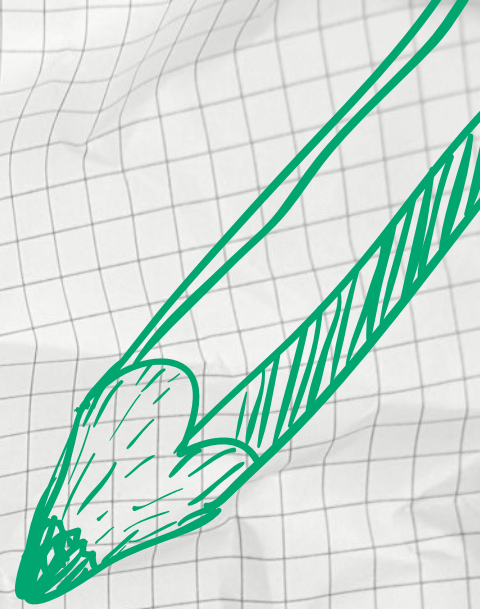


**Wednesday 17th
February, 4pm**



Rewriting Wellbeing

**Nutrition,
movement,
mindset.**

What's on the menu?

2 Introduction

8 Sleep

3 Your terms

9 Habits

4 Self-audit

10 Environments

5 Finding focus

12 Mindset

6 Schedule

14 Projects

7 Meal planner

18 Notes

Welcome!

It's great to have you here...

And on behalf of myself and Dave, thank you for taking the time to come and rewrite your wellbeing with us.

The idea for Rewriting Wellbeing comes from what I see as a real problem in the teaching profession and education sector as a whole.

Years of increasing expectations for our pupils has left many of our standards for our own health and happiness in dire straits, through no fault of our own.

But, from my perspective, this is entirely counter-intuitive. If we want the best for our children, we need the best for our teachers and school staff and that begins with wellbeing.

Real wellbeing. Not another survey. Not another expectation. Not another SMART target. Staff-lead, practical and realistic action.

We are at a crossroads in our profession. Far too many have already gone down the path which many of us are heading towards. We know where it leads.

Let's stand and make a change before we all end up down that route.

- Charlie

Defining your terms

It's really important that we know what we're trying to improve when we are thinking about our health & wellbeing.

A big part of this is to define what health, happiness and wellbeing mean, to you.

Below, write your own definition of the three terms, which we'll be using a lot today.

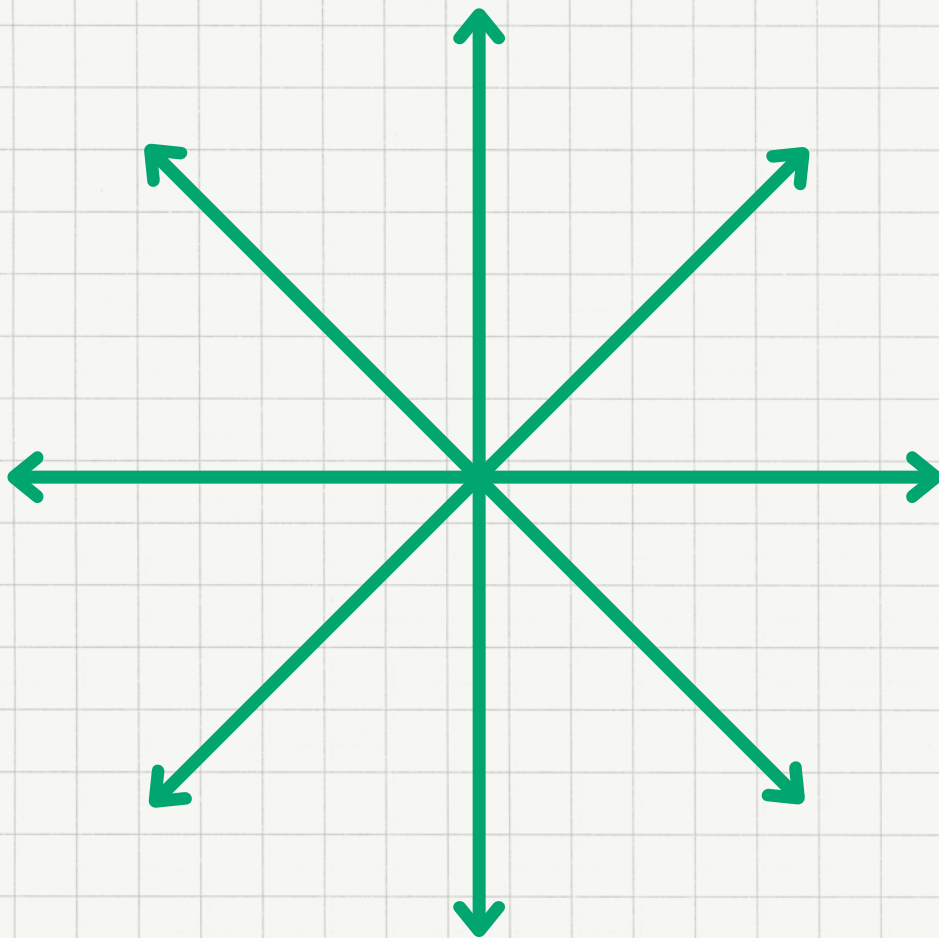
HEALTH

HAPPINESS

WELLBEING

Let's get clear on you...

