = Intellectual; Phy = Physical; Soc = Social; Spi = Spiritual; Voc = Vocational

A. Home personalisation and satisfaction

1. **Create a personalised, clean, and organised space with cherished memories and photos:** “Decorating, regularly cleaning, and arranging my living area with personal items like pictures, favourite activities, plants, or flowers, and photos and memorabilia has made it visually appealing, hygienic, easy to navigate, and truly my own, reflecting my unique style and personality.” (Emo)
2. **Surround yourself with furniture and belongings that give emotional satisfaction:** “Choosing furniture and items that bring me joy has made my living space more fulfilling.” (Emo)
3. **Write down positive words and display them in the home:** “Displaying positive affirmations around my home has created a more uplifting atmosphere.” (Emo)
4. **Try colour therapy to influence mood positively:** “Incorporating colour therapy in my home decor has positively influenced my mood.” (Emo)
5. **Engage all five senses for a positive home environment:** “Creating a sensory-rich environment with pleasant scents, sounds, textures, and visuals has made my home more enjoyable.” (Emo)

6. **Incorporate fish ponds or indoor fish tanks:** “Adding a fish pond to my garden or an indoor fish tank has brought a sense of tranquillity and a connection with nature to my home.” (Emo)
7. **Create positive spaces in the home for relaxation and creativity:** “Designating areas for relaxation and creativity has made my home more enjoyable and supportive of my interests.” (Emo)
8. **Reorganise your books according to colour:** “Reorganising my books by colour has added a touch of visual order to my space.” (Emo)

Home safety and personal health

1. **Optimise natural light in the home to boost overall mood:** “Maximising natural light in my home has improved my mood and created a brighter living environment.” (Emo)
2. **Create a sound environment by using calming sounds or white noise to reduce stress and improve focus:** “Using calming sounds or white noise in my home has helped reduce stress and improve my focus.” (Emo)

⁸ <https://stride.com.au/dimensions-of-wellness/environmental-wellness/>

3. **Mind toxins, allergens, and safety by using eco-friendly products:** “Being aware of and reducing exposure to harmful chemicals and allergens in my home, and implementing safety measures like security systems and proper lighting, has made me feel more secure.” (*Phy*)
4. **Keep a cat indoors to protect wildlife:** “Having an indoor cat has provided companionship while protecting local wildlife.” (*Emo*)
5. **Choose a living location with access to quality healthcare and social services:** “Living in an area with healthcare and social services has enhanced my sense of security and wellbeing.” (*Spi, Soc*)
6. **Focus on making the bedroom a place of relaxation and sleep:** “Optimising my bedroom for relaxation and good sleep has improved my rest and overall wellbeing.” (*Phy*)
7. **Fine-tune the ambience of your home to feel more in control:** “Adjusting the lighting and ventilation in my home has increased my comfort and sense of control over my environment.” (*Emo*)

Sustainability at home

1. **Use energy-efficient appliances:** “Upgrading to energy-efficient appliances has reduced my electricity bill and environmental footprint.” (*Fin*)
2. **Use solar power to reduce environmental footprint and electricity bills:** “Installing solar panels has significantly lowered my energy costs and reduced my carbon footprint.” (*Fin*)
3. **Renovate or modify your home to improve happiness and support sustainable brands:** “Making thoughtful home improvements within my budget and supporting sustainable brands has enhanced my living space and happiness.” (*Fin, Emo*)

4. **Opt for eco-friendly, energy-efficient home improvements:** “Choosing eco-friendly and energy-efficient upgrades has improved my home and reduced my environmental footprint.” (*Fin, Emo*)

Sustainable living practices

1. **Reduce meat consumption:** “Incorporating more plant-based meals has made me feel healthier and more environmentally conscious.” (*Phy*)
2. **Be mindful of using public transport or walking instead of driving:** “Choosing to walk, bike, or use public transport instead of driving has reduced my carbon footprint, improved my health, and enhanced my fitness.” (*Phy*)
3. **Optimise water usage:** “Having rainwater tanks, fixing leaks, and using water-saving fixtures has reduced my water bill and made me feel more responsible.” (*Fin*)
4. **Compost and recycle your waste:** “Composting food scraps has reduced my waste output and provided rich soil for my garden, while recycling has minimised my environmental footprint and made me feel more responsible for my waste.” (*Emo*)
5. **Minimise plastic use:** “Switching to reusable bags and containers has made me feel like I’m making a positive environmental impact.” (*Emo*)

Lifestyle adjustments

1. **Grow your own food:** “Growing my own vegetables has been rewarding and reduced my grocery bills.” (*Fin, Emo*)
2. **Downsize property to reduce maintenance requirements:** “Downsizing my living space has reduced maintenance and upkeep needs.” (*Emo, Fin*)
3. **Donate items you no longer use:** “Giving away clothes and other items I no longer need has helped others while reducing excess belongings in my home.” (*Emo*)

Nature and the outdoors

1. **Embrace and find harmony in nature:** “Spending time in nature, incorporating natural elements into my living space, and taking regular walks or bike rides in natural settings have helped me feel more peaceful and connected, reducing stress, pollution, and crowds.” (*Emo, Phy*)
2. **Create wildlife habitats:** “Transforming my garden into a wildlife-friendly space has brought more birds and butterflies, making my home feel closer to nature.” (*Emo*)
3. **Add bird baths to attract wildlife to your garden:** “Installing bird baths in my garden has attracted various bird species, enhancing my connection with nature.” (*Emo*)
4. **Participate in tree planting for koala habitats:** “Joining local tree-planting events to support koala habitats has given me a sense of contribution to wildlife conservation.” (*Spi, Soc*)
5. **Start a garden to teach children responsibilities and create a beautiful outdoor space:** “Creating a garden with my children has taught them responsibility and provided us with a beautiful, shared outdoor space.” (*Emo*)
6. **Create a seating area in the garden for relaxation:** “Setting up a comfortable seating area in my garden has provided a peaceful spot for relaxation and enjoyment of the outdoors.” (*Emo*)
7. **Minimise exposure to pollution and noise:** “Choosing to spend time in quieter, less polluted areas has positively impacted my health and wellbeing.” (*Phy, Emo*)
8. **Spend time near water:** “Engaging with coastal areas, rivers, lakes, or even park fountains has boosted my mental and physical wellbeing more than green spaces.” (*Emo, Phy*)
9. **Appreciate the dynamic environment:** “Noticing the changing tides, waves, and reflections on the water provides mental stimulation and relaxation, known as ‘soft fascination.’ ” (*Int, Emo*)
10. **Try virtual nature:** “Using virtual reality experiences or watching nature documentaries simulates the benefits of being in natural environments.” (*Int, Emo*)
11. **Wrap up warm:** “Studies show that the mental health benefits of being in nature apply not just in summer but also in winter, so keeping the connection going all year is beneficial.” (*Emo*)

Social wellbeing

Is the ability to interact positively with others, build meaningful and supportive relationships, and maintain a sense of connection and belonging within your community. It involves using good communication skills, respecting oneself and others, and developing a support system of friends and family. Social relationships are crucial for overall health, as they provide emotional support during difficult times, enhance mood, reduce stress, and boost self-esteem. Social wellbeing also includes participating in community activities, valuing diversity, and maintaining personal boundaries within relationships. It is essential for overall quality of life, as strong social connections have a significant impact on overall wellbeing.

Positive relationships and community involvement

1. **Surround yourself with positive people:** “Engage with individuals who uplift and support you.” (*Emo*)
2. **Get involved with your community:** “Participate in local events, social gatherings, and activities to build a sense of belonging and meet new people.” (*Emo*)
3. **Contribute to a cause you care about:** “Volunteer for organisations or causes that matter to you.” (*Emo, Spi*)
4. **Participate in clubs or organisations:** “Join clubs or organisations related to your interests or profession to build networks and friendships.” (*Emo, Occ*)
5. **Volunteer:** “Offer your time to volunteer; it’s a great way to meet new people and inquire in your community or spiritual group about ways to help.” (*Emo, Spi*)
6. **Engage in group activities:** “Participate in group activities like sports, hiking, or board games to foster teamwork and camaraderie.” (*Phy, Emo*)
7. **Join support groups:** “Find local support groups to connect with others on important issues.” (*Emo*)

Effective communication and engagement

1. **Practice effective communication:** “Communicate your thoughts, feelings, and ideas clearly and openly.” (*Emo*)
2. **Practice active listening:** “Show genuine interest in others by listening actively and empathetically during conversations.” (*Emo*)

3. **Be approachable:** “Smile, make eye contact, and be open to initiating conversations with others.” (*Emo*)
4. **Stay curious and open-minded:** “Exercise curiosity and keep an open mind when meeting new people.” (*Int*)
5. **Practice kindness:** “Perform random acts of kindness to create a positive impact on others and build goodwill.” (*Spi, Emo*)

Maintaining and strengthening connections

1. **Keep in touch with family and friends:** “Regularly call, text, or visit loved ones to maintain strong connections.” (*Emo*)
2. **Reconnect with old friends:** “Reach out to old friends and reconnect to revive meaningful relationships.” (*Emo*)
3. **Set aside quality time for loved ones:** “Plan regular activities with family and friends, such as movies, dinners, or coffee.” (*Emo*)
4. **Celebrate together:** “Celebrate milestones and achievements with friends and family to create lasting memories.” (*Emo*)
5. **Share experiences:** “Share your experiences and listen to others’ stories to build deeper connections.” (*Emo, Int*)
6. **Keep track of social interactions:** “Note when you need to catch up with someone or plan a visit.” (*Beh*)

Meeting new people and exploring new connections

1. **Meet people with similar interests:** “Attend events or places related to your hobbies, like galleries or historic sites.” (*Int*)
2. **Be open to diverse backgrounds:** “Welcome opportunities to meet people from different cultures and backgrounds.” (*Int, Spi*)
3. **Attend workshops and classes:** “Enrol in workshops or classes to learn something new and meet people with similar interests.” (*Int, Occ*)
4. **Explore new social venues:** “Visit new places like cafes, parks, or community centres to meet new people.” (*Env*)
5. **Join interest-based or online groups:** “Look online or in local papers for groups that share your interests, and engage in online communities or forums to connect with people globally.” (*Int, Env*)
6. **Join a dance class for social interaction:** “Taking dance classes has helped me meet new people and build friendships.” (*Emo, Int*)
7. **Make new friends in a choir:** “Joining a choir has expanded my social circle and built meaningful connections.” (*Emo, Int, Spi*)

