

*Life is not a race;  
it is a journey,  
something to be  
**enjoyed** each day.*

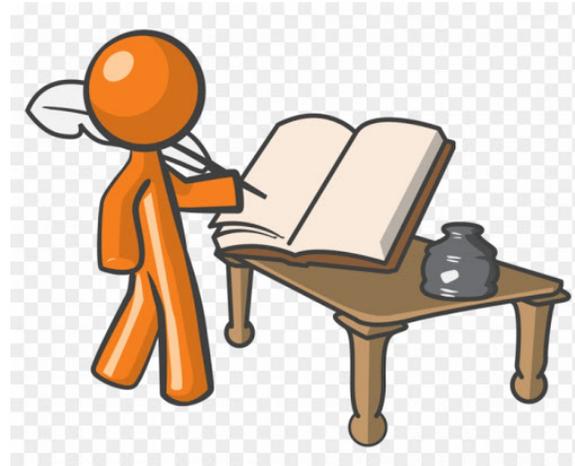
**Dr. Wayne Dyer**

SincerelyStacie.com

# ROADMAP to WELL BEING

## Self Help Workbook

# Introduction



## The objective of the self-Help Workbook

The objective of this Coaching Workbook is to help the participants achieve mental well-being through the scientific method of Positive Psychology.

We have used positive psychology coaching with our clients in individual and group sessions. In this workbook, we have accumulated a few highly used activities, exercises, tips that we have used in our coaching and have been transformational.

The workbook allows participants to assess their current lives, their skills, and knowledge from different perspectives to achieve their path to the mental-health recovery system.

However, in our well-being package, we have combined THREE elements: Physical Activity, Nutritional Balance, and Mind exercise through the scientific methods of positive psychology and cognitive-behavioural technique.

Hence the workbook is designed to give you a set of resources to help you prepare and get maximum value from counselling or coaching experience.

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**This is a situation of our mad rush to get..... somewhere !  
Jen was driving the car and imagine you are Jen.**

I was close to the speed limit as I could and driving through yellow traffic lights that sometimes flashed to red.

Then I asked myself, "What's the hurry?"

"I'll be late!"

"What will you be late for?"

"Can't remember - but it must be something really important"

"I guess it must be important if you're risking life and limb to get there."

I thought about what I was desperately rushing to: "I'm in a rush to meet Kate at p.m."

I asked myself, "What would happen if I was 5 or even 15 minutes late?"

"I guess she would wait. I think she'd understand. I could always send her a message and let her know I was running behind, but I'm pretty much on time anyway."

**A change took place.**

- ❖ I breathed.
- ❖ I relaxed.
- ❖ I was no longer stressed.
- ❖ I began to enjoy my day, take my time to smile and thank the people in the grocery store, the bank and the post office.
- ❖ I vowed to remind myself that next time I was in such a hurry, I would ask myself,

**What are the stakes here?**

- ❖ Is it a wedding, or coffee date?
- ❖ Am I meeting the president or a friend?
- ❖ Is it life or death, or just everyday stuff?

**Ask yourself for your wellbeing..... Life is a journey not a race.**

# Story Time



One day while out and about doing his thing, a tiny cricket came across a monk meditating. He sat there for some time watching as the motionless monk meditated, he was struck at how calm and peaceful the monk seemed but didn't understand what it was the monk was doing.

After a while, the cricket becomes brave enough to approach the monk and ask, but just as the cricket hopped a little closer the monk opens his eyes.

"Hello little cricket" the monk said in a warm and friendly manner. "How May I help you"

Surprised that the monk knew he was there the little cricket asked his question "I have been watching you for some time and would like to know what it is you are doing?"

"Meditation little cricket," said the monk "we meditate to calm our wandering minds".

"How do you mean" the cricket inquired

"Our minds can be like that of a little cricket that hops from place to place, always moving never still and calm"

"Oh, I like that" said the little cricket, "that makes sense to me. Do you think I could learn?"

"Of course, little cricket, we start by getting comfortable, then sitting with crossed legs and our backs straight we close our eyes"

Immediately the little cricket, makes himself comfortable, crosses all his little legs and closes his eyes "But what now" asked the little cricket

The monk chuckles "steady little cricket not so fast. when we close our eyes, we watch our breath, Breathing In we are truly aware we are Breathing In, Breathing Out we are truly aware we are Breathing Out"

The little cricket does as the monk says making himself comfortable and crosses all his little legs, he slowly closes his eyes and takes a deep breath.

"Wait!" Shouts the cricket "I think it would be better to meditate over there on that lovely grass stalk" and off he hops "Ok I'm ready now"



The monk and the cricket get themselves comfortable again, the monk crosses his legs and the little cricket does the same, they both slowly close their eyes and take a deep in breath

“Wait!” Shouts the cricket “I think it would be better to meditate over there on that lovely rock” and off he hops. “Ok I’m ready now”

The monk and the cricket once again make themselves comfortable the monk crosses his legs and the little cricket does the same, they both slowly close their eyes and take a deep in breath

“Wait!” Shouts the cricket

### **Moral of Story**

Our minds can be like that of the little cricket, always hopping off to hear and there following the next big distraction. We meditate to calm our minds, stilling and quietening ourselves to live more in the present moment. When we become present in the moment we start to learn and experience the fundamental truths to that which causes us to suffer.

# Chapter 1: Well Being

## What is well Being?

In its simplest form, wellbeing is your ability to feel good and function effectively. It gives you the resources to navigate the highs and lows we all experience in our work and our lives, while enabling you to intellectually, emotionally, socially, and physically **'flourish.'** As a result, studies are finding that people who have higher levels of wellbeing reap all sorts of benefits.

So, in simple words, it is an experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. More generally, well-being is just feeling well.

## What are the components of well-being?

- ❖ mental health,
- ❖ high life satisfaction,
- ❖ a sense of meaning or purpose,
- ❖ ability to manage stress.

## Who is a Coach?

A coach is trained to help you see clearly where you are today, then find ways to move forward towards your goals. They do not tell you what to do, they are a *sounding board* to help you discover what it is you want to do. Coach...

- ✓ Focuses on setting goals for the present and future.
- ✓ Coaching does not involve a mental health diagnosis.
- ✓ Coaching helps mentally well people function at a higher level.