To help you gain clarity on the areas you'd like to focus on, choose from the areas and rank them from 0 - 10, 0 being the lowest.



Diet, activity, fitness, sleep, family, relationships, fun,
workload, stress, time management, happiness,
health, finances, personal development....

Today's all about you...

Using the star audit you just completed, write down three areas you'd like to make a change in.

1.

2.

3.

If you can, write down why they're important to you. Why bother to make the change?

1.

2.

3.

Your schedule

Meal planner

Sorting sleep

What do you want to add to or take away from your current sleep routine? Choose your **top three**.

1.

2.

3.

If you can, **write down why** they're important to you. What will you gain from improving your sleep?

1.

2.

3.

Hacking habits...

Using the star audit you just completed, **write down three areas** you'd like to **make a change in**.

1.

2.

3.

If you can, **write down why** they're important to you.
How will you benefit from changing these habits?

1.

2.

3.

Environments!

Give your environments an audit. How is each environment supporting you at the moment?

PHYSICAL (HOME)

0

10

PHYSICAL (SCHOOL)

0

10

MENTAL

0

10

SOCIAL

0

10

What will you do?

How will you protect the following areas of your wellbeing? Think of daily actions you will take.

PHYSICAL HEALTH

1.

2.

3.

MENTAL HEALTH

1.

2.

3.

QUOTES TO LIVE BY

1.

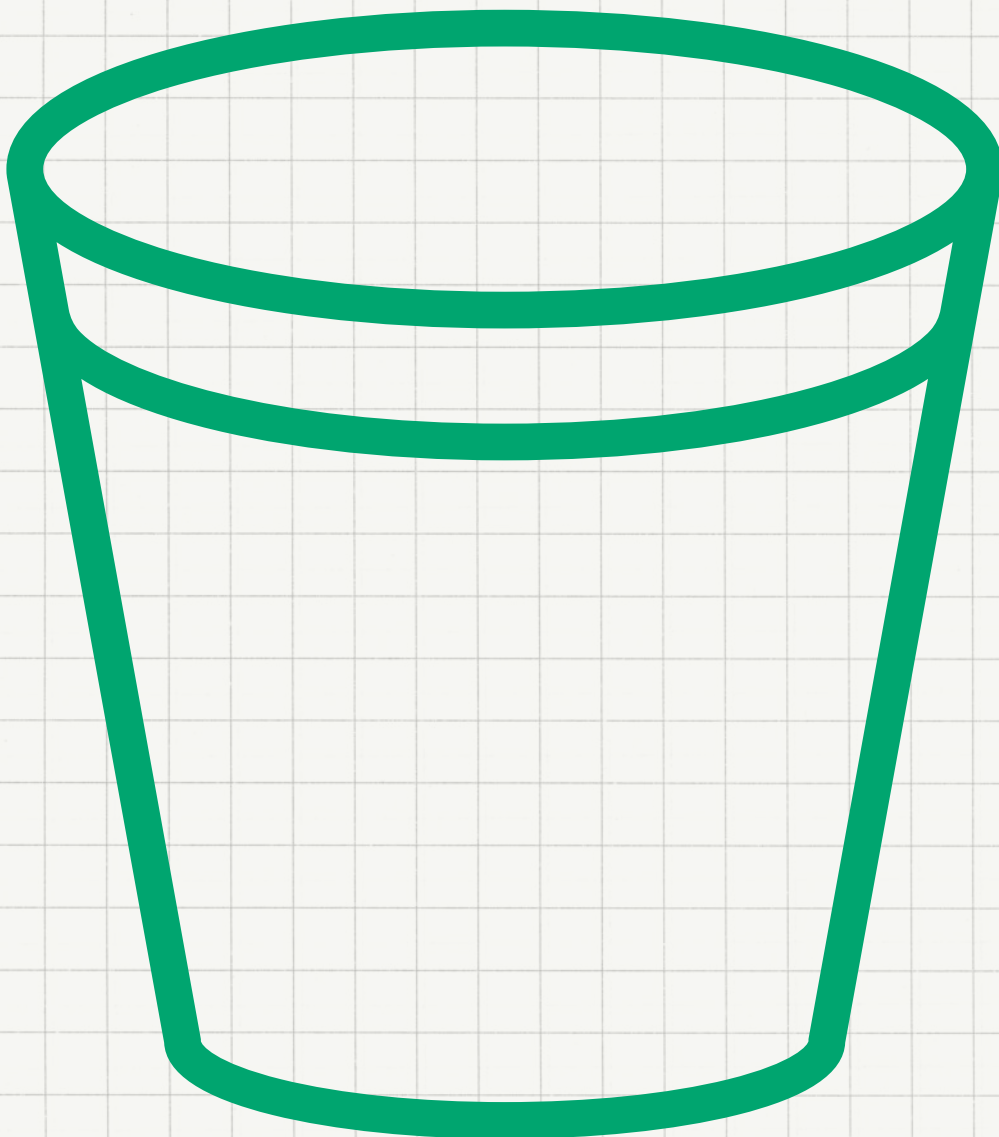
2.