Social activities and events

1. **Organise social gatherings:** “Plan events like get-togethers or reunions to reconnect with friends.” (*Emo*)
2. **Host a gathering:** “Host a dinner party or casual get-together to strengthen your social ties.” (*Emo*)
3. **Maintain a social calendar:** “Organise a calendar of events to keep track of social activities and visits with friends.” (*Beh*)

Social support and emotional well-being

1. **Offer help and support:** “Be there for others in times of need, offering help and support to strengthen bonds.” (*Emo*)

Social wellness tips

1. **Develop assertiveness skills:** “Communicate your needs clearly and respectfully without being passive or aggressive.” (*Emo, Occ*)
2. **Balance social and personal time:** “Ensure you have time for social interactions as well as personal time to recharge.” (*Emo, Phy*)
3. **Maintain your identity:** “Be true to yourself in all situations and continue developing new talents or interests.” (*Int, Emo*)
4. **Engage with your community:** “Get involved in community activities and events to build connections and contribute positively.” (*Spi, Emo*)
5. **Value diversity:** “Respect and value people from different backgrounds and cultures.” (*Spi*)
6. **Create boundaries:** “Establish healthy boundaries within relationships to encourage communication, trust, and conflict management.” (*Emo*)
7. **Have fun:** “Remember to engage in activities that bring joy and laughter.” (*Emo*)
8. **Develop friendships and networks:** “Continually work on maintaining and developing friendships and social networks.” (*Emo*)

Responsible communication

1. **Listen non-judgmentally:** “Value each other’s opinions and attempt to understand and affirm their emotions.” (*Emo*)
2. **Be open:** “Express your needs clearly and avoid assuming others know what you’re feeling.” (*Emo*)
3. **Maintain honesty and trust:** “Be honest and trustworthy in your relationships to build and maintain trust.” (*Emo*)
4. **Be supportive:** “Offer support and celebrate the good times with friends and family.” (*Emo*)

Integrating physical wellbeing

1. **Exercise with others:** “Join a gym class or find a workout buddy to make exercising more enjoyable and social.” (*Phy, Emo*)
2. **Participate in outdoor activities:** “Engage in activities like hiking, cycling, or walking groups to combine physical exercise with social interaction.” (*Phy, Emo*)
3. **Play team sports:** “Join a local sports team or league to stay active and build social connections.” (*Phy, Emo*)
4. **Organize fitness challenges:** “Create or join fitness challenges with friends or colleagues to motivate each other and stay connected.” (*Phy, Emo*)

Blue spaces

1. **Participate in social activities in blue spaces:** “Visiting the seaside with family or friends, or engaging in group activities near water enhances social bonds and creates positive experiences.” (*Emo, Phy*)
2. **Create quality social experiences:** “Blue spaces lead to behaviours that build strong, positive social experiences, such as playing in the sand, swimming, or paddling with others.” (*Emo*)

Financial wellbeing

Is the state of having financial stability and confidence to meet one's practical needs and future goals. It involves financial resilience to withstand financial shocks, financial capability which includes the knowledge, skills, and confidence to manage money effectively, and having sufficient resources to meet daily needs while feeling in control of personal finances. Satisfaction with one's current financial situation and future prospects, as well as the broader economic context, also play important roles.

Research suggests that "Having money is not a guarantee of happiness as one would expect. However, there is no denying the fact that there is a direct correlation between wellbeing and Gross Domestic Product (GDP). In other words, people who live in countries with high GDP have a significantly greater chance of a high score on the wellbeing index than people who live in poorer countries. One of the tips in this section is to spend your money on experiences as opposed to material possessions. You will get more 'bang for your buck' in terms of your wellbeing."⁹

Australians are generally in a poor state of financial wellness, with 1 in 2 reporting they live from pay day to pay day, 1 in 6 admitting to living beyond their means, 1 in 3 having no emergency savings, and the average credit card debt being \$3,076 (2024). The average household also throws away \$1,500 in food every year (2023).

Financial wellbeing isn't just about people's financial situation. It's about having enough money to meet expenses, having spare cash to make choices, feeling in control of your financial situation, and not worrying about money. Financial resilience is the "root system" of financial wellness, enabling us to grow our financial wellbeing. Financial capability includes the attitude, knowledge, skills, and self-efficacy needed to make and exercise money management decisions that fit the circumstances of one's life, within an enabling environment that includes access to appropriate financial services.

Budgeting and spending

1. **Create, review, and adjust your budget:** "Track your expenses, plan for essential outgoings, and allocate funds for savings and investments, while allowing for reasonable enjoyment. Periodically review your budget to make adjustments based on changes in income, expenses, or financial goals. Identify areas where you can cut back on non-essential expenses to free up more money for savings and investments." (*Int*)
2. **Be mindful of unnecessary spending:** "Recognize and reduce wasteful expenditures, such as food waste or impulse purchases, to save money and reduce stress." (*Emo*)

Savings and investments

1. **Build an emergency fund and save regularly:** "Set aside a portion of your income regularly to build an emergency fund covering at least six months of expenses, specifically for unexpected expenses and contingencies." (*Emo*)
2. **Automate savings and investments:** "Set up automatic transfers to your savings and investment accounts to ensure consistent contributions without needing to remember each time." (*Emo*)
3. **Diversify your investments:** "Invest in a variety of asset classes to spread risk and increase the potential for returns over the long term." (*Int*)

⁹ O'Reilly N 2013, Book review: Wellbeing: The Essential Elements, *The Journal of Positive Psychology*, vol. 8, no. 2, pp. 174–176

4. **Set financial milestones:** “Break down long-term financial goals into smaller, achievable milestones to stay motivated and track your progress.” (*Emo*)
5. **Take advantage of employer benefits:** “Utilize benefits offered by your employer, such as retirement contributions, health savings accounts, and employee discounts.” (*Emo*)
6. **Plan for retirement:** “Invest in retirement accounts to grow your savings over time and ensure a steady income in your later years.” (*Emo*)
7. **Engage in financial planning and counselling:** “Work with a financial planner or counsellor to create a comprehensive financial plan that aligns with your goals and adjusts as your circumstances change.” (*Emo*)

Debt management

1. **Manage debt and maintain good financial habits:** “Prioritize paying off high-interest debt, keep debt levels low, avoid unnecessary debt, use credit wisely, and keep up with financial obligations to maintain financial stability.” (*Emo*)

Financial literacy and continuous learning

1. **Improve financial literacy and stay informed:** “Educate yourself on basic financial principles, stay informed about the latest financial trends and best practices, and keep up with economic news that could impact your financial situation.” (*Int*)
2. **Learn about tax strategies:** “Educate yourself on tax-saving strategies and take advantage of deductions, credits, and other opportunities to reduce your tax liability.” (*Int*)

3. **Utilize financial apps and tools:** “Leverage available banking tools, budgeting apps, investment platforms, and financial calculators to manage your finances more efficiently.” (*Int*)
4. **Join financial support groups:** “Engage with communities or support groups focused on financial wellness to share experiences, gain insights, and stay motivated.” (*Soc*)

Risk management and protection

1. **Risk management:** “Protect your assets with appropriate insurance coverage to ensure financial security in unforeseen events.” (*Emo*)
2. **Set up financial protections:** “Establish legal protections like wills, trusts, and powers of attorney to ensure your assets are managed according to your wishes in case of incapacity or death.” (*Emo*)

Financial mindset and habits

1. **Foster a healthy money mindset:** “Develop a positive attitude towards money by practicing gratitude, avoiding comparisons with others, and focusing on your own financial journey.” (*Emo, Spi*)
2. **Set and achieve financial goals:** “Plan for and work towards both short-term and long-term financial goals to ensure you’re preparing for the future while enjoying the present.” (*Int, Emo*)
3. **Strive for financial freedom:** “Strive for the financial freedom to make choices that enhance your life, such as traveling or retiring at your target age.” (*Emo, Spi*)
4. **Be happy with what you have:** “Contentment with your current financial situation can contribute to overall financial wellness and reduce stress.” (*Emo, Spi*)

Vocational wellbeing

This involves participation in activities that bring meaning and purpose, including employment, volunteer work, and other meaningful activities connected to social roles. It is a crucial aspect of overall wellbeing, impacting self-definition, life structure, self-efficacy, relationships, and potentially financial stability. A key wisdom is that people thrive when their activities provide purpose, autonomy or elbow-room (including access to resources and training), and opportunities to attain mastery.

Vocational wellbeing encompasses job satisfaction, a healthy work environment, healthy work choices, job performance, productivity, efficiency, professionalism, job skills, job improvement, knowledge sharing, problem-solving, accomplishment, appreciation, agency (perception of having control), companionship, and pleasure.

Understanding the reasons people stay or leave jobs can provide insights into what is important for occupational wellness, often revolving around management practices and work culture. The number one reason people give for leaving their jobs is their managers. Whether in paid employment, volunteer roles, or self-employment, occupational wellbeing requires proactive management to ensure balance and fulfillment.