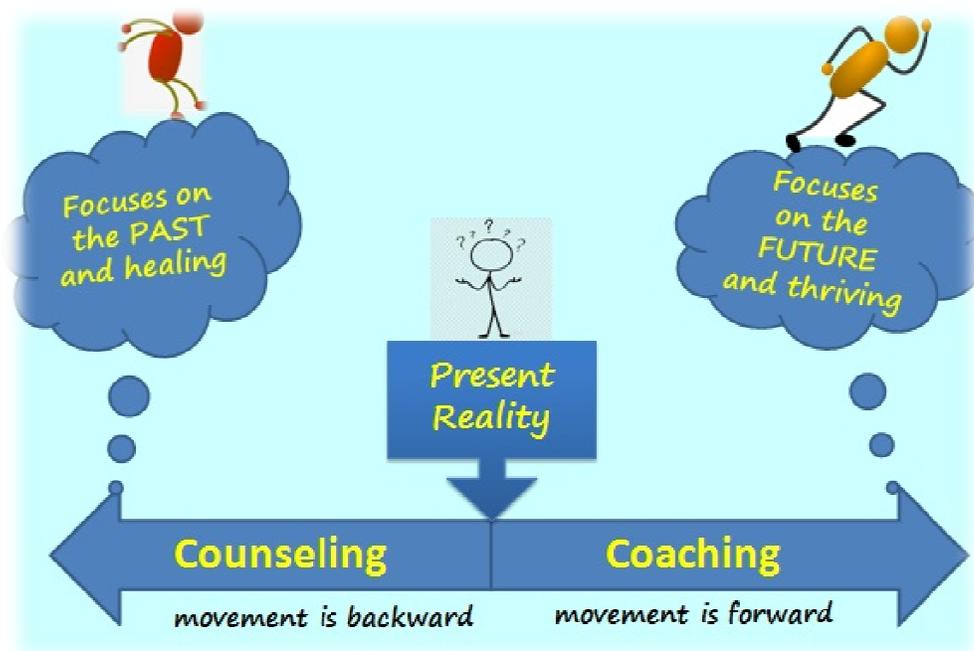
## Who is a Counselor?

A counselor creates a safe and supportive space for you. They are a *support system* to help you gain the strength and clarity to cope and to move forward at last. Counselor...

- ✓ Focuses on both past and present
- ✓ Can help heal wounds from the past
- ✓ Treats mental health problem from substance abuse (which includes everything from severe issues like PTSD to minor short term disorder like adjustment disorder)
- ✓ They are a part of mental health professionals

## What is the difference between a coach and a counselor?

- Consider a situation where you feel low about your office performance, then to whom do you will approach.
- Situation two is that you want to get married and have a family but you don't feel positive about getting married? Now to whom will you approach.



### Case study:

Let's understand the role of these two professionals in a simple way.

Sia is in her teens. She often gets upset with school-friend politics, and bullies. So, she remains in isolation and is filled with self-hatred. Due to this, she developed an eating disorder.

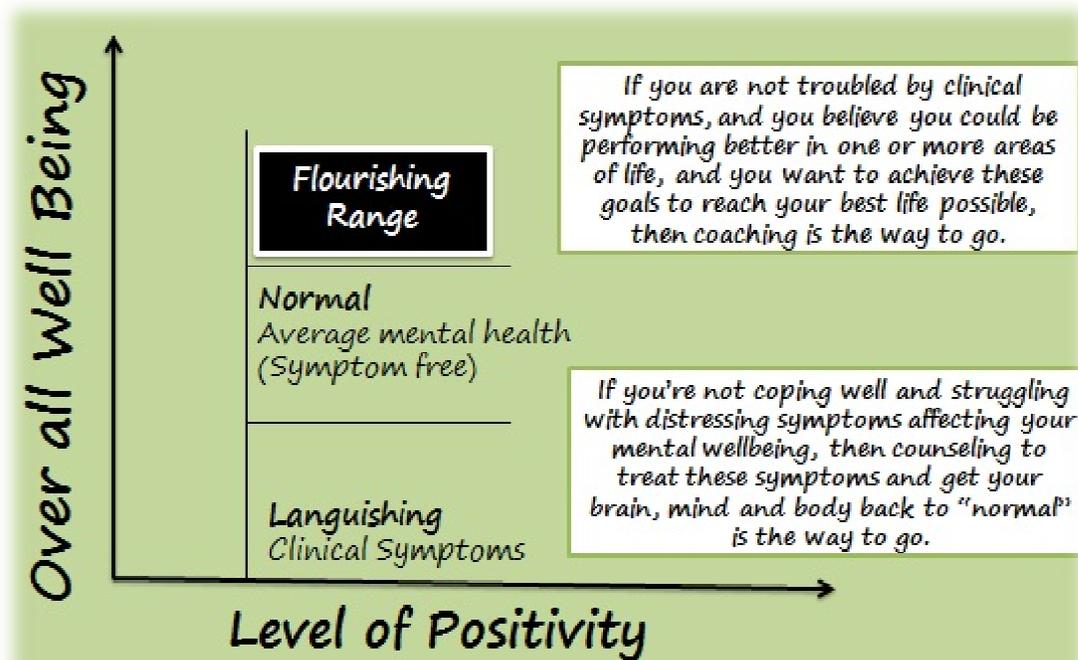
In this condition, Sia needs a qualified mental health professional. She needs counseling and could be referred to a specialist support. It's because of this early intervention and a change in environment, which found herself recovered and happy.

## How can a Coach and a Counselor help us in mental well-being?

1. **Scenario 1:** Counselor and other therapists are the absolute need for all of us to heal the mental condition and be free of symptoms.
2. **Scenario 2:** For some, it will be important to first work with a counselor-other therapist in mental conditions like depression and anxiety (or other mental health) symptoms and resolve some core issues. Then work with a coach later for help achieving particular goals.
3. **Scenario 3:** For some, it could certainly mental doubts without any mental disorder symptoms such as workplace pressure, relationship problem, personal and professional growth problem, and parental issue, etc. In such cases, it is important to approach a Coach to achieve desirable goals in regards to professional, personality, approach, and values system goals.

## When do YOU go to a coach or a counselor?

So how do you know whether the help you need right now is counseling or coaching? The diagram below gives you an idea of the range of wellbeing each of us can experience – from struggling with distressing symptoms (thoughts, emotions, or patterns of behavior) through astonishing ourselves with our achievements as we discover – and learn – that life can be truly flourishing.





