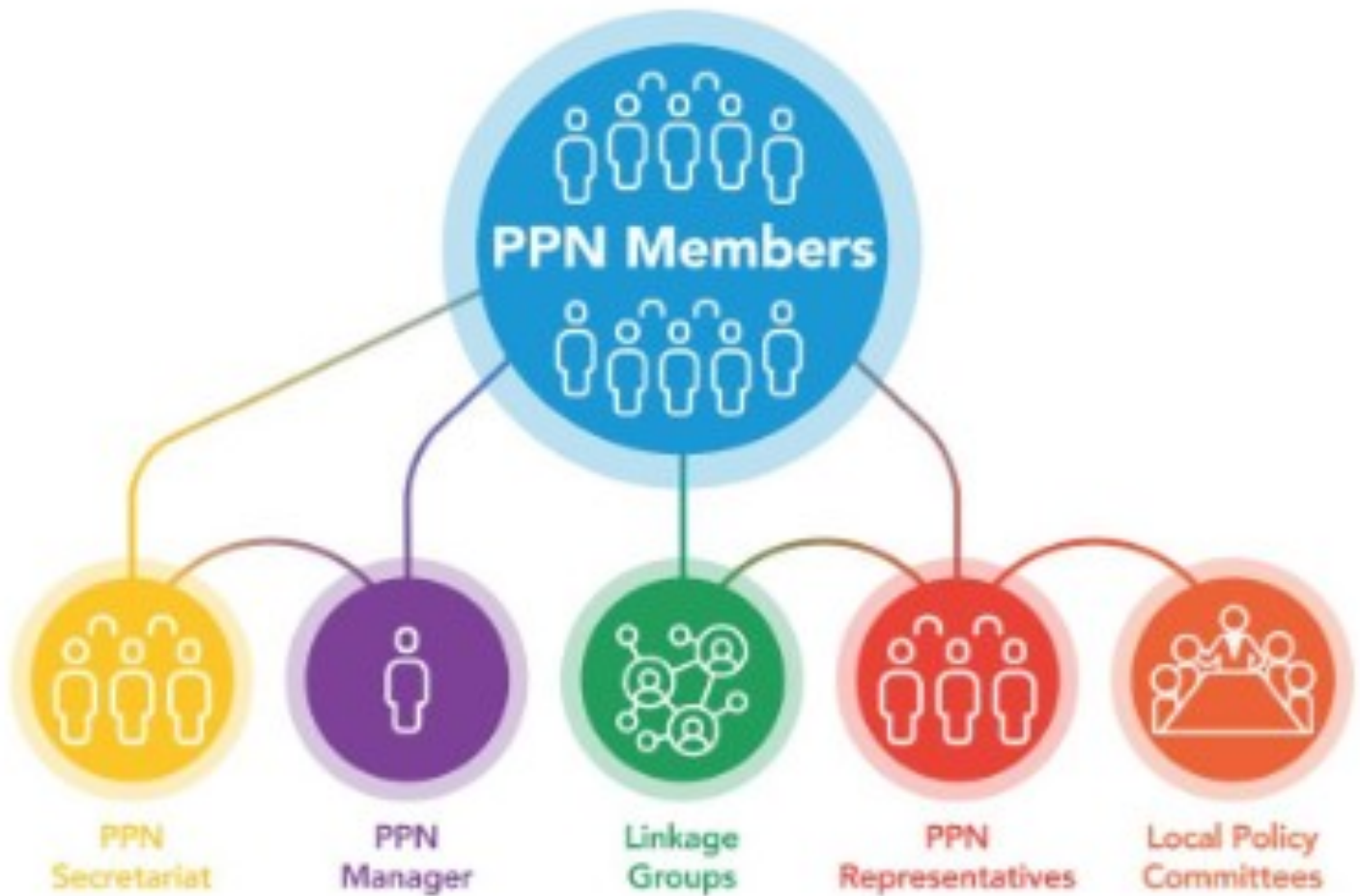


The page features a light pink background with a decorative border. In the top-left and bottom-right corners, there are stylized rainbows with red, pink, and yellow bands. Scattered around the page are several stylized flowers in red, pink, and yellow. The text is centered in a bold, italicized, red font.