Career alignment and personal fulfillment

1. **Engage in fulfilling activities that align with your values and passions:** “Participate in volunteer work, hobbies, or projects that fit your values, bring personal satisfaction, and allow you to contribute your talents and knowledge.” (*Emo, Spi*)
2. **Explore opportunities and pursue fitting roles:** “Think about where you are in your life and pursue activities or roles that fit well within that framework. Review opportunities that align with your interests and skills.” (*Int, Emo, Spi*)
3. If you are receiving social or financial benefits, explore opportunities that allow you to stay engaged in meaningful activities without risking the loss of your support. This could include volunteering, part-time work, or educational courses that are compatible with the conditions of your benefits. (*Fin*)
4. **Seek career counselling:** “Engage in career counselling to explore your interests and skills, and to receive guidance on potential career paths or opportunities.” (*Int, Emo*)

Work relationships

1. **Communicate openly and build supportive relationships:** “Maintain an open line of communication with those around you to ensure mutual understanding and responsiveness. By your actions, maintain supportive relationships within your community or network.” (*Soc*)
2. **Seek and give feedback and support:** “Regularly seek feedback and support from friends, family, and community members to improve your activities and personal growth. Give upwards feedback to your manager.” (*Soc, Emo*)
3. **Expect autonomy, resources, and opportunities for mastery:** “If you have an employer or sponsor, expect from them the autonomy to carry out your job or occupation, access to required resources and training, and opportunities for mastery.” (*Emo, Spi*)

Balance

1. **Schedule leisure time and maintain balance:** “Make sure to schedule time for relaxation and activities you enjoy, such as spending time with friends, taking nature walks, or getting massages. Establish clear boundaries between different aspects of your life to ensure you have adequate time to recharge. Prioritize balance by ensuring you have enough time for family, friends, hobbies, and relaxation.” (*Emo, Soc*)
2. **Volunteer work:** “Consider volunteering in the community as a way to spend time meaningfully and maintain a balanced life.” (*Soc, Spi*)
3. **Manage workload and activities:** “Use tracking tools to manage your activities and ask for help if it becomes overwhelming.” (*Emo*)
4. **Practice stress management:** “Incorporate stress management techniques such as mindfulness, meditation, or yoga into your routine to maintain a healthy balance.”¹⁰ (*Emo, Spi*)
5. **Take breaks:** “Ensure you take regular breaks during your activities to rest and recharge, improving overall productivity and wellbeing.” (*Emo*)

Accomplishment

1. **Acknowledge achievements:** “Pat yourself on the back for your accomplishments and take pride in what you do.” (*Emo*)
2. **Pursue continuous learning and focus on strengths:** “Engage in continuous learning and personal development to keep your skills updated and stay motivated. Look for and expect opportunities to attain mastery. Don’t spend time trying to turn weaknesses into strengths; have some compensatory techniques to get you by, and stick with those.” (*Int*)

3. **Look for mentoring opportunities:** “Seek out mentoring opportunities, including reverse mentoring where an older person is mentored by a younger person, to gain insights into different perspectives, such as youth culture.” (*Soc, Int*)
4. **Set personal goals:** “Set short-term and long-term personal goals to give yourself direction and purpose.” (*Int, Emo, Spi*)

Environment

1. **Enhance your environment:** “Create a comfortable and inspiring environment to boost your motivation and overall wellbeing.” (*Env*)

Caregiving and occupational wellbeing

1. **Recognize the impact of caregiving:** “Understand that caring for someone can significantly impact your health, leading to increased healthcare needs and lower levels of self-care and preventive health behaviours. Prioritize your health to continue providing care effectively.” (*Emo, Spi*)
2. **Assess caregiver needs:** “Seek an assessment of family caregiver needs that leads to a care plan with support services.” (*Soc*)
3. **Participate in caregiver education and support programs:** “Engage in programs designed to educate and support caregivers.” (*Int, Soc*)
4. **Utilize respite care:** “Use respite care services to reduce caregiver burden and maintain your own wellbeing.” (*Emo, Soc*)
5. **Seek financial support:** “Look for financial assistance to alleviate the economic stress of caregiving.” (*Fin*)
6. **Involve primary care interventions:** “Ensure primary care interventions address your needs as a caregiver.” (*Emo*)

¹⁰ See the precautionary footnote on page 10

Health checks and screenings

1. **Engage in dedicated health checks and screenings:** “Take advantage of health checks and screenings, such as those for type 2 diabetes risk, chronic disease risk for individuals aged 45–49, comprehensive assessments for those aged 75 and older, heart health for those aged 45 and older, women’s health screenings (e.g., breast screening, Pap smears), bowel cancer screening for patients aged 50–74, and skin checks or vaccination clinics if available.” (*Phy, Emo*)

Self-employment and volunteering

1. **Evaluate self-employment practices:** “As a self-employed individual, find ways to work smarter, not harder, to reduce effort and increase output. Regularly assess your

problem-solving skills and recognize your accomplishments.” (*Emo*)

2. **Seek feedback:** “Ask for feedback from clients or the people you care for to improve your services and satisfaction.” (*Soc*)
3. **Attend training programs:** “Participate in training programs to enhance your skills and knowledge.” (*Int*)

Employee wellness programs

1. **Participate in wellness programs:** “Engage in employer-provided wellness programs that focus on physical and mental health, such as on-site gyms, smoking cessation programs, fitness classes, walking groups, stress management workshops, and vaccination clinics.” (*Phy, Emo, Soc*)¹¹

¹¹ **Caution:** Recent research suggests that workplace well-being initiatives, such as mindfulness or meditation courses, do not significantly improve employee mental health. A survey of over 46,000 workers found no mental health benefits for those participating in these programs compared to those who did not. Instead, it may be more effective for employers to focus on improving the work environment, such as managing workloads and hours, rather than offering these types of

programs. An exception was found with volunteering initiatives, which showed some positive impact on mental health, although this may be due to pre-existing differences in the mental health of volunteers. See: Fleming WJ 2024, Employee well-being outcomes from individual-level mental health interventions: Cross-sectional evidence from the United Kingdom, *Industrial Relations Journal*, vol. 55, pp 162–182.

Emotional wellbeing

Involves the ability to express feelings, enjoy life, and adjust to emotional challenges. It encompasses recognizing and accepting emotions, understanding their impact, and effectively managing stress and traumatic experiences. Emotional wellbeing also includes self-acceptance, living fully through life's ups and downs, and maintaining resilience by finding the good in each day. It is about experiencing a range of emotions while knowing you are not defined by them, and seeking help when needed.

Emotional awareness and expression

1. **Be aware of your emotions and reactions:** "Notice what makes you sad, frustrated, or angry, and try to address or change those things."
2. **Express feelings appropriately:** "Let people close to you know when something is bothering you. Keeping feelings inside can add to stress and cause problems in relationships and work." (*Soc*)
3. **Dance to express emotions:** "Dancing has allowed me to express and process emotions in a healthy way." (*Soc, Spi*)

Stress management and relaxation

1. **Manage stress:** "Try to change stressful situations and learn relaxation methods such as deep breathing, meditation, and exercise." (*Phy*)
2. **Practice self-care:** "Write in a journal, listen to music, talk to friends or family, practice yoga, breathing, or meditation to remain calm." (*Phy, Soc*)
3. **Find comfort:** "Find a place where you feel comfortable and go there when you need comfort, quiet, or safety."
4. **Join support groups:** "Engage in support groups or start one to share your experiences and gain support." (*Soc*)
5. **Dance to express emotions:** "Dancing has allowed me to express and process emotions in a healthy way." (*Soc, Spi*)

Maintaining balance and positivity

1. **Strive for balance:** "Find a healthy balance between work and play, and between activity and rest."

2. **Make time for enjoyable activities:** "Focus on positive aspects of your life and engage in activities you enjoy."
3. **Stay positive:** "Focus on the good things in your life, forgive yourself and others, and spend time with positive people." (*Soc*)
4. **Find the positives:** "Look for silver linings in negative situations and support others in doing the same."
5. **Practice gratitude:** "Take time each day to reflect on what you are grateful for. Keeping a gratitude journal can help shift your focus to positive aspects of your life."
6. **Engage in acts of kindness:** "Helping others can improve your own emotional wellbeing. Volunteer your time, perform random acts of kindness, or simply offer support to those in need." (*Soc*)
7. **Cultivate hobbies:** "Engage in hobbies and activities that bring you joy and allow you to express yourself creatively." (*Int*)
8. **Practice self-compassion:** "Be kind to yourself, especially during times of failure or difficulty. Treat yourself with the same compassion you would offer to a friend."

Physical health and self-care

1. **Take care of physical health:** "Exercise regularly, eat healthy meals, get enough sleep, and avoid abusing drugs or alcohol." (*Phy*)
2. **Engage in physical activity:** "Join a sports league or gym, or find other physical outlets." (*Phy*)
3. **Maintain a routine:** "Stick to a daily routine and leave yourself enough time for obligations." (*Phy*)
4. **Eat mindfully:**¹² "Have meals without distractions like phones or TV." (*Phy*)

¹² See the precautionary footnote on page 10

5. **Limit caffeine and sugar intake:** “High levels of caffeine and sugar can affect your mood and energy levels. Opt for a balanced diet to maintain stable energy and emotions.” (*Phy*)
6. **Stay hydrated:** “Proper hydration is essential for overall health, including emotional wellbeing. Drink enough water throughout the day to stay hydrated.” (*Phy*)
7. **Develop a bedtime routine:** “Establish a calming routine before bed to improve sleep quality. Avoid screens, engage in relaxing activities, and create a comfortable sleep environment.” (*Phy*)

Cognitive and emotional reflection

1. **Reflect on your emotions:** “Reflect daily on your emotions and what they can teach you. Use a journal to record feelings and thoughts.” (*Int*)
2. **Develop healthy habits:** “Establish regular routines that help you process and deal with your emotions effectively.” (*Beh*)
3. **Practice mindfulness:**¹³ “Incorporate mindfulness practices into your daily routine. Being present in the moment can reduce anxiety and improve your emotional state.” (*Spi*)
4. **Build emotional intelligence:** “Work on understanding your own emotions as well as those of others. Developing empathy and emotional intelligence can improve relationships and emotional health.” (*Soc*)

Connection and purpose

1. **Connect with others:** “Build positive connections by making social plans, joining groups, and engaging with others.” (*Soc*)
2. **Find purpose and meaning:** “Focus on what is important to you, such as work, family, volunteering, or caregiving.” (*Spi*)

3. **Seek professional help:** “If you find it difficult to manage your emotions on your own, consider seeking help from a therapist or counsellor. Professional guidance can provide valuable tools and support.”