3.

Capacity cup

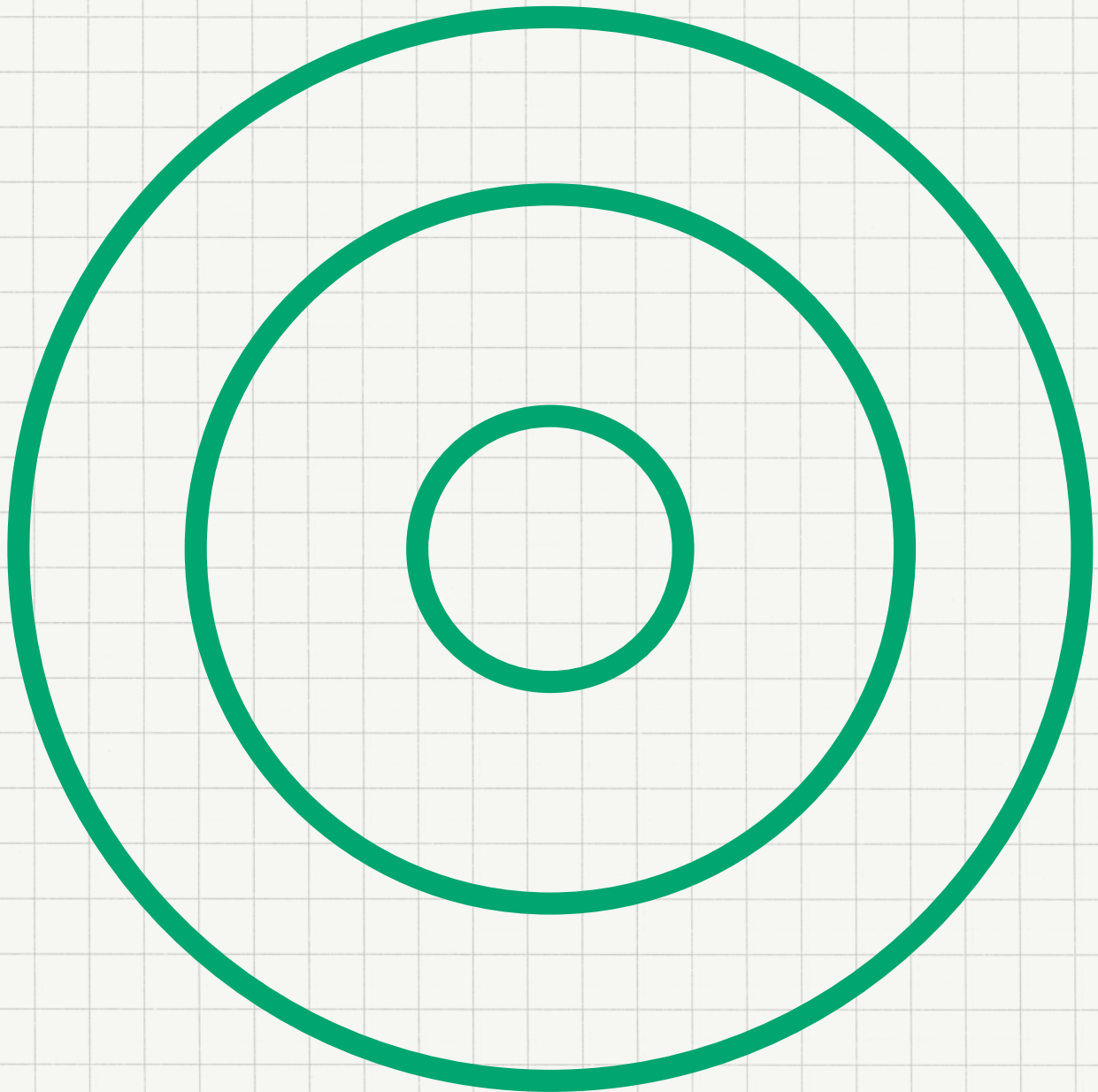
Think carefully about what fills your capacity cup. It might be family, school, things for you or just the twists and turns of life!