***WELLBEING
of
STAFF
& VOLUNTEERS
of
PPNs***

WHAT A PPN IS SUPPOSED TO LOOK LIKE



AND HOW IT'S SUPPOSED TO FEEL



WHAT IT SOMETIMES LOOKS LIKE



AND HOW IT SOMETIMES FEELS...

So you mean to tell me
a stress ball isn't for
throwing at people who
stress you out?



...IF WE DON'T LOOK AFTER OURSELVES

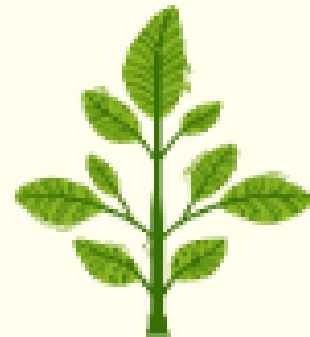
What is
Well Being



DEFINING WELLBEING

SUBJECTIVE WELLBEING

It's vital to understand that wellness of your being is a personal and subjective thing. Wellbeing is therefore a very personal thing and needs always to be seen in context of the individual.

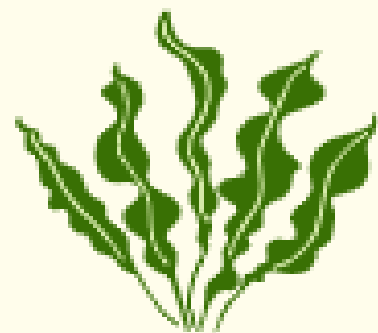


CAROL RYFF

- Self Acceptance
- Personal Growth
- Purpose in Life
- Environmental Comfort
- Autonomy of Self
- Positive Relationships

EUDAIMONIA

The philosophers of Ancient Greece knew that Wellbeing could not be encapsulated into simple happiness or honour or duty. It had its own term, Eudaimonia, meaning Good Spiritedness.



SELIGMAN ('FLOURISH', 2011)

- Positive & Happy Emotions.
- Proactive & Productive Engagement.
- Reinforcing, trustful & communicative relationships.
- Meaning and a sense of 'WHY' we are in this.
- Accomplishment & recognition of this.

Resilience
The Tool That
Helps & Hurts



RESILIENCE

THE WEAPONIZATION OF WELLBEING

CRISIS OCCURS



WEATHERING IT WELL



EUDAIMONIAN EROSION



WEAPONIZED
RESILIENCE



NEW
VERSION OF
'JUST GET
ON WITH IT'



TOXIC
WORK
PLACE

FLETCHER & SARKER

-THE ABILITY TO MAKE
REALISTIC PLANS.

-CONFIDENCE IN ONE'S
STRENGTHS & ABILITIES.

-COMMUNICATION &
PROBLEM SOLVING SKILLS.

-ABILITY TO MANAGE
STRONG & OVERPOWERING
EMOTIONS.

-HAVING GOOD SELF
ESTEEM

THE ABILITY
TO COPE
WITH A CRISIS
& BOUNCE
BACK FROM
IT WELL.

NEO-
STOICISM

DON'T ABUSE RESILIENCE

SINCE THE RETURN FROM COVID WORKING ENVIRONMENTS
HAVE BEGUN ABUSING THE IDEA OF RESILIENCE AS A
METHOD OF GETTING MORE WORK FROM WORKERS.
RESILIENCE IS A 'CRISIS TOOL' & SHOULD NOT BE DEPLOYED
AS A GENERAL WAY TO GOAD PRODUCTIVITY.

Enough
is
Good Enough





When Enough is Good Enough

Accomplishment Without Burnout

Establishing boundaries of productivity and apportioning a sense of self-giving, we are reminded to see work as a vehicle to wellbeing, rather than a hindrance to it.

