

Health & Well-being: Why worry

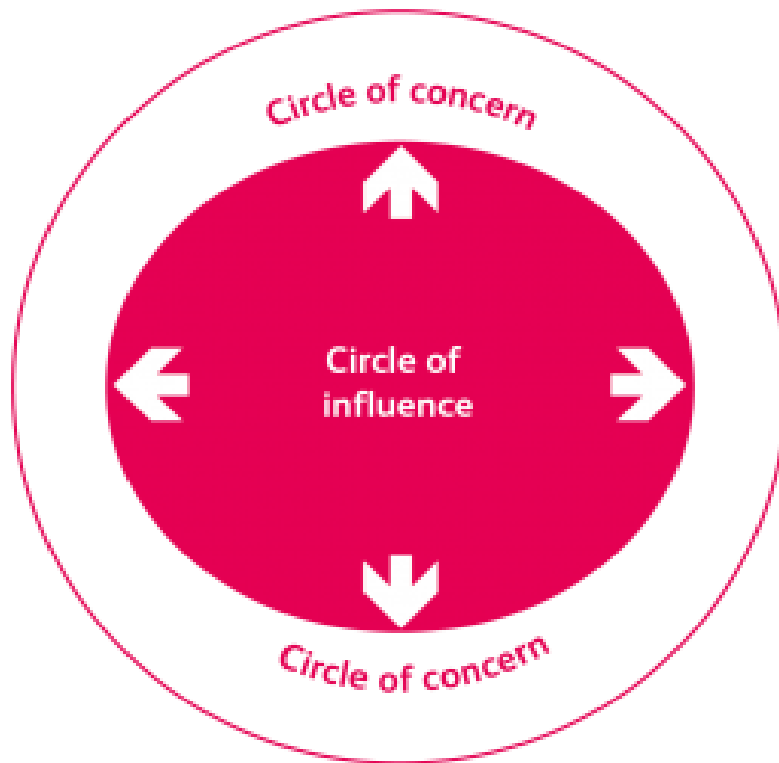
Take 5 Series

Health & well-being: Maintaining control

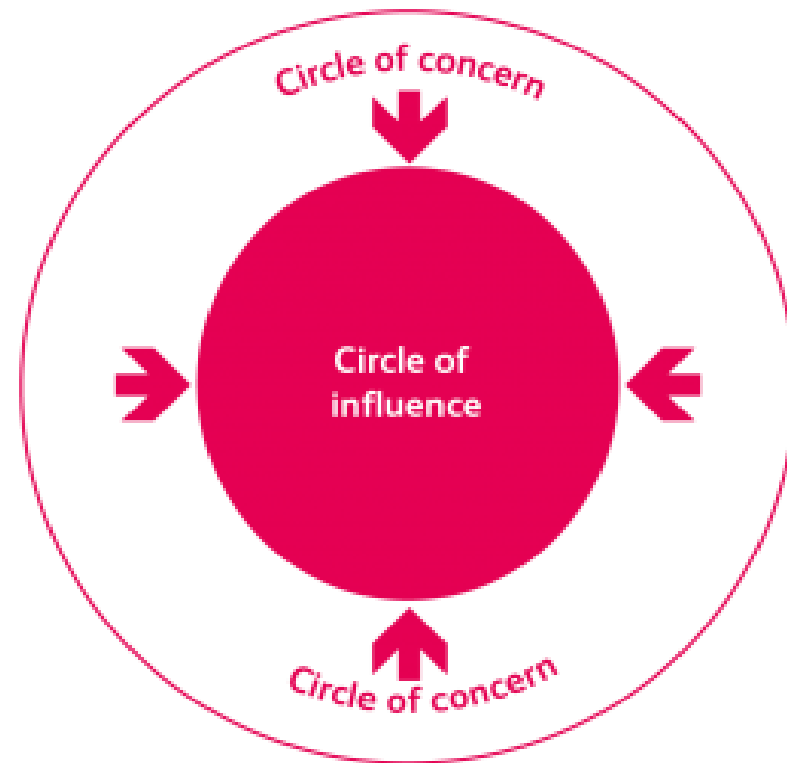
In 'The 7 habits of highly effective people' Covey et al define 2 types of people :

- ▶ Proactive
- ▶ Reactive

These types of people allocate their energies in 2 particular ways.



Proactive focus
Positive energy enlarges circle of influence



Reactive focus
Negative energy reduces circle of influence

Health & well-being: Maintaining control

Effectively it's about recognising what you can and can't control and prioritising focus on what you can influence.

