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| **Step 1** | **HEALTH PROMOTION** * Reflect on the actions that contribute to your well-being and overall flourishing. Recognise that this isn't merely about getting by but about thriving in life
* Evaluate whether there's a gap between how frequently you engage in these activities and how often you truly need to do so to derive the intended benefits
* Incorporate these beneficial activities into your weekly schedule consistently
* Identify the obstacles preventing you from prioritising these essential practices for your well-being, and you are ready for Step 2…
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| **Step 2** | **OVERCOME OBSTACLES*** Set clear goals. Having a specific objective provides you with motivation, direction, and a roadmap for your actions
* Prioritise regular breaks. Allocating time for your mind and body to rest, reset, and recharge, leads to increased productivity and effectiveness
* Optimise your environment. Identify and remove barriers in your daily life that hinder your progress, allowing for smoother execution of tasks
* Seek support from others. Share your goals with trusted individuals who can offer encouragement, accountability, and assistance in staying on track
* Monitor your thoughts. Challenge negative self-talk and doubts that may impede your progress or confidence in achieving your goals
* Adjust your routines. Break down your desired changes into manageable steps, integrating them gradually into your daily life for sustainable and lasting transformation
* Track your progress. Documenting your starting point and milestones achieved can bolster your motivation and resilience, providing a reminder of how far you've come and what remains to be accomplished.
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| **Step 3** | **HEALTH RESTORATION*** Evaluate factors in your life that detract from your overall health. Consider challenges affecting various aspects such as physical, mental, emotional, spiritual, and social well-being. Acknowledge the possibility that your health may have declined and needs rebuilding.
* Contemplate the timeless wisdom of Reinhold Niebuhr: "... *grant me the strength to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference*."
* Identify which challenges are within your control to change. Implement the strategies outlined in Step 2 to address these challenges effectively
* Recognise challenges that are beyond your control. Accumulation of these uncontrollable factors can lead to feelings of helplessness, stress, and eventual burnout.
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| **Step 4** | **ADDRESS BURNOUT*** Stress demands attention, as its effects are both immediate and enduring, even if we're reluctant to acknowledge them. Ignoring stress for too long can lead to burnout and breakdown
* Reflect on your current stress-relief practices. What measures are you taking to alleviate stress in your life?
* Evaluate whether there's a gap between how frequently you engage in stress-relief activities and how often you truly need to do so to derive the intended benefit
* Integrate stress-relief activities into your weekly routine consistently to ensure their ongoing effectiveness
* Identify barriers preventing you from managing stress effectively
* Apply the strategies outlined in Step 2 to overcome these barriers and prioritise your well-being
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