Fill your cup up below and reflect on how much you're already balancing at the moment! You're awesome!



Gratitude Map

Think carefully about what you're grateful for. You could make a list or sometimes mapping your gratitude in different areas can help. You can decide the headings for each area. They may be sorted by time, location or frequency.



30-day wellbeing plan

Aim

Outcome

Barriers

Consequence

Key steps

30-day wellbeing plan

30-day school plan

Aim

Outcome

Barriers

Consequence

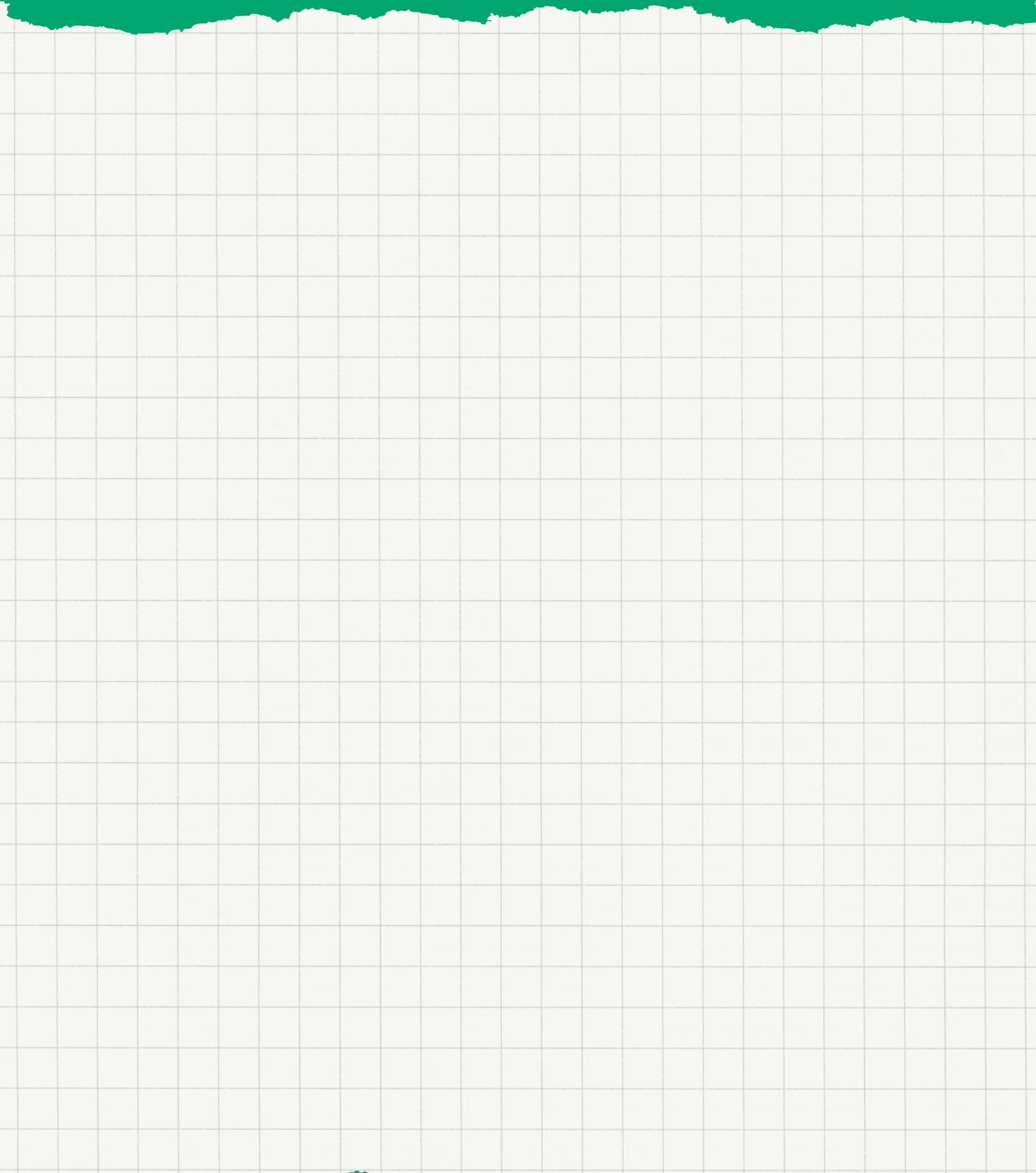
Key steps

30-day school plan

Space for you...

A large grid of graph paper, consisting of many small squares, intended for taking notes. The grid is light gray and covers the majority of the page area.

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