What I can control and what I can't

Data source: @mindfulenough | Infographic design by @agrassoblog for educational and motivational purposes



Source: Covey et al, 1992

Health & well-being: Prioritising challenges. Exercise 1

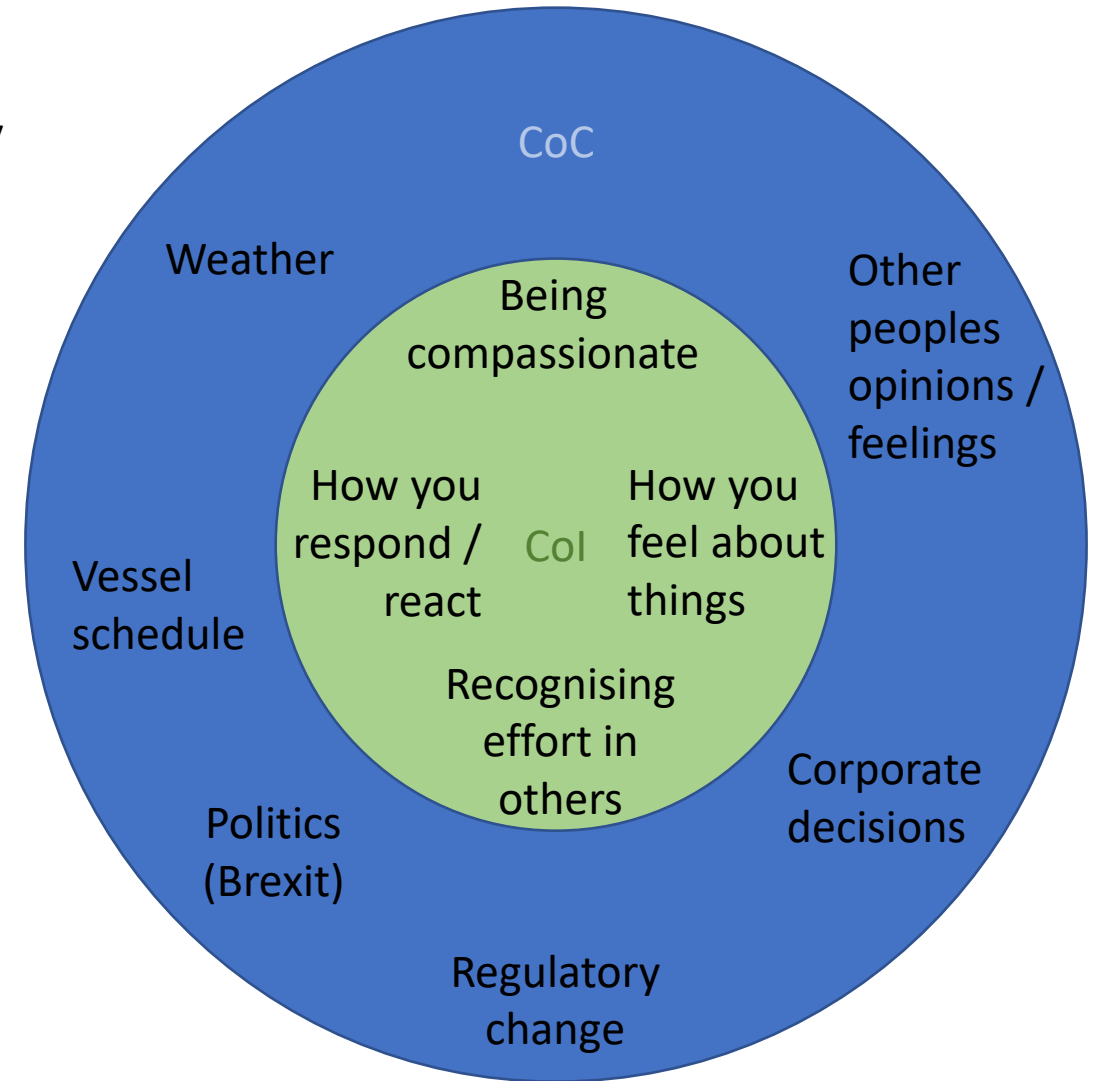
Letting go of unnecessary stressors

Mind focusing:

