



# Taking Care of Your Wellbeing

## Tip Sheet

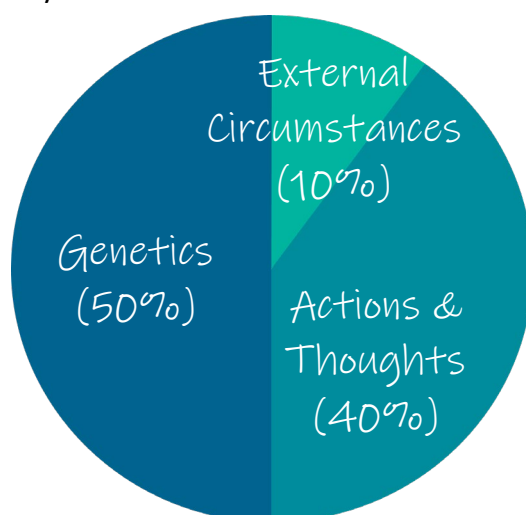
“There’s no such thing as bad weather – only bad clothing”

(Alfred Wainwright)

In Ballarat, the conversation in Winter often turns to the weather and we can be quick to blame it for any struggles that we are having. That’s a bit of problem because the weather isn’t really within our control.

So how much of your happiness is actually within your control?

According to researcher Sonia Lyubomirsky (2005), some of your wellbeing is genetics (50%), some is external circumstance, and the rest is your **actions and thoughts**. That’s right 40% of what you do and what you think about contributes to your wellbeing, so a big chunk of it is actually within your control.



Longitudinal studies have found that people with higher levels of wellbeing have:

- ✓ More satisfying relationships
- ✓ More readily take on new learning challenges
- ✓ Are more creative and productive
- ✓ Are more willing to help others
- ✓ Experience greater engagement and success at work
- ✓ Earn higher incomes
- ✓ Experience better physical health
- ✓ Are less likely to abuse substances

(Lyubomirsky, King & Diener, 2005)



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**WINTER**   
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So how do we cultivate wellbeing and build resilience against the so-called Winter-Blues?

Let's start with a definition of wellbeing. In its simplest form, wellbeing is our ability to feel good and function effectively as we navigate the natural highs and lows that we all experience in life.

Dr Martin Seligman's PERMAH Framework (2012) points to six wellbeing factors that enable us to feel good and function well:

- POSITIVE EMOTIONS – prioritising moments of regular heartfelt positivity, spending time in nature, finding a reason to laugh, taking a break, practicing mindfulness to fuel your resilience
- ENGAGEMENT – using your neurological strengths (the things you are good at and enjoy doing) to feel more confident, energised and engaged.
- RELATIONSHIPS – making time to genuinely connect with other people, expressing gratitude, showing kindness, being compassionate and savouring the feelings of warmth and trust
- MEANING – having a sense of purpose and direction in your life and feeling connected to something larger than yourself
- ACCOMPLISHMENT – embracing a learning mindset and cultivating the grit you need to accomplish the things that matter most to you
- HEALTH – eating well, moving regularly, taking time to recover, and sleeping deeply each day to ensure you have the energy to consistently thrive.

Before we go on, it is important to note that most people struggle to change their wellbeing behaviours, not because they lack **willpower**, but because they lack the **knowledge, tools and support** that make change easier.

Let's think about physical fitness for a moment. You wouldn't expect to go to the gym once and automatically be fit the next day. It takes concerted effort over weeks, months or maybe years to get a point where you can say you are fit. Wellbeing is actually quite similar. But that doesn't mean it has to be hard or unenjoyable.

Studies have found that when it comes to caring for your wellbeing **"tiny is mighty"** provided whatever you do is done regularly (Walton, 2014).

So, let's start today!



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