

Parent Well-being

What is well-being.

It isn't a tick box exercise, it isn't mindfulness, meditation or a massage, but can include this.

Well-being is about the bigger picture holistic mental health. Essentially Well Being is ensuring that you **thrive instead of survive** your job.

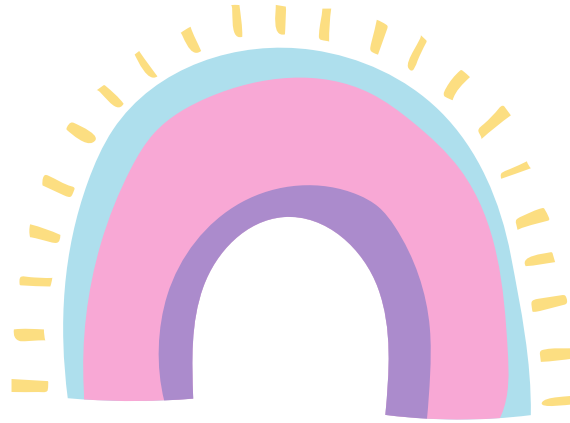
This includes looking at our mental, physical and emotional habits together with self-care.



We may have had habits that worked for us 5, 10 years ago, but may not be working for us today.

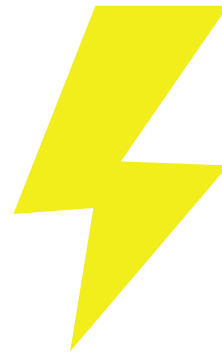
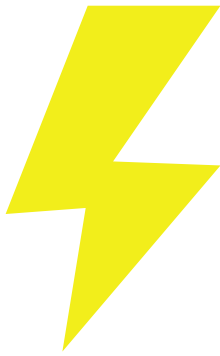
Like a computer we need an upgrade, to make conscious decisions about how we are going to reset our current habits.

Over the next 5 weeks I will be sharing 7 strategies to shape your day to equip us to thrive.



- **Mental Habits**-view of the world influenced by thinking patterns, family of origin, self- sabotaging habits, fear of, lack of or I am not good enough.
Self-Sabotaging examples could be around:
 - something else seems to be more important
 - Relying on others-
 - I was going to
 - Desiring acceptance- Pleasing others, going beyond our boundaries.
 - Doing good for others as much as one can, can go too far.
 - Procrastination – waiting for the right moment
 - I have always done it this way- not opening oneself to new ways of learning.
- **Physical Habits**-Healthy choices, good nutritional choices, exercise
- **Emotional Habits**-How do we respond to emotions unconsciously, what are our triggers and are there certain default responses we can re train?





The Power of Intention.

Setting up an intention at the beginning of the Day. A guide or compass that keeps you on course to get where you want to go.

Where you want to go, instead of the goal.

For example, I am having people over for dinner

-Pre COVID. I am rushing around, ordering the kids around, causing chaos and by the time our visitors arrive everything is done.

But at what cost? Is this sustainable?

Work example, I need to meet with the boss, complete deadlines, plan for a project, catch up on research.

Feeling overwhelmed I am irritated and short with peers/family, giving orders and rushing around.

The next day everything was ready on time, but at what cost?

Setting up an intention at the beginning of the day helps us to stay on course and navigate the day well. The intention will sit at the back our mind. The more we set up the intention the more we become aware of it in the moments throughout the day, to stay on course.





Examples.

- I intend to lead by example, in every opportunity I will lead by example.
I will set the example.
- I intend to stop taking things personally, so at the back of my mind it works as a barrier when I feel overwhelmed.
- I intend to approach each challenge with curiosity (major challenge with remote learning and stage 4 lockdown.)

Having this major challenge can be an invitation to set something around that which can help us. Be patient with understanding and curiosity.

Realising it's been tough and I learnt so much through the last lockdown.

- I intend to approach this challenge with patience and understanding or curiosity.
- I intend to keep my mind open for growth, yes it's tough and challenging.
I have learnt so much from the last lockdown.

**The intent is the HOW behind your goal,
its hard and emotion driven.**

How can you set up an intention to work for you?

You might need to play with this, flesh it out. What's at the forefront of your mind, what jumps out to you?

It could look like- I could do a little bit more of this, or a little bit less of this.

More patience, less frustration.

Set it in a positive way.

**What intentions would help you to
thrive in this season?**