Coping strategies and problem-solving

1. **Practice coping strategies:** “Develop coping exercises for stress to be prepared when challenges arise.”
2. **Develop problem-solving skills:** “Improve your ability to handle challenges by working on problem-solving techniques. Break down problems into manageable steps and tackle them one at a time.” (*Int*)
3. **Set realistic goals:** “Establish achievable short-term and long-term goals to give yourself a sense of purpose and direction. Celebrate your accomplishments along the way.” (*Int*)

Positivity and environment

1. **Limit exposure to negativity:** “Reduce time spent on activities that bring negativity into your life, such as excessive news consumption or toxic social media interactions.”
2. **Create a positive environment:** “Surround yourself with positive influences, whether it’s people, music, books, or art. A positive environment can uplift your mood and mindset.” (*Env*)

Fun and laughter

1. **Laugh often:** “Engage in activities that make you laugh, such as watching a comedy show or spending time with funny friends. Laughter can reduce stress and improve your mood.” (*Soc*)

¹³ See the precautionary footnote on page 10

Learn and grow

1. **Learn more to lessen fear:** “Increase your knowledge about issues or health conditions you’re facing to reduce fear of the unknown.” (*Int*)
2. **Think before you act:** “Give yourself time to think and be calm before reacting to emotions.” (*Int*)

Nature and outdoor activities

1. **Explore nature:** “Spend time outdoors and connect with nature. Activities like hiking, gardening, or simply walking in a park can have a calming effect.” (*Env*)

Safety and crisis planning

1. **Plan for crises:** “Develop a personal action plan for times of crisis to help manage stress and maintain emotional stability.” (*Beh*)
2. **Review and learn from crises:** “After a crisis, take time to reflect on what went well and what could be improved. Seek support to recover emotionally.” (*Int*)

Resilience

1. **Join a choir to boost emotional resilience:** “Participating in a choir has provided a supportive community, emotional outlet, and enhanced my resilience.” (*Soc, Phy, Int*)

Intellectual wellbeing

Refers to participation in cultural, community, and educational activities, fostering lifelong learning through both informal life experiences and formal education. It emphasizes the importance of creativity, curiosity, and openness to new ideas and experiences, helping to keep the mind sharp and enhance problem-solving abilities. By valuing and sharing knowledge, skills, and intellectual challenges, individuals can expand their abilities in various cognitive domains, maintain cognitive health, and lead a stimulating and successful life.

Reading and writing

1. **Read for fun:** “Read books you enjoy to stretch your mind and think about new things.” (*Emo*)
2. **Write and journal:** “Write down your thoughts or journal frequently to expose your mind to deeper thinking.” (*Emo*)
3. **Join a book club:** “Participate in a book club to discuss and explore different perspectives on literature.” (*Soc*)
4. **Create a nostalgia journal:** “Writing down my nostalgic memories has improved my mental clarity and reflective thinking.” (*Emo, Int*)

Learning new skills

1. **Learn a foreign language:** “Learning a new language can benefit your intellectual health and employment prospects.” (*Occ*)
2. **Learn to code:** “Pick up basic coding skills through online courses or tutorials.” (*Occ*)
3. **Explore new software and tools:** “Learn to use new software or tools that can help in your personal or professional life.” (*Occ*)
4. **Learn new songs in a choir:** “Learning new songs and harmonies in a choir has stimulated my mind and enhanced my musical skills.” (*Int, Soc, Emo*)
5. **Challenge your mind with dance routines:** “Learning complex dance steps has sharpened my cognitive skills and memory.” (*Emo, Phy*)

Games and puzzles

1. **Play games:** “Play board games, card games, or video games that challenge your mind.” (*Soc*)

2. **Do puzzles:** “Engage in crosswords, Sudoku, and other puzzles to keep your mind sharp.” (*Emo*)
3. **Play a musical instrument:** “Learning to play a musical instrument can enhance your intellectual wellness.” (*Spi*)

Creative activities

1. **Engage in creative writing:** “Write poetry, short stories, or even a novel to stretch your creative thinking and imagination.” (*Emo*)
2. **Take up drawing or painting:** “Express yourself through visual art, which can stimulate different parts of your brain.” (*Emo*)
3. **Explore photography:** “Learn the basics of photography and explore the world through a different lens.” (*Emo*)

Lifelong learning

1. **Attend workshops and seminars:** “Participate in workshops or seminars on topics that interest you.” (*Occ*)
2. **Explore different cultures:** “Learn about different cultures through books, documentaries, or travel.” (*Soc*)
3. **Watch TED Talks and educational videos:** “Watch TED Talks or other educational videos to learn new things.” (*Occ*)
4. **Join forums and discussions:** “Join forums or discussion groups on philosophy, culture, or topics of interest.” (*Soc*)
5. **Pursue formal education:** “Consider returning to school or pursuing further education to learn new subjects and enhance your intellectual wellness.” (*Occ*)

Social engagement

1. **Debate issues:** “Debate an issue with a friend, especially from a viewpoint opposite to your own.” (*Soc*)
2. **Engage in public speaking:** “Join a group like Toastmasters to improve your public speaking and communication skills.” (*Occ, Soc*)
3. **Volunteer:** “Volunteer in your community to gain new experiences and perspectives.” (*Soc, Spi*)

Personal growth

1. **Develop a personal philosophy:** “Spend time thinking about and articulating your personal beliefs and values.” (*Spi*)
2. **Reflect on experiences:** “Reflect on your learning experiences and the new knowledge you gain.” (*Spi*)

Mindfulness¹⁴ and reflection

1. **Practice mindfulness:** “Engage in mindfulness practices to help manage your emotions and increase your intellectual wellness.” (*Emo, Spi*)
2. **Maintain a healthy lifestyle:** “Ensure you’re eating well, exercising, and getting enough sleep, as physical health directly impacts cognitive function.” (*Phy*)
3. **Practice meditation:** “Regular meditation can improve focus, reduce stress, and enhance overall cognitive function.” (*Spi*)

Traveling

1. **Travel to new places:** “Traveling exposes you to new experiences and cultures, broadening your perspective and enhancing intellectual growth.” (*Soc, Env*)

Hobbies and interests

1. **Experiment with cooking:** “Try new recipes and learn about different cuisines to expand your culinary knowledge.” (*Emo*)

2. **Start new hobbies:** “Start new hobbies or interests that challenge you intellectually.” (*Emo, Soc*)

Lifelong learning from life

1. **Learn from life experiences:** “Recognize that life is a great teacher, and the lessons it provides can enhance your intellectual wellness.” (*Spi*)

Engaging with technology

1. **Stay updated with technology trends:** “Keep abreast of the latest developments in technology and digital tools.” (*Occ*)
2. **Use online learning platforms:** “Take advantage of online learning platforms like Coursera, Khan Academy, or edX to learn new subjects.” (*Occ*)

Games and cognitive exercises

1. **Play strategic video games:** “Engage in video games that require strategic thinking and problem-solving skills.” (*Beh*)
2. **Solve riddles and brainteasers:** “Regularly challenge yourself with riddles and brainteasers.” (*Emo*)

Combining activities

1. **Multi-task within your limits:** “Combine learning activities, like listening to educational podcasts while exercising.” (*Phy*)

Exploring interests and passions

1. **Pursue your interests passionately:** “Dive deep into topics and activities that genuinely interest you to foster a love for learning.”

¹⁴ See the precautionary footnote on page 10

Study and learning skills

1. **Review materials regularly:** “Review study materials within 24 hours of class to keep them fresh in your memory.” (*Occ*)
2. **Take comprehensive notes:** “Take notes while you read and in class, focusing on more than what is written on the board.” (*Occ*)
3. **Form study groups:** “Join or form study group sessions with classmates to enhance learning.” (*Soc*)
4. **Study in a distraction-free environment:** “Choose a quiet place to study where you won’t be distracted.” (*Occ*)
5. **Use colour coding:** “Use colour coding for different topics to trigger memory.” (*Occ*)
6. **Set intellectual goals:** “Set specific, measurable goals for your intellectual development and track your progress.” (*Beh*)

The environment

1. **Learn about your environment:** “Enhancing your understanding and appreciation of blue spaces by studying local ecosystems, marine life, and environmental conservation efforts improves intellectual wellbeing.” (*Emo, Env*)

Time management

1. **Create a to-do list:** “Make a ‘To-Do’ list and cross off completed tasks as you go.” (*Beh*)
2. **Prioritize tasks:** “Prioritize tasks in order of importance and tackle the most important first.” (*Beh*)

3. **Learn to say no:** “Sometimes say no to social activities to focus on important tasks.” (*Soc*)
4. **Balance work and study:** “Cut work hours if necessary to ensure you have enough study time.” (*Occ*)

Critical thinking and open-mindedness

1. **Stay open-minded:** “Recognize there is more than one way to do something and stay open to new ideas, insights, thoughts, expressions, and values.” (*Spi*)
2. **Embrace multiple answers:** “Understand that there isn’t always a ‘right’ answer, but sometimes there are multiple valid answers.” (*Spi*)
3. **Engage actively:** “Be actively engaged in conversations, readings, and classrooms, and think about what is happening.” (*Soc*)
4. **Ask questions:** “Ask questions to yourself or others as you reflect.” (*Spi*)
5. **Challenge the norm:** “Don’t take an answer at face value; challenge it and find patterns and connections to examples that relate to your life.” (*Spi*)
6. **Keep your brain active:** “Keep your brain active by thinking and questioning regularly.” (*Emo*)

Nostalgia

1. **Engage in nostalgic media:** “Watching old movies or listening to music from my past has sparked creativity and intellectual stimulation.” (*Emo, Int*)

Spiritual wellbeing

Is defined as recognizing our search for meaning and purpose in human existence. It involves the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

Spiritual wellness is crucial as it can help one cope with stress, foster resilience, and develop a sense of peace and contentment. It involves seeking and expressing meaning and purpose, often leading to a broader understanding and acceptance of the interconnectedness of all things.