'NO!' Is A One Word Sentence

This idea is powerful! Our sense of worth and establishment of boundaries does not require we take the time to say NO. No is the gateway to working within our boundaries more efficiently.

Objectivity Versus Inter-Subjectivity

There is no 'Objective Wellbeing'. It is a very personal and subjective thing, entirely emeshed within the context of who you are. What one person's sense of a solution may be, may not be for you. It's vital you look to yourself and others as subjective autonomous selves, deserving of understanding in the narrative of their own story.

Donald Winnicot

He was a 1950's family Psychologist who specialist in healthy parenting and removing the need for 'perfect parenting for being a 'Good Enough' parent.

Excessive Hope

This term talks about 'cruel and counterproductive perfectionism' within which we trap ourselves with goals, aims and dreams which demand too much of us.

Self Love

Learning now to hate ourselves is key in self acceptance and creating a sense of solid foundation for becoming a better person in what we do and how we live.

We Are What We Repeatedly Do.
Excellent, therefore, is a habit, not a quality!"
-Aristotle

Compassionate Realism

Be realistic and undemanding of yourself and of others in your work and voluntary context.

The Autonomy
of
Wellness



**THE AUTONOMY OF WELLBEING
WELLNESS WITHIN
IS YOURS ALONE**

**YOUR EMPLOYERS HAVE
NO
CLAIM OVER YOUR
WELLBEING**

**THE EUDAIMONIAN
AUTONOMY
[SUBJECTIVE WELLBEING]**

**NEVER
ATTEND WELLBEING
TRAINING/EVENTS/THINGS
ORGANISED IN YOUR
BREAKTIME. THAT'S YOUR TIME!**

**BOUNDARIES
ARE REQUIRED & VITAL
ESPECIALLY
IN A COMMUNITY SETTING**

**IF YOU LIVE TO 90 YOU HAVE 4000
WEEKS TO LIVE, LIVE THEM
WISELY!!!**

**WORK UNWELLNESS
IS A MOSTLY A
PRODUCT RESIDING
WITHIN THE WORK
ENVIRONMENT SO
ASSUMING
MOTIVATING STAFF
WITHOUT
ADDRESSING THE
ISSUE IS LIKE
PUTTING A BANDAGE
ON A HEART ATTACK**



Dis - Ease
of
Self



THE DIS-EASE OF YOUR SELF ✨

THE JAPANESE CURE FOR DIS-EASE

The Ikigai model is a Japanese method of helping you get a sense of wellbeing within us. The word Ikigai barely translates to English but 'Wellbeing' may be close. Harmony may be another definition or Eudaimonia.



WAYMARKERS

TRIGGERS

Triggers are events, thoughts, experiences, atmospheres which can lead to the movement of the self toward being ill at ease. They are

GLIMMERS

Glimmers are the opposite. These are small moments which remind you of what's best in life. Usually they can be small pleasures like a cup of tea or a nice view of a kind word. You can create Glimmers as a waymarker toward Wellbeing. ✨

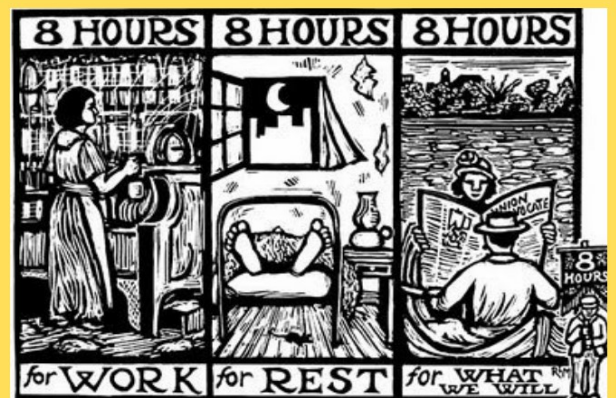
‘BEWARE THE BARRENNESS OF A BUSY LIFE’ -SOCRATES

TRIGGERS TO DIS-EASE ✨

- DEMANDS ON US
- TIME & RESOURCE CONSTRAINTS
- COMPARING OURSELVES TO OTHERS
- BLAME
- BAD COMMUNICATION
- BAD BOUNDARIES
- UNKINDNESS ✨