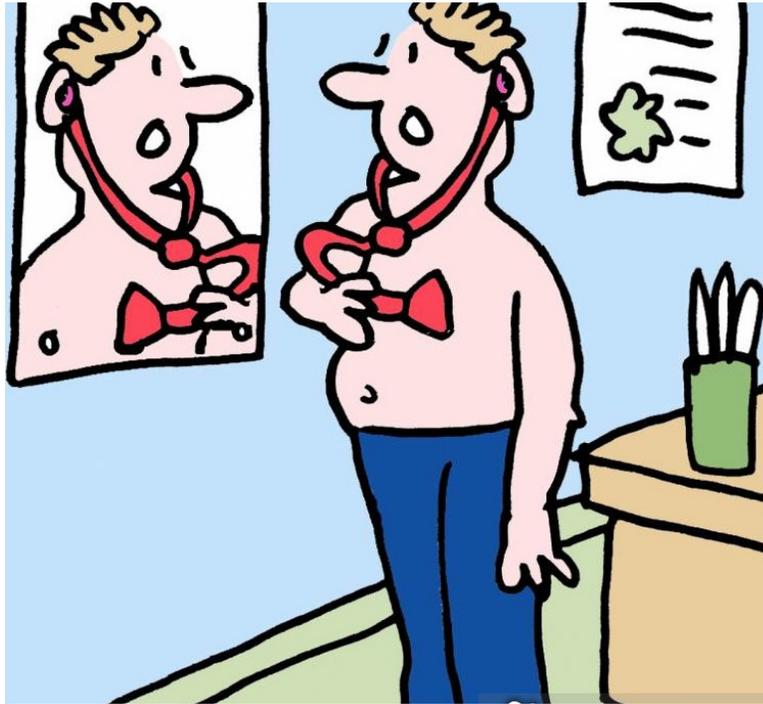
There is a very fine line of difference between counseling and coaching. Hence at Samunnati we closely work with you to help you move from struggling clinical symptoms up to the “normal” zone. Then we work with a coaching approach to give you the life skills and knowledge to be able to flourish in life.

This ensures that when bad times happen (as they will), the buffer zone between coping and falling apart is widened. This is what we mean by “resilience” – the capacity to bounce back quickly after bad times.

## Don't Forget .....

It takes time and effort to build any new skill set — that includes well-being skills. It's important to be realistic with yourself about what you can reasonably accomplish in a given amount of time.

## Chapter 2: Self Diagnose process



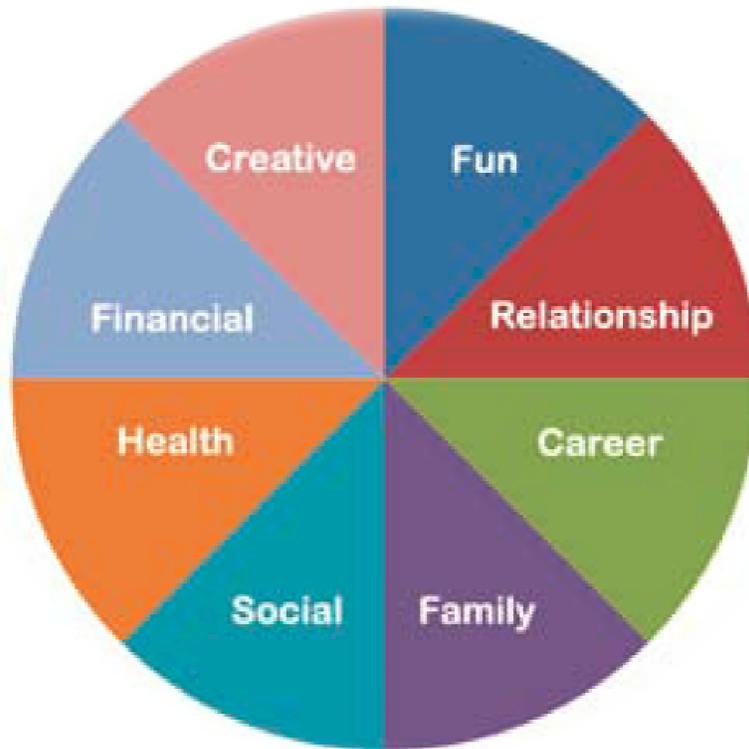
### Activity1: What Needs To Change?

We all want to believe we're living a balanced life, but the truth is that there is always a scope of doing better, particularly in some areas more than others.

If you're considering a life coaching package or counselling package, it is essential to do a quick audit of how well you're doing currently and where you need to focus your attention will give you a great starting point. The **"Wheel of Life"** is a quick and easy tool to help with this.

### How does it work?

The page shows you a **"wheel"** segmented with 'spokes'. Each spoke is headlined with an aspect of life, and for each aspect; there's a rating scale from **"0"** (at the centre of the circle) out to **"8"** on the outside rim of the circle.



### Ask yourself the following questions:

1. How satisfied are you with this part of your life? Are the activities which you are doing now in this part of your life fulfilling? Rank each aspect between 1 and 8. Take your time, and mark all your scores on the wheel.
  - ❖ 8 means you feel fulfilled and very satisfied with this part of your life.
  - ❖ 1 means you're getting very little or no fulfilment from this part of your life at present.
2. What is the most satisfying aspect of life right now? Think about this and consider what you are doing that makes this part of your life work well. Jot down a few ideas below:

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3. Now identify the least satisfying aspect of your life right now. Consider what you are doing – or what you are NOT doing – that makes this part of your life unsatisfying. Jot down a few ideas below:

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Finally, choose one part of your life that you'd like to make it more satisfying. This might be the one you thought about in the previous question, or it might be another one that is important to you right now. Jot down THREE things you could change – start doing more or stop doing – that would make this part of your life more satisfying.

- ❖ I'd most like my \_\_\_\_\_ to be more satisfying.
- ❖ Three actions I could take to make this happen are:

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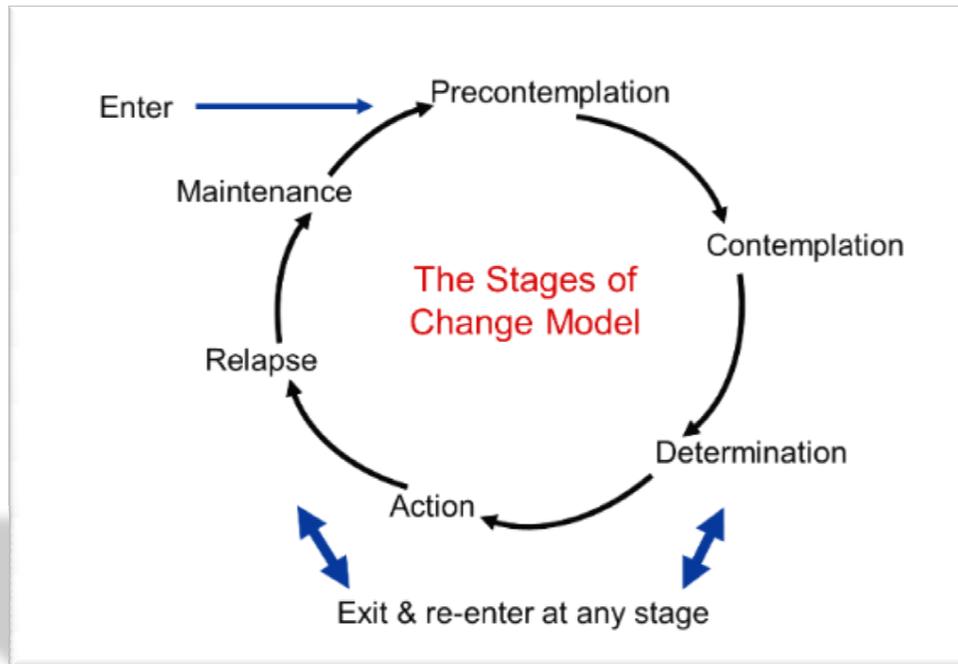
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## Activity 2: Are you ready to Change?

