

A to Z Of Wellbeing

A

A is for Attitude
You can choose to your attitude and it impacts on everyone around you.

B

B is for Botheredness
Be bothered to care about your life and everyone in it.

C

C is for Contagion
People can catch your positive vibes and spread them to others.

D

D is for Determination
Be committed and determined to achieving something in the long term.

E

E is for Ease
Peace and wellbeing can be achieved when you are at ease with yourself and your circumstances.

F

F is for Flow
Find something you enjoy. Commit to doing it every day. Even if it's just for five minutes.

G

G is for Gratitude
Be grateful for what is in your life rather than what isn't. Gratitude is the fertiliser for...

H

H is for Happiness
We all want more of it. So look for it and let it into your life.

I

I is for Input
Read great books, listen to interesting podcasts and talk to supportive people.

J

J is for Junk
Remove your connection to junk communities where people moan, complain and spread negativity.

K

K is for Kindness
Being kind can lift your mood and the mood of the person you help. Do it more often.

L

L is for Love
Love yourself first. It's the building block for flourishing relationships.

M

M is Mindset
The skill set without the mindset will leave you upset.

N

N is for Neuroplasticity
Practice and repetition can rewire your brain for the positive.

O

O is for Outside
Being outside and offline will reduce stress and increase happiness.

P

P is for Perspective
Are you having a bad day - or a bad few minutes you can't move on from?

Q

Q is for Quiet
A quiet mind is free of stress and worry.

R

R is for Relationships
They recharge you with clean, green and renewable energy.

S

S is for Slower
Slow down and be present. You are only where you are right now. The present. So lap it up.

T

T is for Thinking
Thoughts come and go like the wind. Try to hold on to as many positive ones as possible.

U

U is for Understanding
Be compassionate and free of judgement for others.

V

V is for Values
Know what you stand for and stand against. Make sure your actions match.

W

W is for Words
Words shape worlds. Choose and use yours carefully.

X

X is for X factor
You are the best version of you. No one is better at being you than you. You have the X factor already.

Y

Y is for You
You matter. You always have and you always will.

Z

Z is for Zip
Having zip and spring in your step motivates you to be your best self every day.