GLIMMERS OF EASE ✨

- ENJOYMENT
- RELAXEDNESS
- KINDNESS ✨
- TIME &/OR RESOURCES
- POSITIVE BOUNDARIES
- COMMUNICATION & TRUST
- LAUGHTER
- SIMPLE PLEASURES
- BEING LISTENED TO WELL
- APPRECIATION ✨

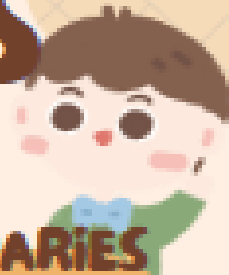


5

Short
Tips



5 LITTLE TIPS



CHECK-IN/CHECK-OUT



JUST AS AN ATHLETE STRETCHES BEFORE A RUN, WE HAVE TO STRETCH. TAKE A MOMENT TO CHECK HOW WE FEEL. LIKEWISE DO A CHECK-OUT RITUAL TO END THE WORK DAY. SOMETHING SMALL & SIMPLE WILL DO.

BUILD BOUNDARIES

ENSURE THAT BREAKS, PERSONAL SPACE & TIME ARE RESPECTED BY YOU & OTHERS. YOU WILL HAVE TO MAINTAIN THIS AS YOU GO. BUILD HABITS!



PRACTICE SAYING NO



'NO' SHOULD NOT REQUIRE EXPLANATION. IF SO, THEN MAKE A MEETING TO EXPLAIN WHY IT CAN'T BE DONE, RATHER THAN JUSTIFYING YOUR NO.

INFECT YOUR WORKSPACE

HAVE A PRIVATE & SHARED PERSONALIZED AREA IN YOUR WORKPLACE FOR ALL. MAKE SURE IT COMBINES MEANING & HUMOUR.



HOST A WELLBEING DAY

THIS IS VITAL FOR YOUR WELLBEING, PEER SUPPORTS & TEAM BUILDING. IT ALSO DEMONSTRATES THAT THE WORKERS/VOLS ARE APPRECIATED IN THE WORK THEY'RE DOING. IT SHOULDN'T BE ANYTHING OVERLY COMPLEX, MAYBE JUST A DRIVE & PICNIC OR A LOVELY WORKTIME DINNER.



Further
Reading



SOME FURTHER READING

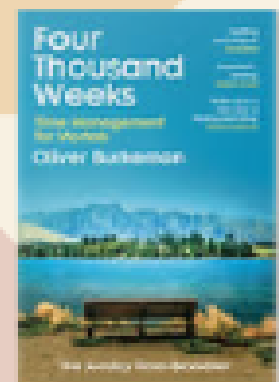


01

THE GOOD ENOUGH LIFE -AVRAM ALPERT

02

FOUR THOUSAND WEEKS -OLIVIA BURKEMAN



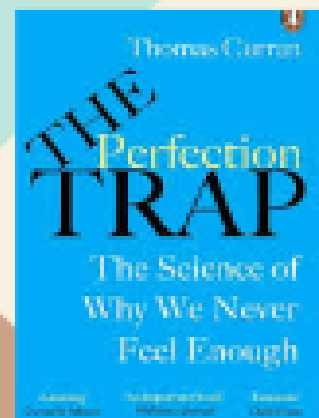
03

STAND FIRM -SVEND BRINKMAN



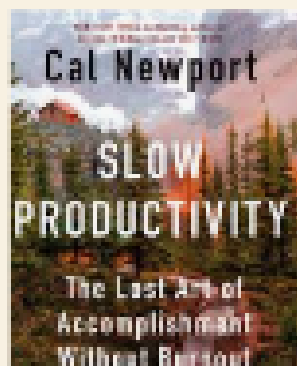
04

EXHAUSTED -ANNA KATHARINA SCHAFFNER



05

THE PERFECTION TRAP -THOMAS CURRAN



06

SLOW PRODUCTIVITY -CAL NEWPORT

Thank
You