The **Transtheoretical Model** (also called the Stages of Change Model), developed by Prochaska and DiClemente in the late 1970s, evolved through studies examining the experiences of smokers who quit on their own with those requiring further treatment to understand why some people were capable of quitting on their own. It was determined that people quit smoking if they were ready to do so. Thus, the Transtheoretical Model (TTM) focuses on the decision-making of the individual and is a model of intentional change. The TTM operates on the assumption that people do not change behaviours quickly and decisively. Rather, behaviour change, especially habitual behaviour, occurs continuously through a cyclical process. The TTM is not a theory but a model; different behavioural theories and constructs can be applied to various stages of the model where they may be most effective.

The TTM posits that individuals move through six stages of change: **pre-contemplation, contemplation, preparation, action, maintenance.**



- I. **Pre-contemplation** - In this stage, people do not intend to take action in the foreseeable future (defined as within the next 6 months). People are often unaware that their behaviour is problematic or produces negative consequences. People in this stage often underestimate the pros of changing behaviour and place too much emphasis on the cons of changing behaviour
- II. **Contemplation** - In this stage, people are intending to start the healthy behaviour in the foreseeable future (defined as within the next 6 months). People recognize that their behaviour may be problematic, and more thoughtful and practical consideration of the pros and cons of changing the behaviour takes place, with an equal emphasis placed on both. Even with this recognition, people may still feel ambivalent toward changing their behaviour.
- III. **Preparation (Determination)** - In this stage, people are ready to take action within the next 30 days. People start to take small steps toward behaviour change, and they believe changing their behaviour can lead to a healthier life.
- IV. **Action** - In this stage, people have recently changed their behaviour (defined as within the last 6 months) and intend to keep moving forward with that behaviour change. People may exhibit this by modifying their problem behaviour or acquiring new healthy behaviours.

- V. **Maintenance** - In this stage, people have sustained their behaviour change for a while (defined as more than 6 months) and intend to maintain the behaviour change going forward. People in this stage work to prevent relapse to earlier stages.

## Self-Assessment

The following questions are designed to identify how you individually feel about a particular problem or goal you might have for changing right now, and what stage you are at in terms of the Readiness to Change Cycle. Start by defining the behaviour clearly in positive terms, for example, rather than saying “stop drinking” you would say “being sober”.

Or you might define your target behaviour as “**exercising for at least 3 hours weekly**”, or “**managing my moods**”.

**My goal behaviour is:** \_\_\_\_\_

Read each question below carefully, and then decide how much you agree or disagree with the statements and write the score for each on the line beside the question.

Answer each question as honestly as possible using the following scale:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Undecided
- 4 = Agree
- 5 = Strongly Agree

- As far as I’m concerned, I don’t need to \_\_\_\_\_. \_\_\_\_\_
- I have been \_\_\_\_\_ for a long time and I plan to continue. \_\_\_\_\_
- I don’t \_\_\_\_\_ and right now I don’t care. \_\_\_\_\_
- I am finally \_\_\_\_\_ regularly. \_\_\_\_\_
- I have been successful at \_\_\_\_\_ regularly and I plan to continue. \_\_\_\_\_
- I am satisfied with not \_\_\_\_\_. \_\_\_\_\_
- I have been thinking that I might want to start \_\_\_\_\_ regularly. \_\_\_\_\_
- I have started \_\_\_\_\_ within the last 6 months. \_\_\_\_\_
- I could \_\_\_\_\_ regularly, but I don’t plan to. \_\_\_\_\_
- Recently, I have started to \_\_\_\_\_ regularly. \_\_\_\_\_
- I don’t have the time or energy to \_\_\_\_\_ right now. \_\_\_\_\_
- I have started to \_\_\_\_\_ regularly, and I plan to continue. \_\_\_\_\_

- I have been thinking about whether I will be able to \_\_\_\_\_.
- I have set up a day and a time to start \_\_\_\_\_ within the next few weeks.
- I have managed to keep \_\_\_\_\_ consistently through the last 6 months.
  
- I have been thinking that I may want to begin \_\_\_\_\_ regularly.
- I have lined up with a friend who has agreed to start \_\_\_\_\_ with me within the next few weeks.
- I have successfully completed 6 months of \_\_\_\_\_.
- I know that regular \_\_\_\_\_ is worthwhile, but I don't have time for it in the near future.
- I have been calling friends to find someone to support me \_\_\_\_\_ within the next few weeks.
- I think regularly \_\_\_\_\_ is good, but I can't figure it into my schedule right now.
  
- I really think I should work on getting started with \_\_\_\_\_ in the next 6 months.
  
- I am preparing to start \_\_\_\_\_ regularly in the next few weeks.
- I am aware of the importance of \_\_\_\_\_ but I can't do it right now.

## SCORE PATTERN

Scoring To find how ready for change you are, use the following guide to add your score for each “readiness for change” scale.

**For example,** add your scores for items 7, 13, 16, 22 to find out your total “Contemplation” score. The highest score tells you what stage you're at in terms of your readiness to change. Write your total for each scale below:

### MY SCORE

- Pre-contemplation (non-believers) items: 1, 3, 6, 9 \_\_\_\_\_
- Pre-contemplation (believers) items: 11, 19, 21, 24 \_\_\_\_\_
- Contemplation items: 7, 13, 16, 22 \_\_\_\_\_
- Preparation items: 14, 17, 20, 23 \_\_\_\_\_
- Action items: 4, 8, 10, 12 \_\_\_\_\_
- Maintenance items: 2, 5, 15, 18 \_\_\_\_\_

## Story of TWO BROTHERS

The elder brother was a drug addict, and a drunker, who frequently beat up his family. The younger brother was a successful businessman who was respected in society and had a wonderful family. Some people wanted to find out the difference in attitude, though they belonged to the same parent. So, decided to go to the brothers themselves and know the reason.

The elder brother was asked: How come you do what you do? You are a drug addict, a drunker, and you beat your family. What motivates you?

Elder brother replied: My father

They asked: What about your father?

Elder brother Replied: My father was a drug addict, a drunker and he used to beat us. What do you expect me to be? That is what I am.

They went to the younger brother and asked the same question.

People asked: How come you are doing everything right? What is your source of motivation?

The younger brother replied: My father. When I was a little boy, I used to see my father drunk and doing all wrong things. I made up my mind that, that is not what I wanted to be.

Both were deriving their strengths and motivation from the same source but one was using an optimistic thinking style and another was using a pessimistic thinking style.

**MORAL:** We evaluate all situations in our life through our thinking style. Either it could help us to view choices and possibilities which will have the power to change the situation for better. Or we could choose to remain in the same situation because we resist change and reluctant to see the choices. There is a deep connection between our thinking style and behavior (action).