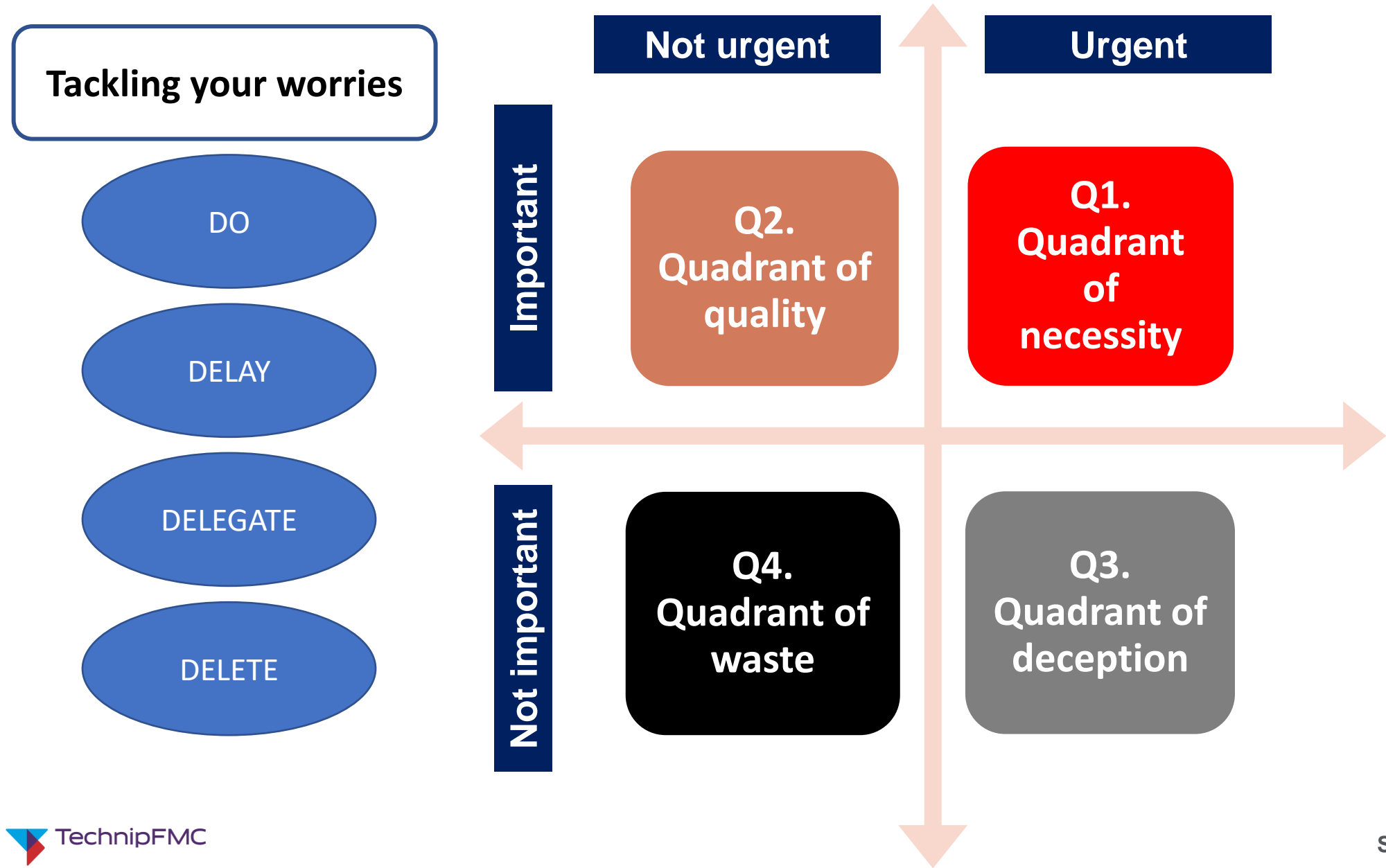
- ▶ List any frustrations, tasks, ideas, thoughts or feelings currently on your mind
- ▶ Consider where these fall (in CoC or Col)
- ▶ Identify items to 'back shelf' / ignore / tolerate / accept in CoC
- ▶ Identify items to focus on in Col

Key considerations:

1. What's on your mind?
2. What can you (& we) do about them?



Health & well-being: Prioritising challenges. Exercise 2.



Health & well-being: Prioritising challenges. Exercise 2.

Tackling your worries

Take 30 minutes each day

- Identify what's on your mind and causing worry
- Categorise your worries into action priorities
- DO what's most important / urgent to you
- Delay what is not urgent but still important
- Remove items that can be delegated or deleted altogether