Core aspects

- **Purpose and meaning:** Understanding and living according to one's purpose and values can provide direction and a sense of fulfillment.
- **Connectedness:** Feeling connected to something larger than oneself, whether it's through religion, nature, or community, can enhance spiritual wellbeing.
- **Inner peace:** Achieving inner peace and tranquility through practices like meditation, prayer, or reflection helps maintain spiritual balance.
- **Resilience:** Spiritual practices can enhance resilience, enabling individuals to navigate life's challenges with greater ease.

Personal practices and reflection:

1. Practice daily positive affirmations: "Perform daily positive affirmations to reinforce your beliefs and values." (*Emo*)
2. Meditate regularly: "Set aside time each day to meditate¹⁵ or reflect on your spirituality and find inner peace." (*Emo, Phy*)
3. Practice yoga: "Engage in yoga to connect your mind and body, promoting balance and tranquility." (*Emo, Phy*)
4. Reflect on past events: "Take time to reflect on the meaning of past events in your life and how they have shaped you." (*Emo, Int*)
5. Explore your inner self: "Spend time thinking about who you are and delving deeper into your curiosities." (*Emo, Int*)
6. Practice forgiveness: "Forgive and forget the actions of those who have wronged you to release negativity." (*Emo, Soc*)
7. Set goals: "Identify key goals in your life to give you a sense of purpose and direction." (*Emo, Int*)
8. Engage in creative expression: "Use art, music, writing, or other creative outlets to express your spiritual beliefs and values." (*Emo, Int*)
9. Appreciate the natural forces of the universe: "Take time to appreciate the natural forces of the universe and reconnect with nature." (*Emo, Env*)
10. Start your day with spiritual practices: "Wake up early to engage in spiritual practices that strengthen your relationship with your higher self." (*Emo, Int*)

Connection with beliefs and values:

1. Determine your values and beliefs: "Take the time to identify what values, principles, and beliefs are important to you." (*Emo, Int*)
2. Live according to your values: "Ensure your actions and lifestyle reflect your core beliefs and values." (*Emo, Int*)
3. Explore different belief systems: "Learn about other religions and beliefs to become more understanding and open-minded." (*Emo, Int, Soc*)
4. Share your beliefs: "Discuss your beliefs, values, and principles with others to deepen relationships and broaden your perspective." (*Emo, Soc*)
5. Integrate beliefs into daily life: "Use your spirituality to drive your actions and thoughts, giving deeper meaning to life." (*Emo, Int*)

¹⁵ See the precautionary footnote on page 10

6. Draw from multiple traditions: “Explore and integrate practices from various spiritual traditions to navigate through the world and enrich your spiritual journey.” (*Emo, Int, Soc*)

Community and involvement:

1. Join a spiritual group: “Find a group in your community that deepens your spiritual practice and helps you connect with others who share your beliefs.” (*Emo, Soc*)
2. Be social within your organization: “Engage socially with people in your spiritual or community organization.” (*Emo, Soc*)
3. Volunteer and serve others: “Reach out and help others in need, and get involved in volunteerism or community service projects.” (*Emo, Soc*)
4. Attend spiritual retreats: “Participate in spiritual retreats or workshops to deepen your practice and connect with like-minded individuals.” (*Emo, Soc*)

Time for spirituality:

1. Appreciate nature: “Take time to appreciate the beauty of nature and spend time outdoors to connect with the natural world.” (*Emo, Env*)
2. Appreciate the arts: “Take time to appreciate the arts as a way to reflect on the deeper meanings of life.” (*Emo, Int*)
3. Find peaceful locations: “As often as possible, find peaceful locations to reflect, meditate,¹⁶ or pray.” (*Emo, Env*)
4. Practice quiet reflection: “Take time for yourself every day, even if it’s just before you go to sleep or when you’re driving home.” (*Emo*)
5. Create a sacred space: “Designate a specific area in your home for spiritual practices, such as meditation, prayer, or reflection.” (*Emo, Env*)

Acceptance and open-mindedness:

1. Practice acceptance: “Be open to different experiences and perspectives,

and practice being non-judgmental.” (*Emo, Soc*)

2. Be receptive to pain: “Recognize that times of sorrow can deepen your spiritual understanding and help you cope.” (*Emo*)
3. Embrace gratitude: “Regularly practice gratitude to enhance your appreciation for life and its blessings.” (*Emo*)

Integration and balance:

1. Integrate spirituality into actions: “Ensure your daily actions align with your spiritual beliefs and values.” (*Emo*)
2. Find inner peace: “Identify activities that give you a sense of inner peace, comfort, strength, love, and connection, and set aside time daily to engage in them.” (*Emo, Phy*)

Diverse spiritual activities:

1. Participate in organized religion: “Become a practicing member of an organized religion if it aligns with your beliefs.” (*Emo, Soc*)
2. Pray or worship: “Engage in prayer, meditation, or worship regularly to deepen your spiritual connection.” (*Emo*)
3. Sing devotional songs: “Incorporate singing devotional songs or listening to spiritual music into your routine.” (*Emo, Int*)
4. Read inspirational books: “Read books that inspire and deepen your spiritual understanding.” (*Emo, Int*)
5. Engage in mindfulness: “Practice mindfulness or deep breathing exercises to stay present and centred.” (*Emo, Phy*)
6. Perform acts of kindness: “Regularly perform acts of kindness to foster a sense of connection and compassion.” (*Emo, Soc*)
7. Study shamanic practices: “Consider studying shamanic practices or other spiritual traditions that resonate with you to deepen your spiritual understanding.” (*Emo, Int*)

¹⁶ See the precautionary footnote on page 10

Physical wellbeing

Physical wellbeing involves maintaining your body in optimal condition through a balanced diet, regular exercise, and healthy habits. It encompasses more than just physical fitness, also including adequate sleep and self-care practices. By proactively managing these aspects, you can preserve your body, age gracefully, and enjoy a high quality of life.

Physical activity

1. **Walk regularly and engage in outdoor activities:** “Walking is probably the most basic thing to do. It helps with staying flexible, keeping a stable weight, and improving bone strength and balance. Walking outside in the fresh air also provides opportunities for social interaction.” (*Env, Soc, Spi*)
2. **Stretch often:** “Stretching helps maintain flexibility and prevent stiffness.”
3. **Incorporate playful exercises:** “Swings, tumbling, rolling, trampolining, and hanging upside down are good for the core and brain.” (*Emo*)
4. **Use exercise shortcuts:** “Take the stairs instead of the elevator and park further away from stores.”
5. **Join a fitness class:** “Attending a yoga, Pilates, or dance class keeps me motivated and helps me meet new people with similar interests. (*Beh, Soc*)
6. **Engage in regular exercise and gym activities:** “I started going to the gym 10 years ago to improve my own mental health. I’ve made it a regular part of my lifestyle.” (*Spi*)
7. **Engage in physical activities by the water:** “Participating in activities like swimming, paddling, and playing in the sand promotes physical health and is more engaging in blue spaces.” (*Emo, Soc*)

Nutrition

1. **Eat a balanced diet:** “Keep takeaways to once a week to stay healthy and reduce costs.” (*Fin*)
2. **Set small dietary goals:** “Improve your diet by setting small goals for changes each day, week, or month.”

3. **Stay hydrated:** “Following my thirst, and drinking water throughout the day helps me stay energized and keeps my body functioning well.”

Sleep

1. **Create a bedtime routine:** “Having a consistent bedtime routine, such as reading or taking a warm bath before bed, helps signal to my body that it’s time to sleep.”
2. **Keep a regular sleep schedule:** “Going to bed and waking up at the same time every day, even on weekends, has improved my sleep quality.”
3. **Limit screen time before bed:** “Avoiding screens for at least an hour before bedtime has helped me fall asleep faster.”
4. **Make the bedroom conducive to sleep:** “Keeping my bedroom dark, quiet, and cool has made a big difference in my ability to sleep well.”
5. **Use a notebook for late-night thoughts:** “I have a notebook, pencil, and torch on my bedside table. If something is occupying my mind to the point that it stops me from sleeping, I reach for the torch, pencil, and notebook and write down whatever it is that’s occupying my mind. My subconscious then seems assured that since whatever it was that was occupying my mind will not be forgotten, I can finally drift off into sleep. In the morning, I can then address whatever the burning issue was.”
6. **Lie still and clear your mind:** “Lie still in the same position and keep every thought out of your mind. This technique helps me relax and makes it easier to fall asleep. If worries pop up, I tell myself I’ll deal with them in the morning. Keep practicing this approach each night to develop and maintain healthy sleep habits.”

7. **Value sleep as an essential part of wellbeing:** “I get plenty of sleep (it’s my favourite pastime).”

Substance use

1. **Cut down or quit using tobacco, alcohol, or other drugs:** “Reach out to family or friends during tough times instead of using substances.” (*Fin*)
2. **Be mindful of triggers:** “Identify and avoid triggers that make you want to use substances, and have a plan to handle them.”