# Chapter 3: Personal Mission



## Activity 4: Personal Mission Statement

Research shows that for optimal mental health, we all need to have a purpose in life and know what's most important – this gives us a sense of “true north” and guides us towards making decisions and taking actions that are most compatible with who we really are.

The following prompts will help you create a mission statement for yourself. This is not (only) about what you want to do (as found in a life plan), it's about what you want to be most remembered for (as heard in a eulogy). Take a few moments to reflect quietly on the things you'd most like to hear people say about you if you could overhear their words.

Make a list of the key people in your life, those you hold in most regard – partner, children, closest friend, long-term work colleague, neighbour...and others. Then for each of these people, write what you would most like to hear them say about you if asked: Person X would say... “What I most value about {your name} is...”

1. What will each person most remember about you?
2. What contribution do you most want to make to each person's life?
3. What are the values and life priorities you have in common with this person?
4. What are the most significant experiences you want to share with this person?
5. What characteristic would you like this person to recognize the most in you?

Then write your mission statement below.

It is my mission to...

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### Activity3: Infinite solutions tool

We often feel stuck between a rock and a really hard place. At these times of stress, we can often only see two rather unpleasant options. But we are blessed with a mind that can imagine of infinite and myriad possibilities - and here's a tool to get your creativity flowing and demonstrate that.

Let's use our skills to expand and stretch your habitual mental pattern of only seeing limited options through a **Fun exercise** ...

**Imagine there is a** hungry mosquito in the room whilst you are trying to sleep ...

- o Now imagine at least twenty possible responses - no matter how crazy.
- Even something like "calling up the pest control at midnight to come and deal with it."
- o When you've finished, scroll to the bottom of the page to read a possibility you may have overlooked! \*

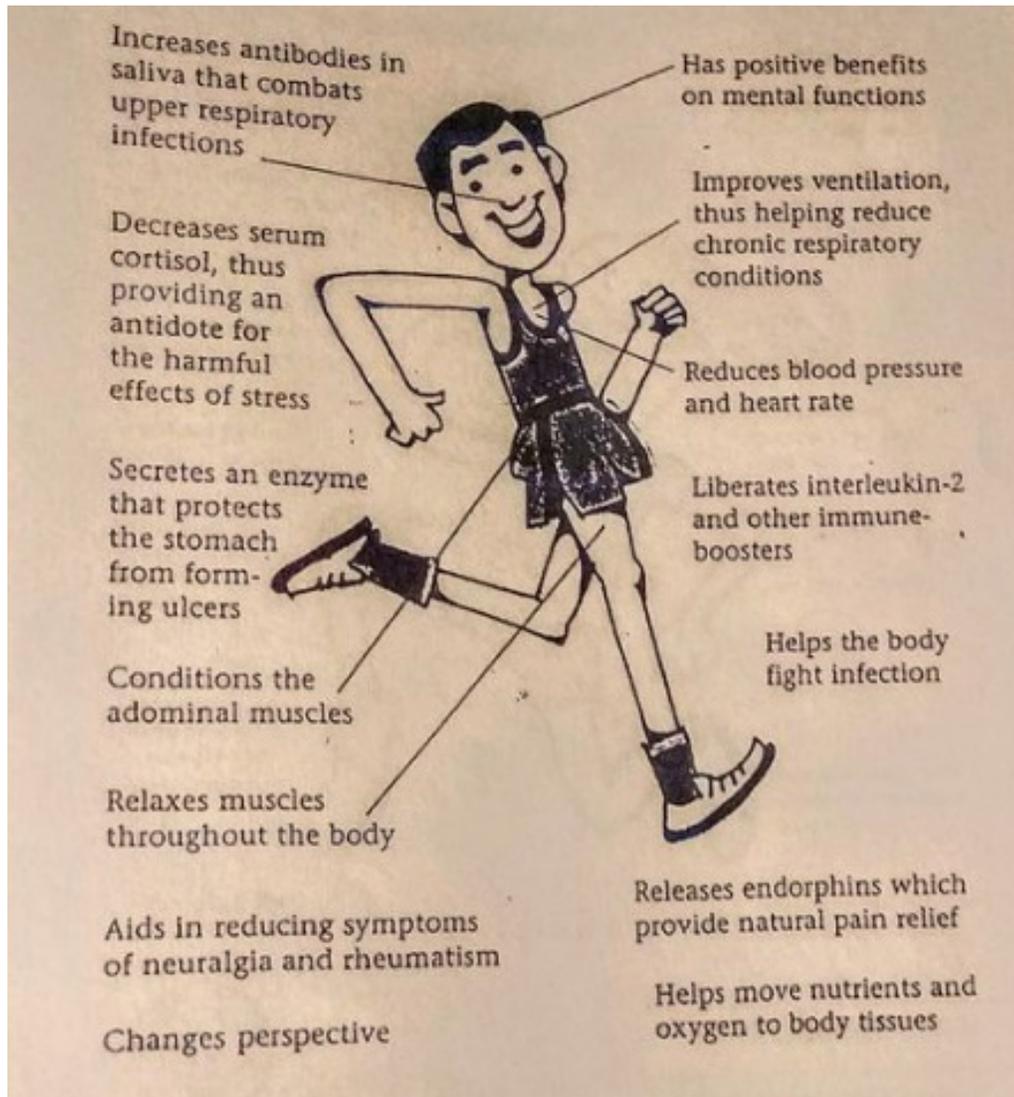
Now you've got your creativity flowing, write down your problem then ask ...

- How else could I think about that?
- What's another way of looking at this?
- Who could I ask for a new perspective?

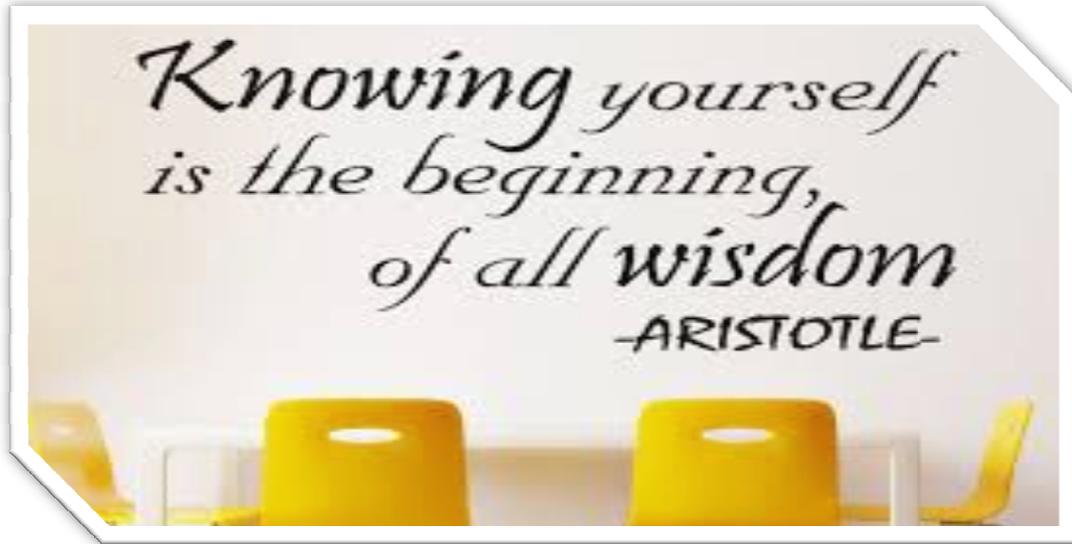
**Write down fifteen new and different ways of looking at your situations .**

