Hi Champions,

Are you ready to kick the ass of stress? Sleep like a baby? Be as mindful as a monk? Basically, what am I saying is, emulate Thanos and have all the stones needed to be a wellbeing champion. This isn’t a mini lecture (I will leave that to the academics), this is bridging the gap between the research and bringing it into the real world, giving you actionable ways to transform your Wellbeing and simply make day to day easier and more enjoyable.

I believe to transform something, you need to have an understanding about what it is we are talking about. What is Wellbeing?

Wellbeing describes the continuous pursuit of a positive state of mind, state of body, emotional regulation and spiritual connection which all contribute to how people show up in the world. Whether this be life purpose, personal relationships, job success, daily behaviours and habits or dealing with the moment someone takes your last jaffa cake…..

How I like to think of Wellbeing is like keeping a plant alive (I know it is very difficult). If you don’t provide it with the right balance of sunlight, water and nutritious soil … it sadly wilts. Ultimately, feeding your plant (Your Wellbeing!!) with the correct nutrients will allow the plant to flourish and blossom. Therefore, to the outside world you will look like a beautiful flower standing tall in the garden of life.

So Wellbeing is the internal state that influences how we engage with the external environment around us.

Within the Newsletters to follow I will deepdive into all the aspects of Wellbeing that influence your internal state and bring clarity to how these areas can be improved.

Interesting fact of the month: The influence of your hands.

A quote that has always stuck with me is no one conquered the world with their hands in their pockets. Meaning stay proactive in your pursuit of improving yourself, don’t wait for “motivation” to randomly fall at your lap. Grab the pursuit with two hands and create the motivation yourself!

What would you say is the first thing people notice about you in a social interaction?

A) Your eyes

B) Your Smile

C) Your Hair

It is actually none of the above…. The answer is your hands. Wayyyy back in the day when we were cavemen fighting for our lives, the way unfamiliar people would show intention was through their hands. The unfamiliar person would have 3 options really: A. Face their palm to the person to show they are friendly, B. Hide their hands because they have a weapon in their hand to attack or C. Be a badass and show their weapon in their hand because they don’t give a flying F\*\*k.

The take home from this fact is make a conscious effort to show your hands when you want to be friendly towards someone. This puts the other person's survival brain at ease that you're not gonna beat them to death with a ruler or stapler.

This also applies to meetings. Have your hands on the table, not on your lap…. Firstly, it encourages hand gestures that will make you more engaging and interesting but it also stops the fear response in the other person's brain thinking “what are they doing with their hands?”

This simple trick with your hands can easily make you more engaging, more friendly and more trusted. And who wouldn’t want that?

This is the first of many Wellbeing Newsletters!

I enjoyed writing it, I hope you enjoy reading it…

Big Thanks,

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