Preventive health

1. **Visit healthcare providers regularly:** “Routine care and monitoring by your doctor, dentist, or other health care providers.”
2. **Monitor health indicators:** “Check blood pressure, waist circumference, and blood sugar to prevent chronic conditions like diabetes.”
3. **Use preventive health resources:** “Visit local public health centres and use online resources to find the closest location for care.”
4. **Find an understanding GP and counsellor:** “Finding an understanding GP and counsellor was very helpful.” (*Spi*)

Social engagement

1. **Socialise through physical activity:** “Walking and interacting with neighbours and pets can help you stay socially connected.” (*Soc*)
2. **Participate in fitness communities:** “Join local gyms, YMCAs, fitness clubs, or community sports like tennis.” (*Soc*)

Medication safety

1. **Manage medications responsibly:** “Store medications properly, review expiration dates, and carry a list of medications in case of emergency.” (*Env*)

Holistic health

1. **Explore holistic health options:** “Consider seeing a holistic health provider or attending community health fairs.”
2. **Practice mindfulness and meditation:**¹⁷ “Taking time each day to meditate helps me manage stress and stay focused.” (*Spi*)

Self-care and lifestyle adjustments

1. **Engage in regular self-care actions:** “Give yourself regular and consistent self-care actions - a walk, a little gardening, reading, a power-nap. Even wearing something you feel good in and taking time to apply body moisturiser with attention to yourself.” (*Spi*)
2. **Take pride in small health achievements:** “Finding something enjoyable and achievable to help physical health is key. Small actions like saying no to an extra biscuit or attending a health check-up are achievements to be proud of.” (*Emo, Spi*)

Dancing

1. **Improve physical health through dance:** “Regular dancing has increased my fitness, flexibility, and overall health.” (*Emo, Soc*)
2. **Boost cardiovascular health by dancing:** “Participating in dance classes has strengthened my heart and lungs.” (*Emo, Int*)
3. **Enhance coordination and balance:** “Learning to dance has improved my coordination and balance, making me feel more agile.” (*Int, Soc*)

¹⁷ See the precautionary footnote on page 10

Annex: Caregiving and physical health

Caring for someone can significantly impact the caregiver's health, leading to increased healthcare needs and lower levels of self-care and preventive health behaviours. Research has shown that caregivers often experience worse physical health, including:

- A higher rate of chronic medical conditions such as diabetes, arthritis, and heart disease. Women who care for their spouses are particularly at greater risk for cardiovascular disease.
- Increased rates of physical illnesses such as reflux and headaches, and high levels of obesity and pain.
- A lowered immune response, resulting in slower wound healing.
- Physical strain from assisting with activities like lifting and bed transfers.

Additionally, caregivers tend to have lower levels of self-care and:

- Are less likely to engage in preventive health behaviours.
- Are more likely to smoke and consume more saturated fat.
- May not fill their own prescriptions due to cost.
- Report worse eating and exercise habits compared to before caregiving.
- Have difficulty getting to the doctor for their own health needs.

These findings highlight the importance of prioritizing the health of caregivers. Researchers emphasize the need for:

- An assessment of family caregiver needs, leading to a care plan with support services.
- Caregiver education and support programs.
- Respite care to reduce caregiver burden.
- Financial support to alleviate the economic stress of caregiving.
- Primary care interventions that address caregiver needs.

Prevention is better than cure, and to address this, there are several dedicated health checks and screening services available. This list is by no means exhaustive but includes:

- Assessment/screening for people aged 40 to 49 years with a high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool.
- Health checks for individuals between the ages of 45 and 49 who are at risk of developing a chronic disease.
- Comprehensive health assessments for people aged 75 years and older.
- Heart health checks for individuals aged 45 years and older.
- Women's health screenings, including breast screening and Pap smears.
- Bowel cancer screening for patients aged 50 to 74.

Some practices offer skin checks and vaccination clinics.

Behavioural wellbeing refers to one's characteristic behaviours and conduct in going about one's life, and responding or reacting to various situations. It's influenced by:

Personality
Attitude
History
Motivations

a. Personality: This remains largely unchanged throughout life, being roughly 60% nature and 40% nurture. That said, it can be informative to consider its relevance to one's behavioural makeup.

b. Attitude: You get to choose your attitude to life, which can positively or negatively shape your behavioural wellbeing and, in turn, influence your three internal kinds of wellbeing: *intellectual*, *emotional*, and *spiritual*. Attitude includes self-efficacy and mindset.

c. History: You can't do much about your history, aside from stepping back and considering if your values, which inform your beliefs, which inform your rules, and which you acquired subconsciously from your parents, teachers, friends, and society as you grew up, are still working for you. The same goes for examining your habits.

d. Motivations: Motivations include your goals and aspirations, which can equally benefit from self-consideration.

The results of the interactions between your three internal kinds of wellbeing (intellectual, emotional, and spiritual) in determining your *overall wellbeing* are mediated by your behavioural wellbeing.

Here are some strategies that could be considered to improve or maintain behavioural wellbeing:

Personality

1. Self-awareness: "Engage in self-reflection to understand your personality traits and how they influence your behaviour."
2. Personality assessments: "Consider taking a personality test (like the Big Five) to gain insights into your inherent traits and how to work with them."

Attitude

1. Positive mindset: "Cultivate a positive attitude by practicing gratitude, focusing on strengths, and maintaining an optimistic outlook."
2. Self-efficacy: "Boost self-efficacy by setting and achieving small, manageable goals, and celebrating your successes."
3. Growth mindset: "Adopt a growth mindset by embracing challenges, learning from feedback, and persisting in the face of setbacks."

History

1. Reflect on past experiences: "Take time to reflect on your past experiences to understand how they shape your current behaviours and beliefs."
2. Re-evaluate values and beliefs: "Assess whether your inherited values and beliefs still serve you well, and make conscious adjustments if necessary."
3. Change harmful habits: "Identify and work on changing habits that negatively impact your wellbeing."

Motivations

1. Set clear goals: "Define clear, achievable goals that align with your values and aspirations."
2. Seek purpose: "Identify and pursue activities and goals that provide a sense of purpose and fulfillment."
3. Regularly reassess goals: "Regularly evaluate and adjust your goals to ensure they remain relevant and motivating."

General strategies

1. **Mindfulness¹⁸ and meditation:** “Practice mindfulness and meditation to improve self-awareness and emotional regulation.”
2. **Behavioural therapy:** “Consider engaging in behavioural therapy to address and modify maladaptive behaviours.”
3. **Stress management:** “Develop stress management techniques such as deep breathing, exercise, and time management to maintain a balanced lifestyle.”
4. **Healthy routines:** “Establish and maintain healthy daily routines that promote stability and predictability.”
5. **Social support:** “Build a strong support network of friends, family, and colleagues to provide encouragement and accountability.”
6. **Continuous learning:** “Engage in lifelong learning to adapt and grow in response to new challenges and opportunities.”
7. **Physical health:** “Maintain physical health through regular exercise, a balanced diet, and adequate sleep to support overall behavioural wellbeing.”
8. **Take your time:** “The health benefits of being in nature kick in after about 2 hours a week, and longer is better up to around 5 hours, after which the gains plateau.” (*Emo, Phy*)
9. **Make it count:** “It doesn’t matter whether time in wild spaces is taken in one go or broken up into little chunks during the week. Individual chunks should be at least 10 minutes.”

By focusing on these areas, you can actively improve your behavioural wellbeing, which in turn positively influences your intellectual, emotional, and spiritual wellbeing, ultimately enhancing your overall wellbeing.

¹⁸ See the precautionary footnote on page 10

Going from a model to thinking and acting differently

Thinking or feeling differently and taking action is something that falls under emotional, intellectual, spiritual, and occupational wellbeing:

- **Emotional wellbeing** is crucial for self-awareness, emotional regulation, and resilience. An individual with strong emotional wellbeing is better equipped to handle stress and negative emotions, which are often barriers to change.
- **Intellectual wellbeing** fosters an open mindset, encouraging individuals to explore new ideas and perspectives.
- **Spiritual wellbeing** provides a sense of purpose and meaning, which can be a powerful motivator for change. It involves aligning actions with personal values and beliefs.
- **Vocational wellbeing** is about finding satisfaction and fulfilment in one's work or daily activities. It involves having a sense of accomplishment and growth in one's professional and personal life.

The actual transition from “like to do” to “want to do” to “actually do”

A. You may need to swap your current language for new language.

For example:

- Failure → Feedback
- Too hard → Unfamiliar, possible, opportunity
- I can't → I choose not to
- I wish → I wonder what I need to do
- I don't know → I can find out/I am pretending not to know
- They make me so mad → I am in control of my own feelings; I am the teacher and my feelings are the class

What story are you telling yourself?

B. Questions to consider...

- What changes do you need to make in language, thinking, beliefs, and actions to actually do something about the kind of wellbeing that interests you?

C. Finding leverage to change

There are five keys to getting what you want in life:

1. Knowing what you want
2. Taking action
3. Noticing results
4. Being flexible enough to change your behaviour
5. Matching language and physiology

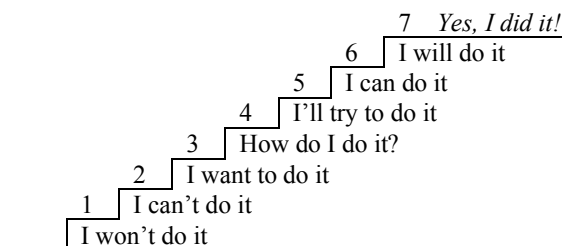
D. In order to gain leverage, it's worth the time to look at the five keys in your life.

1. **Know what you want.** Write down what you want out of life. Make a long list.
2. **Take action.** What actions are needed to achieve these things? Who do you need to talk to? What do you need to read? What needs to start/stop?
3. **Notice your results.** What are your actions getting you now?
4. **Be flexible enough to change your behaviour.** Something HAS to change to get a different result. What behavioural changes do you need to make?
5. **Matching language and physiology.** Empower your decisions with choice of dress, posture, language. What changes to language and physiology do you need to make to get what you really want?

E. Actions I have agreed to take this week, fortnight, or month

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

Seven steps to success:



Which step have you reached today? You don't have to see the whole staircase, just take the first step.

Watch your thoughts
they become words
Watch your words
They become actions
Watch your actions
they become habits
Watch your habits
they become you character
Watch your character
it becomes your destiny

Appendix A: Presentation about men's mental health from the *Men's Shed*

Mental Health Check-In

I'm in need of support
I'm having a hard time
I'm starting to struggle
I'm doing OK
I'd doing pretty good
I'm doing really great

The understanding and treatment of mental health have evolved significantly over time. In ancient Greece, mental illness was viewed as a medical issue, but during the Middle Ages in Europe, those suffering from mental health problems were often seen as being possessed or influenced by witchcraft. This perspective changed again during the Age of Enlightenment in the 1800s when mental illness was once more recognized as a medical condition. However, medical care during this period was basic, and many individuals were institutionalized away from society.

The development of antidepressant and antipsychotic medications in the 1960s marked a significant advancement, and with the acknowledgment of human rights, conditions in mental health institutions began to improve.

It wasn't until 1993 that Australia introduced its first national mental health plan, highlighting the relative novelty of comprehensive mental health care systems.