# Fact Sheet

## Benefits of Laughter



## Chapter 4: Know yourself



### Activity: The Heart Language Tool

- ✓ Do you feel **stressed** and **harassed** during the day, like you're always doing things to **please others** rather than **yourself**?
- ✓ Do you have **problems** making **decisions** about **insignificant** matters?
- ✓ Are you **unsure** about what it is you really want?
- ✓ Do you find yourself doing things you really **don't want to do** and continually acting out of **obligation**?

Part of being an adult is learning to put the needs of others, such as our children or employer, ahead of ourselves. But we can become so used to doing what we feel we **should** do, or living by the expectations of others that we lose touch with **ourselves**. If we stop listening to our heart's **voice**, eventually we won't **recognize** it. Then we wonder why our life is so dry and un-spontaneous!

We need to **re-open** the conversation with our **heart** - to remember how to listen to our heart and not just our head.



Here's **how to** recognize your heart's voice:

When you're feeling stressed or that you feel you have **lost your center**, ask **yourself two questions**,

1. "What am I feeling **now?**"
2. "I would **like ...?**"

Try to listen to the **first thought** – which will be from your **heart** — not your head which comes in with chatter and rationalizing afterwards.

If the message from your heart is possible and practical – then **do it**- take a break, call a friend, pop out for a coffee, jump up from your desk and shout "Yes!".

If this impulse is not **realistic**- like quitting your job - just note your hearts message until it's convenient to follow through, but be careful – this habit is life- changing!

Why not try following your heart and doing one spontaneous thing every day?  
And ... if you really want to be immature and have fun in a boring, "grown-up"  
situation, ask yourself:

**"What would I do if I was 5?"**

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## Activity 4: Know your strength

This exercise helps you identify your “signature strengths”. These are the special resources we all have in varying degrees, that keep us on our own “true north” and help us get the most out of life.

When you use your signature strengths you feel energized & when you don’t you feel depleted.

Read through each strength in the columns and select (circle) those you think are your 5 most prominent strengths.

**You can also take this as a free test online: [www.viacharacter.org](http://www.viacharacter.org)**

Now for each of your top 5 strengths, write where (and with whom) you **MOST** use each strength, and where (or with whom) you could **INCREASE** use of this strength:

Strength	Currently using	Could use more



## Activity 5: Achieve well being

One central idea at the core of wellbeing is that of “flourishing”. Positive Psychology and coaching define flourishing (also known as “thriving”) as living life to the full – it means having the best possible outcomes and is essential for our lives to be satisfying and meaningful.

Professor Martin Seligman has given us a simple model to help us plan our lives so we increase our chance of flourishing. He calls this PERMA. By making sure that every day we focus attention and energy on each of the building blocks of PERMA, we stand a good chance of the day being a good one.

Check the box beside each building block that you have attended to TODAY, and write ONE THING you could do tomorrow to increase your PERMA

**P - POSITIVE EMOTIONS** (pleasure, fun, gratitude): For you to experience flourishing, you need positive emotion in your life. Any positive emotion like peace, gratification, satisfaction, inspiration, hope, curiosity, and love falls into this category, and it is very important to remember to enjoy yourself in the here & now.

Tomorrow I will

**E - ENGAGEMENT** (losing ourselves & being absorbed in work, hobbies, the moment): When you are truly engaged in a situation, task, or project, you experience a state of flow. Time seems to stop, you lose your sense of self as you concentrate intensely on the present challenge, and you are in the zone. The more you have this type of engagement and flow, the more likely you are to experience wellbeing.

Tomorrow I will



**R - RELATIONSHIPS** (those who touch our hearts, our souls, our minds): Humans are social animals and good relationships are central to wellbeing. People who have meaningful, positive relationships with others are much happier than those who don't. Quality relationships with many people really impact your happiness.

Tomorrow I will

**M - MEANING** (a sense of purpose and fulfillment): Meaning comes from serving a cause bigger than yourself. Whether this is working toward a goal, helping other people, through religion, or a cause that helps others in some way, you need meaning in your life to increase wellness.

Tomorrow I will

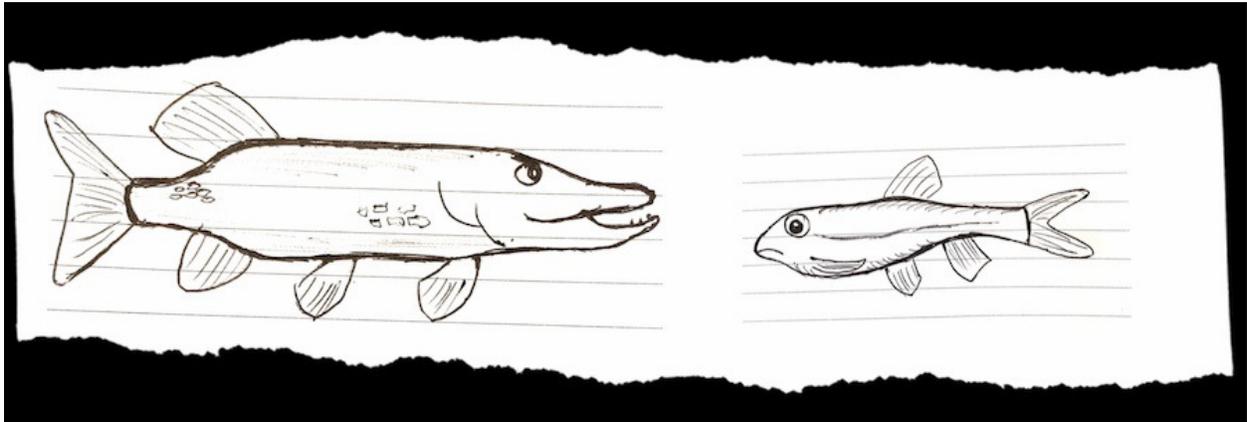
**A - ACCOMPLISHMENT** (learning and moving forward with endeavors big and small; knowing and using our strengths): Many of us strive to better ourselves in some way, whether it's mastering a skill, achieving a goal, or winning some competition. Accomplishment is an important factor that contributes to your flourishing.

