

WELLBEING

MENTAL | PHYSICAL | EMOTIONAL | SPIRITUAL



How you're doing really matters

It's easy to neglect our wellbeing in a time of chaos and crisis and slip into survival mode. Taking time for exercise, rest or activities that we love, can feel self indulgent and unrealistic. Yet experience and science shows us that these are the very habits that will enable us to adapt, change and possibly even thrive in the face of so much uncertainty.

Zoe Dickinson Coaching

This toolkit is designed to help you discover some new habits and rhythms and to create your own personalised Wellbeing Plan (see last page). We're all different and what one person needs to thrive is completely different to another.

What follows are some simple practical ideas to help you invest in your mental, physical, emotional and spiritual health. Pick one idea from each section to create your personal plan. The ideas are intentionally simple, but don't underestimate the power of small daily choices.

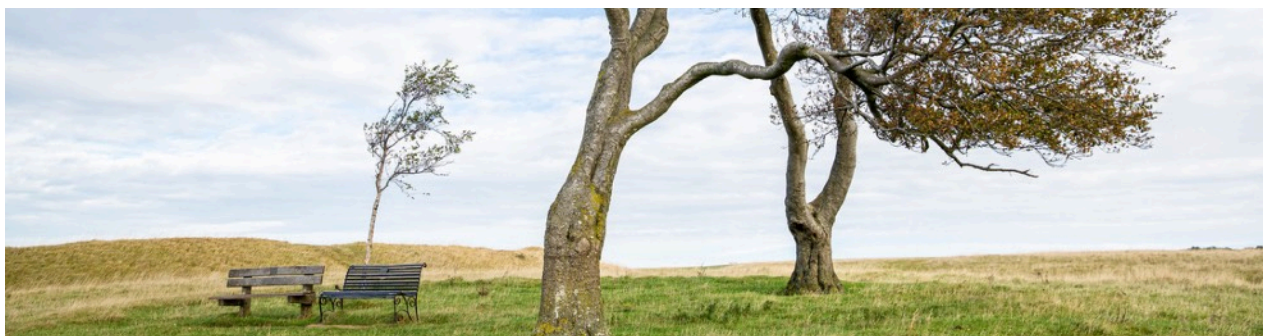
"All big things come from small beginnings. The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and branches grow....the task of building a good habit is like cultivating a delicate flower one day at a time."

James Clear (Atomic Habits)

First, let's check in and take a moment to consider:

How are you doing? (mentally, physically, emotionally and spiritually)

What does thriving look like for you?



Mental Health

Key Foundations

- Quietening the flow of noise and information
- Understanding what drives your beliefs and thought patterns
- Resilience: our ability to adapt well in the face of adversity
- Accomplishment, achievement, productivity

Practical ideas

- 1) Create a daily stillness practice. Notice your breathing and be present to what's happening in that moment. Pay attention to what you feel without judgement. (The Calm and Soultime Meditation Apps are great if you're new to this).
- 2) What are the thoughts and beliefs that you've accepted as true that you want to challenge? Thoughts about yourself and the world. The Enneagram personality type system is a very helpful tool to help with this (see below).
- 3) One of the key ways that we build resilience is through building strong relationships and support networks. Reach out to someone and be honest about how you're doing and ask them how they are.
- 4) Rather than writing a long list of everything you need to do (which can feel overwhelming and frustrating when you don't get it done), why not choose 3 key things you want to do each day or week.

Pick one of the ideas above and put it in your Wellbeing Plan below.

RESOURCES / BOOKS

[Calm Meditation App](#)

[Soultime Christian Meditation App](#)

The Road Back to You (Enneagram) - Ian Cron (Podcast - Typologies)

The Stress Solution - Dr Rangan Chatterjee (Podcast - Feel Better.Live More.)



Physical Health

Key Foundations

- Move your body
- Nourish your body with healthy food
- Sleep: improve the quality and duration
- Get fresh air daily, ideally out in nature

Practical ideas

- 1) Move your body for at least 10 minutes every day (walk, stretching, body weight exercises, play in the garden with your children, dancing).
- 2) Pick one food that you are going to stop eating this week and one healthier food you are going to eat more of.
- 3) Turn off all digital distractions (phone, laptop, TV) that stimulate your brain before 9pm, so that you can get a better nights sleep.
- 4) Try to get out in fresh air as early on in the day as possible so that you feel the benefit for the rest of the day. The closer to 10,000 steps a day you can get, the better.

Pick one of the ideas above and put it in your Wellbeing Plan below.

RESOURCES / BOOKS

Eat, Sleep, Move - Tom Rath

The 4 Pillar Plan - Dr Rangan Chatterjee

ameliafreer.com



Emotional Health

Key Foundations

- Prioritise relationships
- Make space to process emotions
- Passions, fun and creativity: do things that bring you deep joy
- Discover your purpose and make a difference to others.

Practical ideas

- 1) Make a list of three friendships you want to really invest in and plan how (letter, card, phone call, visit) and when you're going to connect with those people.
- 2) Acknowledge and notice both painful and positive emotions. What in your life is hard right now and how do you feel about it? What are you really thankful for in your life today? Both are important.
- 3) Identify one activity (one you used to do or something new) that you can do regularly that you really love and do purely for enjoyment. For example: drawing, cooking, photography, dancing, pilates, writing, playing an instrument, doing a jigsaw.
- 4) Do something each week that connects to your wider purpose and impacts other people. Find one small step that moves you forward.

Pick one of the ideas above and put it in your Wellbeing Plan below.

RESOURCES / BOOKS

Emotionally Healthy Spirituality - Pete Scazzero

The Stress Solution - Dr Chatterjee (Podcast - Feel Better.Live More.)

Know Your Why - Ken Costa



Spiritual Health

Key Foundations

- Identity: knowing who you are loved by & letting this shape everything
- All transformation comes out of a place of relationship
- Create spiritual disciplines and rhythms
- Be intentional about investing in community

Practical ideas

1) Reflect on where you are getting your identity from (God or achievement, possessions, popularity, pleasure) and what changes you might want to make.

2) Choose a biblical truth you want to soak in (rather than visit). Let it be the first thing you read when you wake up and the last thing you read before you go to sleep.

3) This week explore the spiritual practice of silence and solitude. Drown out some of the noise and distraction of the external world by fasting from social media or TV.

4) Think about who you are going to build community with and make sure that group includes people outside your friendship group who are different to you. Embrace the messiness.

Pick one of the ideas above and put it in your Wellbeing Plan below.

RESOURCES / BOOKS

practisingtheway.org

The Ruthless Elimination of Hurry - John Mark Comer

Emotionally Healthy Spirituality - Pete Scazzero

Lectio 365 (24-7 daily prayer devotional app)

MY WELLBEING PLAN

Pick one idea from each of the sections above and add it to your plan below.

I am going to invest in my wellbeing through the following rhythms and habits:

Mental:

Physical:

Emotional:

Spiritual :

Coaching

If you have found this toolkit helpful and are interested in creating a more personalised and detailed Wellbeing Plan coaching is a great way to do this. Coaching will give you the space to slow down and reflect on how you are doing (personally and professionally) and explore what you want to change. Together we will discover what makes you thrive and identify rhythms and habits that bring lasting change. **If you're interested in finding out more you can email me at zdcoaching@icloud.com**

Stay in touch



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