Statistics show that mental health issues disproportionately affect men. Three out of four suicides are men, and half of all men will experience a mental health disorder at some point in their lives. Unemployment quadruples the risk of depression in men, while separated men have six times the risk of depression compared to their married counterparts. Additionally, men who lack close friendships are twice as likely to have suicidal thoughts.

Maintaining both physical and mental health is crucial for overall well-being. Depression, for instance, can elevate the risk of chronic physical conditions such as diabetes, heart disease, and stroke. Conversely, chronic physical conditions can increase the risk of developing mental health issues.

The language we use around mental health matters. Terms like "psycho" or "crazy" are often used disparagingly in everyday conversations, which can perpetuate stigma. Mental illness is not a choice, and understanding its origins can help in addressing it more compassionately. Factors contributing to mental health issues include genetics, substance abuse, and other biological factors such as medical conditions or hormonal changes.

De-stigmatizing mental illness involves treating individuals with empathy and understanding. Regular check-ins with those around us can provide the support needed for optimal functioning. Mental health support should consider biological, psychological, and social factors. Building resilience, acquiring coping skills, and seeking medical help address the psychological aspects, while stable housing, financial counselling, meaningful activities, and recreation or employment can significantly impact the social aspects of mental health.

Finding support and understanding the multifaceted nature of mental health can help individuals lead healthier, more balanced lives.

Appendix B: Ten facts about Women's mental health¹⁹

1. Hormonal influences increase the likelihood of mental health symptoms

Hormonal changes, such as those during the menstrual cycle, pregnancy, and menopause, significantly affect a woman's mental health. For instance, premenstrual dysphoric disorder (PMDD) can lead to severe mood swings, irritability, depression, anxiety, and other psychological symptoms.

2. Women have higher rates of depression than men

Due to a mix of biological, hormonal, and psychosocial factors, women are twice as likely as men to experience depression. Unique stressors, such as societal expectations and caregiving responsibilities, contribute to this increased risk.

3. Depression is the leading mental health issue for women worldwide

The World Health Organization (WHO) identifies depression as the top mental health concern for women and a leading cause of death among women under 60.

4. Anxiety disorders are more common in women than men

From puberty to around age 50, women are twice as likely as men to suffer from anxiety. This disparity is due to hormonal fluctuations, brain chemistry differences, and psychosocial pressures.

5. Anorexia and bulimia affect women significantly more than men

Eating disorders, such as anorexia nervosa and bulimia nervosa, predominantly affect women, with around 85–95% of diagnoses occurring in women. Societal pressures on body image and beauty contribute to these disorders.

6. Post-traumatic stress (PTS) is twice as likely in women

Women are two to three times more likely to experience PTS than men, often due to higher exposure to trauma like sexual assault,

domestic violence, or childhood abuse. Addressing trauma through therapy is essential for recovery.

7. Women face unique mental health challenges during pregnancy and postpartum

Hormonal shifts during pregnancy and postpartum periods are linked to conditions like postpartum depression and anxiety. Around 10% of pregnant women and 13% of postpartum women experience these mental health issues, highlighting the need for early detection and intervention.

8. Women who experience poverty are at greater risk for developing a mental health condition

Women living in poverty are nearly twice as likely to face poor mental health outcomes compared to those above the poverty line. This underscores the need for better socioeconomic support for women.

9. Roughly half of women experiencing mental health issues are victims of abuse

About half of women with mental health conditions have experienced abuse. Trauma-informed care and specialized interventions are crucial for helping these women heal.

10. Women are more likely to receive treatment for their mental health than men

Despite facing numerous mental health challenges, women are more likely than men to seek professional help. Recognizing the problem and seeking assistance is the first step toward recovery, offering hope for improved mental health outcomes over time.

Wow.

Shows that wellbeing dimensions cannot always be completely in one's control, and that professional guidance, medical support and emergency interventions can sometimes be required.

¹⁹ Source: <https://plusapn.com/resources/ten-facts-about-womens-mental-health/>

Appendix C: Sources

The information in this book very largely comes from approximately 500 contributions to two “Eight Dimensions of Wellness” threads, in the sane.org forums.

I also drew on the following sources to check that things were on the right track.

- De Lange C 2022, Why spending time near water gives us a powerful mental health boost, *New Scientist*, Jul 13th
- Marks J 2018, EEG and Psychometry, *Journal of Addictive Behaviors, Therapy & Rehabilitation*, vol. 7, no. 1
- O’Reilly N 2013, Wellbeing: The five essential elements, *The Journal of Positive Psychology*, vol. 8, no. 2, pp. 174–176
- Robson D 2022, How interior design choices can boost your mental and physical health, *New Scientist*, April 13th
- SAMHSA 2016, *Creating A Healthier Life: A Step-By-Step Guide to Wellness*, Substance Abuse and Mental Health Services Administration, <https://store.samhsa.gov/sites/default/files/sma16-4958.pdf>, accessed Jul 29th, 2024
- Swarbrick M 2006, A wellness approach, *Psychiatric Rehabilitation Journal*, vol. 29, no. 4, pp. 311–314
- 2012, A wellness approach to mental health recovery, in Rudnick A (ed.), *Recovery of People with Mental Illness: Philosophical and Related Perspectives, International Perspectives in Philosophy & Psychiatry*, Oxford University Press, pp. 30–38

I added a few suggestions of my own, based on what has worked for me.

Lastly, I have drawn upon some of the sources mentioned in the two threads:

- Chris Heye (2020) published an interesting model on financial wellness, and accompanying article; see Appendix F, on page 80 of this book.
- Dimensions of wellness: Change your habits, change your life, on page 83 of this book.
- Queensland Health’s Director General
Dr John Wakefield (2020)²⁰
- A presentation about men’s mental health from the *Men’s Shed*
- A *Psyche* article: How to look after your emotional health: Find out which of your emotional needs you’ve been neglecting and use tips from human givens therapy to address them²¹

²⁰ <https://www.health.qld.gov.au/newsroom/doh-media-releases/mental-wellbeing-is-important-for-everyone>, accessed Jul 29th, 2024

²¹ <https://psyche.co/guides/how-to-look-after-your-emotional-needs-with-human-givens-therapy>, accessed Jul 29th, 2024

Appendix D: A 2015 article in the *British Medical Journal Open*, with 618 citations...

“Review of 99 self-report measures for assessing well-being in adults: exploring dimensions of dimensions of well-being and developments over time”²²

...notes, in part:

“The dimensions clustered around six key themes: ‘mental well-being’, ‘social well-being’, ‘physical well-being’, ‘spiritual well-being’, ‘personal circumstances’ and ‘activities and functioning’. A seventh set of dimensions were identified that attempted to measure ‘well-being overall’ in a global sense. Table 2 contains a brief description of each theme, and the number of dimensions linked to each. The majority of dimensions were linked to ‘mental well-being’, followed by ‘social well-being’ and ‘activities and functioning’”

Here are the contents of Table 2 “Descriptions of the themes identified and the reoccurring dimensions within them”, with connections to the nine wellbeing types of the *tutti frutti model* in bold:

Mental well-being

Dimensions linked to the theme of mental well-being assess the psychological, cognitive [= **intellectual [6]**] and **emotional [5]** quality of a person’s life. This includes the thoughts and feelings that individuals have about the state of their life, and a person’s experience of happiness.

Social well-being

Social [2] well-being concerns how well an individual is connected to others in their local and wider social community. This includes social interactions, the depth of key relationships and the availability of social support.

Activities and functioning

The focus of this theme is the **behaviour [9]** and activities that characterise daily life. This involves the specific activities we fill our time with (**vocation [4]**), and our ability to undertake these tasks

Physical well-being

Physical [7] well-being refers to the quality and performance of bodily functioning. This includes having the energy to live well, the capacity to sense the external environment and our experiences of pain and comfort.

Spiritual well-being

Spiritual [8] well-being is concerned with meaning, a connection to something greater than oneself and in some cases faith in a higher power.

Personal circumstances

These dimensions are related to the conditions and external pressures that an individual faces. This involves numerous **environmental [1]** and socioeconomic concerns such as **financial [3]** security

²² <https://bmjopen.bmj.com/content/6/7/e010641.short>, accessed July 29th, 2024

Appendix E: Porridge

Porridge, often made from oats, is not only good for physical health but can also be considered beneficial for the soul in a metaphorical sense. Here are some reasons why:

1. Nutritional benefits:

- **Rich in nutrients:** Porridge is packed with essential nutrients like fibre, vitamins, and minerals. Oats are particularly known for their high fibre content, which aids in digestion and helps maintain heart health.
- **Sustained energy:** The complex carbohydrates in porridge provide a slow release of energy, helping you stay energized and focused throughout the day.

2. Comfort food:

- **Warm and comforting:** A warm bowl of porridge can be very comforting, especially on cold mornings. It provides a sense of warmth and cosiness that can be soothing for the soul.
- **Nostalgia:** For many, porridge is a childhood staple, evoking memories of home and family. This emotional connection can enhance feelings of comfort and well-being.

3. Versatility:

- **Customizable:** Porridge can be easily customized with a variety of toppings such as fruits, nuts, honey, and spices. This allows for creativity and personalization, making it enjoyable and satisfying.

4. Routine and ritual:

- **Healthy routine:** Including porridge as part of a morning routine can promote a sense of structure and stability, which is beneficial for mental health.
- **Mindfulness:** Preparing and eating porridge can be a mindful practice, helping you start the day with a calm and focused mind.

5. Cultural and historical significance:

- **Historical comfort food:** Porridge has been a staple food in many cultures for centuries, often associated with nourishment and sustenance during hard times. This historical context adds to its comforting nature.

In summary, while porridge is excellent for physical health due to its nutritional profile, its comfort, versatility, and role in daily routines can also provide emotional and mental benefits, making it “good for the soul” in a broader sense.