Tomorrow I will



## Chapter 5: Manage Learned Behaviour

### The Experiment of Dr. Karl Mobius\*



First conducted in 1873 by a German zoologist by the name of Dr. Karl Mobius. He had put a large pike in a tank of water and fed the pike small baitfish. After sometime, he divided the tank by inserting a heavy pane of glass in it and dropped the small, prey fish into the separated section.

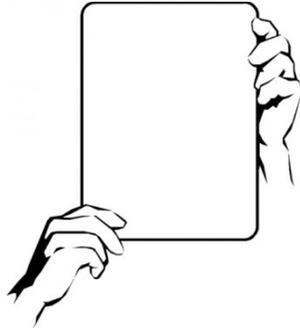
The pike—an aggressive, voracious eater—charged the little fish. It charged over and over, and each time the pike charged into the fish to eat them, it crashed violently into the pane of glass. Sometimes it was so stunned by the impact that it floated upside down for a few minutes before recovering its senses. After several painful attempts, the pike gave up and no longer tried to get at the bait fish.

When finally the glass pane was removed, the pike and its prey peacefully shared the tank. The pike had learned that pursuing the prey fish will cause severe headaches and it would only eat food given by Dr. Mobius.

Reluctant and fearful behavior that is based on assumptions that are no longer true has since become known as **“The Pike Syndrome.”**

**MORAL:** Most of us are like the pike. We let self-limiting beliefs, past failures, or perceived shortcomings hold us back from new efforts.

## Reflection Activity 7 : My Pike Diary



### Write down ...

1. Minimum 2 situations in your personal life where you have been a pike.

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2. Minimum 2 situations in your professional life where you have been a pike.

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3. The emotions you were going through while you were going through these situations.

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4. Also, categories these emotions in 2 parts: Positive and Negative and how many in each category

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# Chapter 6: Well Being Skills

## a) Mindful Listening

Viktor Frankl, one of the great psychiatrists of the twentieth century, survived the death camps of Nazi Germany. His little book, "Man's Search for Meaning", is one of those life-changing books that everyone should read.

Frankl once told the story of a woman who called him in the middle of the night to calmly inform him she was about to commit suicide. Frankl kept her on the phone and talked her through her depression, giving her reason after reason to carry on living.

Finally she promised she would not take her life, and she kept her word. When they later met, Frankl asked which reason had persuaded her to live? "None of them", she told him.

"What then influenced her to go on living, he pressed? Her answer was simple, it was Frankl's 'willingness to listen' to her in the middle of the night.

A world in which there was someone ready to listen to another's pain seemed to her a world in which it was worthwhile to live.

Often, it is not the brilliant argument that makes the difference.  
**Sometimes the small act of 'listening' is the greatest gift we can give.**

### Phase 1- What-can-I-hear

You can do mindful listening by just closing your eyes, and listen to what you can hear. You must identify five different sounds that you heard in the room. Use the coloring sheet to use with this activity — you can fill in the circles with pictures or words describing the sounds they can identify.

## Phase 2: Reflection Activity: How our minds work?

- ✓ When you hear a sound, do you start thinking about which sounds you like and which ones you don't? Why do you think our minds do that?
- ✓ When you hear a sound, does it sometimes make you start thinking about something else (a memory, for example)?
- ✓ Do you normally notice these sounds when you are in this room? If not, why do you think you don't notice them?

### b) Cultivate Compassion

**Dalai Lama** begins each day to cultivate compassion. He begins each day in the same way,

“As soon as I wake up, I remember Buddha’s teaching: the importance of kindness and compassion, wishing something good for others, or at least to reduce their suffering. Then I remember that everything is interrelated, the teaching of interdependence. So, then I set my intention for the day: that this day should be meaningful. Meaningful means, if possible, serve and help others. If not possible, then at least not harm others. That’s a meaningful day.” (2016.)

#### **TWO simple techniques to cultivate compassion towards others and self:**

- I. **Volunteer:** Donating your time to a worthwhile cause. It means a way to reach out people and use your skills to improve the lives of others.
- II. **Ask yourself ‘How would I treat a friend?’** – We are sometimes more critical and judgmental about our struggles. How would you treat a friend experiencing hard times? Why treat yourself any differently?

## c) Tips for Practicing Positivity

Remember: It is very difficult to practice positivity in challenging situations however we must not forget this is the time we need to be positive the most.

### WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do** the next **right thing.**

## d) Gratitude

### Who is packing your parachute?



**Charles Plumb**, a U.S. Naval Academy graduate, was a jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison.

Years later, when Plumb was at a restaurant, a man came up and said, “You’re Charles Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!”

“How in the world did you know that?” questioned Plumb.

“I packed your parachute,” the man replied.

Plumb was taken aback by this man. The man looked at him and said smilingly, “I guess it worked!” Plumb quickly responded, “It sure did. If your chute hadn’t worked, I wouldn’t be here today.”

**MORAL:** Charles Plumb couldn’t sleep that night as he thought about the man who possibly saved his life. He wondered if he had been nice to him when they were in the army.

He was a fighter pilot whilst that man was just an ordinary sailor so in most likelihood, he would not have thought much of the lowly sailor back then. Most importantly he was thankful that he had someone in his team who packed his parachute so well that it worked.



**Stop!** Recognize the value of those around you, and for a moment think about — who’s packing your parachute?

## Practice Gratitude

Everyone has someone who provides what they need to make it through the day. We need many kinds of parachutes— we need the physical parachute, the mental parachute, the emotional parachute, and the spiritual parachute. We call on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss opportunities to make a difference in someone’s life. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

All too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

## Activity: Gratitude Jar

The gratitude jar is a stunningly simple exercise that can have profound effects on your well-being and outlook.

### Material:

a jar or a box and things to decorate it. paper and a pen or pencil for writing and gratitude!

1. **Step 1:** Find a jar or box.
2. **Step 2:** Decorate the jar as you wish
3. **Step 3:** This is the most important step, which will be repeated every day.

Think of at least three things throughout your day that you are grateful for

- ✓ **Example:** It can be something as simple as enjoying today’s coffee at your favorite place, or as grand as the getting love of your life.
- ✓ Do this every day, write down what you are grateful for on little slips of paper and fill the jar.
- ✓ Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living. It also will cultivate a practice of expressing thanks.
- ✓ If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.

## Story Time



A Young girl and her father were walking along a forest path. At some point, they came across a large tree branch on the ground in front of them.

The girl asked her father, "If I try, do you think I could move that branch?" Her father replied, "I am sure you can if you use all your strength." The girl tried her best to lift or push the branch, but she was not strong enough and she couldn't move it.

She said, with disappointment, "You were wrong, dad. I can't move it." "Try again with all your strength," replied her father. Again, the girl tried hard to push the branch. She struggled but it did not move. "Dad, I cannot do it," said the girl. Finally, her father said, "Young lady, I advised you to use 'all your strength'. You didn't. You didn't ask for my help"

### Moral

Our real strength lies not in independence, but in interdependence. No individual person has all the strengths, the resources and the stamina required in life struggles. Hence to seek help and support when in need is not a sign of weakness, but a sign of wisdom. By doing this we only move from the state of a **victim to victorious**.