Appendix F

On the topic of *financial wellbeing*, Chris Heye (2020) published an interesting model, which I have redrawn below, and accompanying article.²³

5. Overall wellbeing	Being well-prepared, maintaining social connections and practicing self-awareness.
4. Behavioural wellbeing	Exercising strong self-control while minimizing biases and avoiding over-confidence
3. Intellectual wellbeing	Supporting healthy executive functions, relying on trusted family and friends, and cultivating financial literacy
2. Physical wellbeing	Prioritizing physical health, ensuring access to quality healthcare, and having advance directives in place
1. Being organised	Effective organization and management, completing necessary estate documents, and keeping accurate records

Tower of financial wellbeing

Some extracts from his article are:

“Financial wellness is effectively managing your economic life.”

Financial wellbeing is, “The process of learning how to successfully manage financial expenses.”

“The entire discipline of behavioural finance is built around the idea that behaviours and emotions have significant impacts on financial decision-making. The fundamental tenet is that most people do not act rationally in a strict economic sense, but instead are influenced—often negatively—by biases, anxiety, fear, lack of impulse control, and other personality traits and behaviours.”

Heye refers to *social wellbeing*, in this passage:

“In his book, *Connect*, Ned Hallowell, M.D., refers to personal connection as “the other Vitamin C.” Social isolation is increasingly viewed as highly detrimental to a person’s health—especially older adults—potentially as dangerous as smoking or obesity. Social connections are critical to financial wellness”

Heye mentions cognitive wellness, which I feel is equivalent to intellectual wellbeing; and organizational wellness, whereas I suspect this is not so much a discrete wellness but rather, being organised is an aspect of financial wellbeing.

²³ <https://www.financialplanningassociation.org/article/journal/SEP20-introducing-hierarchy-financial-wellness>, accessed Jul 29th, 2024

Appendix G: If wellness was a house

Rebecca Stiles writes:²⁴

“True wellness requires a view of the big picture. Or maybe just look around your house.

Just like the home you live in, you are one structure that is made up of many different parts. Of course, you can enjoy and care for each room of your home separately. But, it would be unwise to close the door to a room and ignore it. In fact, a room that doesn't get cared for regularly quickly becomes unpleasant.

So it is with people. Our wellness is dependent on the integrity of every aspect of our being. As a matter of fact, any part that is neglected or falls into disrepair will impact our whole life.

Each of these 8 aspects of being are like rooms of the home that is your wellness.”

²⁴ <https://wellnesstool.com/eight-dimensions-if-wellness-was-a-house/>, accessed Jul 29th, 2024

Appendix H: Dimensions of wellness: Change your habits, change your life

Quite a bit of wisdom in this article.²⁵

Wellness is a comprehensive blend of physical, mental, and spiritual well-being, energizing the body, stimulating the mind, and nurturing the spirit. While it certainly involves striving for health, it's more about living life to the fullest. Wellness represents a lifestyle and a customized approach to living that allows you to become the best version of yourself, given your potential, circumstances, and fate.

Wellness includes eight interconnected dimensions: physical, intellectual, emotional, social, spiritual, vocational, financial, and environmental. Each dimension requires attention because neglecting any one of them can negatively impact the others and, ultimately, your health, well-being, and quality of life. However, these dimensions don't need to be perfectly balanced. Instead, aim for a personal harmony that feels authentic to you. Everyone has their own priorities, methods, and aspirations, including their own views on what it means to live life to the fullest.

Making health and well-being-oriented choices can be challenging. Even though we know what's good for us and how we can improve, we often fail to act on this knowledge or revert to old habits. Human behaviour — what we do, how we do it, and whether we succeed — is influenced by many factors, particularly self-regulation and habits.

Change becomes more achievable when you choose strategies that enhance your chances of success. Effective strategies include monitoring progress, scheduling activities, establishing accountability systems, abstaining from harmful behaviours, adjusting convenience, planning safeguards, recognizing rationalizations and false assumptions, using distractions, rewards, and treats, pairing activities, and starting with habits that directly strengthen self-control. Most successful habit changes require coordinating multiple strategies to establish a single new behaviour. On average, new habits take 66 days to form, so the more strategies you use, the better your chances of success.

Change often takes time and involves repeated trials and errors. However, the effort is unquestionably worthwhile, as one success often leads to another.

Wellness is a dynamic, ever-changing process. It's a lifestyle and a personalized approach to living that allows you to become the best person you can be, considering your potential, circumstances, and fate. The past is behind you; the present and future are shaped by the choices you make today. Don't worry about getting everything perfect; just start, and strive to be the best person you can be.

²⁵ Stoewen DL 2017, Dimensions of wellness: Change your habits, change your life, *Canadian Veterinarian Journal*, vol. 58, no. 8, pp. 861–862

Appendix I: A summary of, “How interior design choices can boost your mental and physical health” from *New Scientist*, 13 Apr 2022.²⁶

Studies exploring the effects of clutter on our environment have shown that maintaining an organized home can be beneficial. For example, there’s a notable connection between procrastination and clutter. Additionally, research indicates that a cluttered home environment is associated with higher cortisol levels throughout the day. It might not be the clutter itself causing the stress, but the worry about maintaining a neat appearance. Therefore, creating some visual order in your living space can be advantageous. Something as simple as arranging your books by colour can bring more organization to a room, suggests Lee.

It’s also beneficial to consider ways to enhance your environment so you feel more in control. In one study at an insurance company in Wisconsin, employees were given the ability to adjust the lighting and ventilation at their workstations, which led to a noticeable increase in productivity. This might be due to improved physical comfort, but other studies indicate that merely having the perception of control over our surroundings can improve our mood, even if the physical environment doesn't change much.

While considering these changes, remember to honour your individuality. Although environmental psychology provides strategies to reduce stress, instil discipline, and boost productivity, exceptions always exist. If having an oversized, shiny Harley-Davidson motorcycle on display in your living room brings you joy, it's perfectly fine to break the rules occasionally (just remember to return the rulebook to its spot on your colour-coordinated shelf).

Adjust your lighting to enhance thinking

Lighting can subtly influence our mental state, often without us realizing it. Research has shown that the type of lighting in our environment can significantly affect our thinking processes. For instance, Anna Steidle and Lioba Werth at the University of Hohenheim in Germany found that bright lighting (around 1500 lux) promotes greater self-awareness, leading to more reflective thinking.

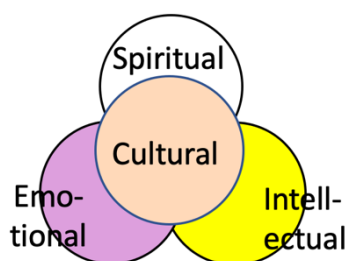
On the other hand, dimmer lighting tends to make us less self-conscious, fostering a more experimental mindset that can be beneficial for creative problem-solving. In one study, participants in dimly lit settings were better at solving the candle problem, where they had to figure out how to fix and light a candle on a wall without letting the wax drip on the floor, using only a box of matches and thumbtacks. The solution involved emptying the thumbtack box, placing the candle inside, and then attaching the box to the wall with a thumbtack.

²⁶ <https://www.newscientist.com/article/mg25433823-000-how-interior-design-choices-can-boost-your-mental-and-physical-health/>

Appendix J: Cultural wellbeing— Embracing our roots and identities

Cultural wellbeing can be an essential yet overlooked aspect of overall wellness. It encompasses the freedom to practice your own culture, the ability to belong to a cultural group, and the feeling of being valued for the differences that define us—our beliefs, history, and roots.

When we feel safe and respected in our cultural identity, we can express ourselves without fear of discrimination, harassment, or exclusion. This sense of security and respect is fundamental to our mental and emotional health, providing a foundation for a strong sense of self and community.



Cultural wellbeing sits atop the Triangle of Wellbeing types—Emotional, Spiritual, and Intellectual—acting as a harmonizing element that enhances and integrates these dimensions. It not only enriches our personal lives but also fosters a sense of belonging and purpose within our broader community.

Aspects of cultural wellbeing

1. **Cultural Identity and Heritage:** Knowing and appreciating one's cultural background, traditions, and values can foster a strong sense of identity and pride. Understanding and embracing your cultural heritage strengthens your sense of self and community.
2. **Community and belonging:** Being part of a cultural community can provide support, understanding, and a sense of belonging. Engaging with cultural groups and communities helps to build strong social connections and a support network.
3. **Cultural activities:** Participating in cultural events, festivals, and activities can enhance social connections and personal fulfillment. These activities provide opportunities to celebrate and sustain cultural practices.
4. **Respect for diversity:** Appreciating and respecting cultural diversity can promote mutual understanding and reduce prejudices. Fostering an environment of inclusivity and respect enriches both personal and communal experiences.
5. **Intergenerational connections:** Sharing cultural knowledge and traditions between generations can strengthen family and community bonds. Intergenerational exchange preserves cultural heritage and fosters a sense of continuity and belonging.

Suggestions for enhancing cultural wellbeing

1. **Explore and embrace your cultural heritage:** “Engaging with my cultural roots by learning about my ancestry, traditions, and values has strengthened my sense of identity and belonging.” (*Emo, Soc*)
2. **Participate in cultural festivals and events:** “Attending cultural festivals and community events has enriched my life and deepened my connection with my cultural community.” (*Soc, Emo*)
3. **Share cultural stories and traditions with family:** “Sharing cultural stories and traditions with my family has strengthened our bonds and kept our heritage alive.” (*Soc, Emo, Spi*)
4. **Learn and practice traditional arts and crafts:** “Learning traditional arts and crafts has provided a creative outlet and a deeper appreciation of my culture.” (*Int, Emo, Spi*)
5. **Cook traditional meals:** “Cooking and sharing traditional meals has brought joy and a sense of connection to my cultural roots.” (*Soc, Emo*)
6. **Join cultural organizations:** “Joining cultural organizations has allowed me to connect with others who share my heritage and participate in meaningful activities.” (*Soc, Emo*)
7. **Respect and celebrate cultural diversity:** “Respecting and celebrating cultural diversity has broadened my perspective and enriched my social interactions.” (*Soc, Int*)

By fostering cultural wellbeing, we can create a rich, diverse, and inclusive approach to personal wellness, ensuring every part of our identity contributes to a beautiful, unified whole.