## E) HAPPINESS BOARD



**AIM:** It's important to keep positive through these times. Spending some time each day to remember the things we are grateful for and the things that make us happy helps. By creating a happiness board, it can be a visual aid to help us remember this.

**MATERIALS:** Newspaper/magazine cuttings, computer images printed out, glue, cardboard or large bit of paper, paints, pencils, craft materials etc.

**HOW TO CREATE IT:** Think about what makes you happy, what you are grateful for and things you look forward to doing. You might want to find things in magazines and newspaper or look at things on the computer and print them out. Cut them out and stick them on your board, or if you're feeling imaginative, draw it yourself. Then you can specialise it to your hearts content. Use your magical creative brain to make a board full of happiness and fun. Then you are ready to hang it up or place it somewhere in your home to look at daily

## F) MINDFULNESS

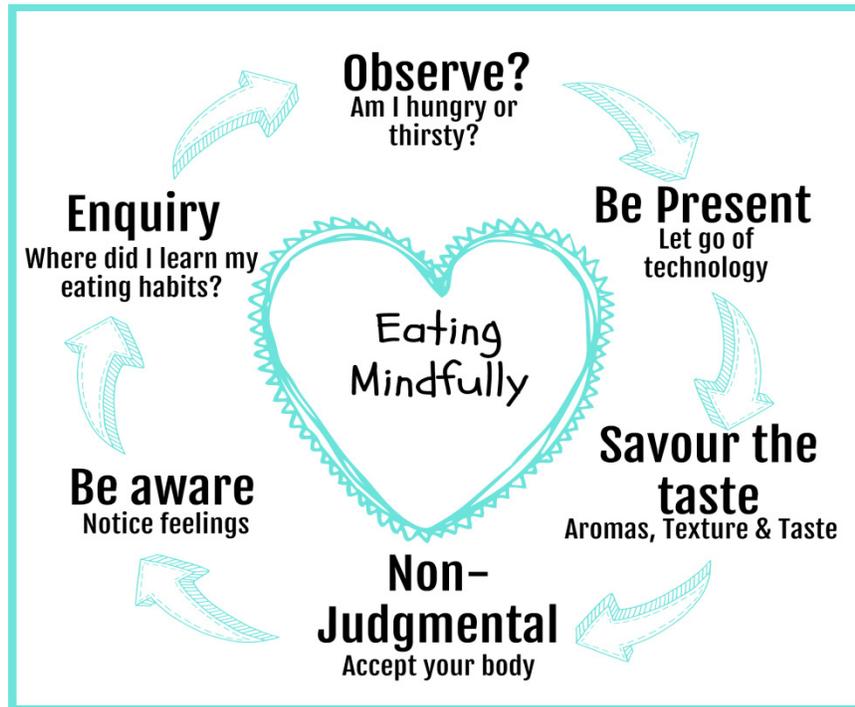
### Mindful Breathing Exercise: Anchor breathing

Imagine being on a boat, feeling calm, and safe. Attached to the boat is an anchor. It keeps you there, where you want, and happy. Our bodies, like the boat, also anchors, and they can help us focus. Our belly, our nose and mouth, and our chest and lungs can help us feel grounded. With your hands on your chest, breathe in deeply.

- Breathe out slowly.
- Feel your ribs rise and fall
- As your mind wanders, gently bring it back to the anchor point.

Day	Time	Reflection
Monday	7:00-7:15 am	
Tuesday	7:00-7:15 am	
Wednesday	7:00-7:15 am	
Thursday	7:00-7:15 am	
Friday	7:00-7:15 am	
Saturday	7:00-7:15 am	
Sunday	7:00-7:15 am	
I seem to be most alert....		
I seem to have the least interruptions...		
I think the best time of day for my practice is: 7:00- 7:15 am		

## Mindful Eating Exercises and Activities



### Mindful Eating Plate

The Mindful Eating Plate is a great visual of how we can best focus our attention and effort when we engage in mindful eating. It comes from Dr. Susan Albers, an expert in mindful eating and author of some of the books we recommend further down this page.

It divides a standard dinner plate into four sections:

- i. **Observe:** Notice your body (rumbling stomach, low energy, stressed out, satisfied, full, empty).
- ii. **Savor:** Notice the texture, aroma, and flavor (is it crunchy, sweet, salty, smooth, spicy?).
- iii. **In-the-Moment:** Be fully present. Turn off the TV. Sit down. When you eat, just eat.
- iv. **Nonjudgment:** Speak mindfully and compassionately. Notice when “shoulds,” rigid rules or guilt pops into your mind.  
Plus, there is a glass next to the plate outlining the most important aspect of mindful eating:
- v. **Aware:** Tasting vs. mindless munching.

## WHAT'S ON YOUR HEALTHY MIND PLATTER?

In the table below, please consider each of the categories from the Healthy Mind platter. For each category, please list at least three things that you already do to support that category of wellness, as well as at least three things you do not currently

Activities	Details	I already do	I could try
1) <b>Focus Time</b>	<b>What it looks like:</b> When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.		
2) <b>Play Time</b>	<b>What it looks like:</b> When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, which helps make new connections in the brain.		
3) <b>Connecting Time</b>	<b>What it looks like:</b> When we connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry.		
4) <b>Physical Time</b>	<b>What it means:</b> When we move our bodies, aerobically if possible, which strengthens the brain in many ways.		
5) <b>Reflection Time</b>	<b>What it is:</b> When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain.		
6) <b>DOWN TIME</b>	<b>What it looks like:</b> When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.		
7) <b>SLEEP TIME</b>	<b>What it looks like:</b> When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.		

do but could try doing to support that category of wellness.

## Diamond the teacher



Don't we all want diamonds to wear or give to our lovers? But we don't like pressure! Diamonds are made of carbon, a very common substance all around us.

**Your body is 18% carbon.**

Do you know the recipe for a diamond?

- Take a lump of carbon
- 2. Add pressure equal to 4,000 people standing on your foot
- 3. Heat to 2,700 degrees
- 4. Bake for a thousand years!

**Diamonds = carbon + pressure + heat + time.**

We all sometimes feel like life is against us. Things are falling apart and we are stuck. Murphy's law says; **"Whatever can go wrong, will go wrong."**

Humans are stubborn creatures, and to make a change we need pressure. Pressure melts us from ice to water, so we can flow with the river of life. This is a "transference effect" - how our feelings about one event are "transferred" onto another. Pressure is needed to rub smooth the sharp edges in our personality. Pressure to give us a reason to let go of stuff we've been holding on to for too long.

**But for this, we must seek help from a Well Being Professional**



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