

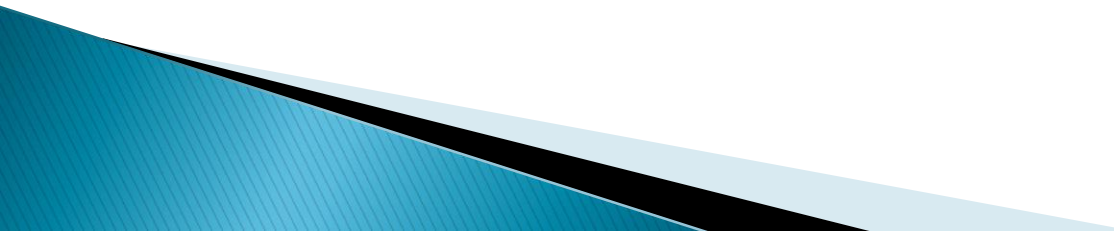
A serene landscape at sunset. On the left, a large, mossy tree trunk and its branches frame the scene. The sun is low on the horizon, casting a warm, golden glow across the sky and the field. The foreground is a grassy field with some scattered leaves. In the distance, there are more trees and a fence line.

Living Well

Session 3
Gareth Eccleston and Alice Flint
Wellbeing & Recovery College

Today's Topics

Doing what matters

- Values & Prioritising
 - SMART goals
 - Health and Nutrition: Food
 - Self care exercise – mindful eating
- 

Recap: 3 systems

DRIVE

“Fix It!”

Adrenaline
Dopamine

THREAT

“I’m under
attack!”

Cortisol

SOOTHE

“I’m okay.”


Serotonin
Oxytocin

Living by our values

<https://www.youtube.com/watch?v=T-IRbuy4XtA>

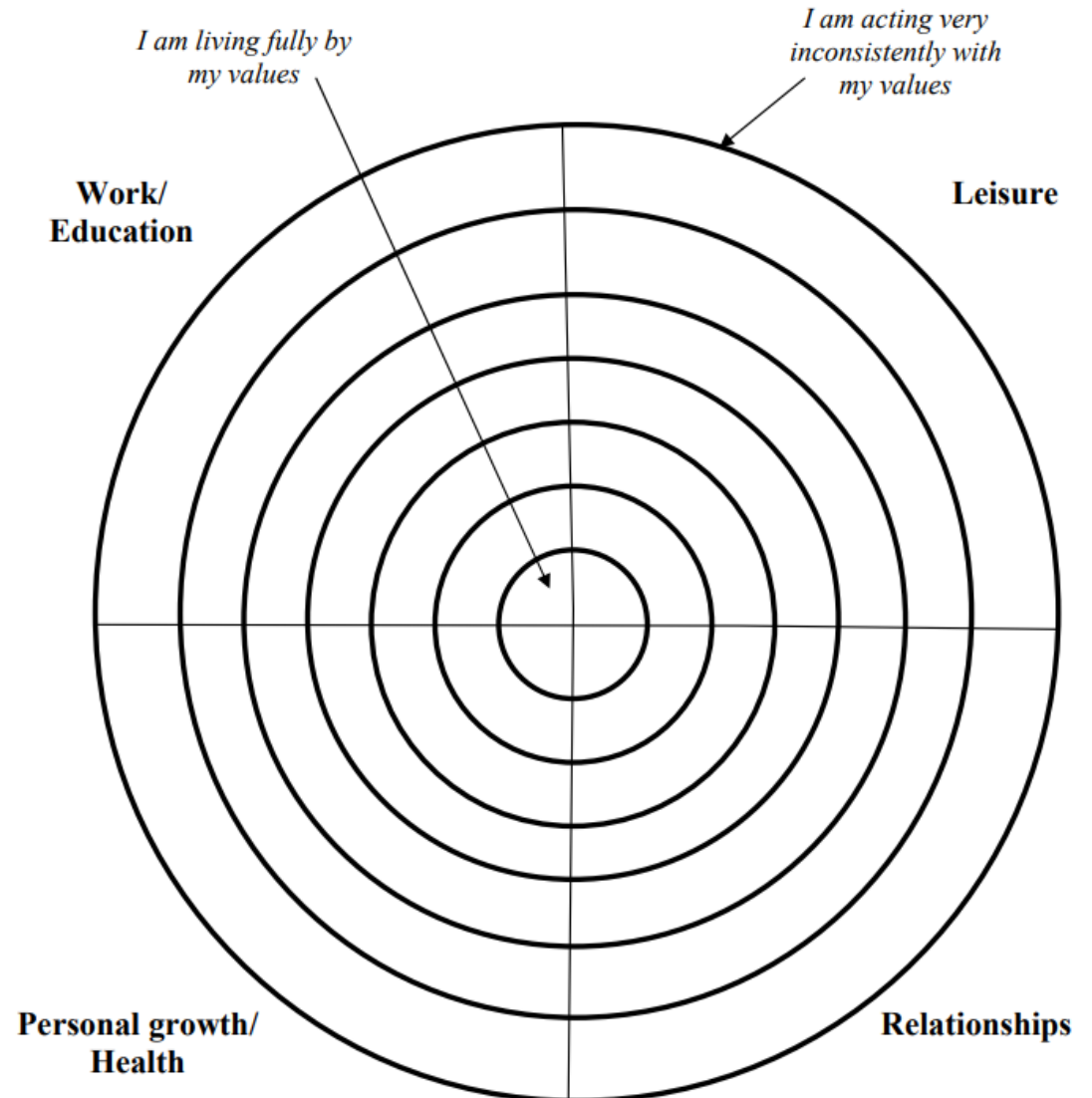
- ▶ Getting caught between THREAT and DRIVE can take us away from living by our values
- ▶ Often our taps will fit in with our values, for example:
 - Coffee with friends = caring social network
 - Going to gym = healthy body
 - Meditation = present moment appreciation

Are you living by your values?

- ▶ Sometimes we need to change or adapt our 'taps' or work around our health difficulties
 - ▶ But we can still live by our values everyday, for example:
 - I can't run anymore, but I can do 30-minutes of swimming (health and fitness value)
 - I can't work as a joiner, but I can teach my grandchildren how to make a table (skill-based and social values)
- 

Values

THE BULL'S EYE: make an X in each area of the dart board, to represent where you stand today.



The 3 P's

Today: Prioritising

	DO NOW	DO LATER
CRUCIAL	crucial & do now [like right now]	crucial but do later [do soon]
NOT CRUCIAL	not crucial but do now [delegate]	uncategorized [delete or move]

- ▶ Check in with your VALUES
 - What do I really need or want to get done today?
 - Is it worth doing now, or could it wait?
 - Am I procrastinating but actually the delay is making me more anxious?
 - What can other people do?

Give it a go!

- ▶ Can you think of a time where you could try this technique out? Give it a try!



SMART goals

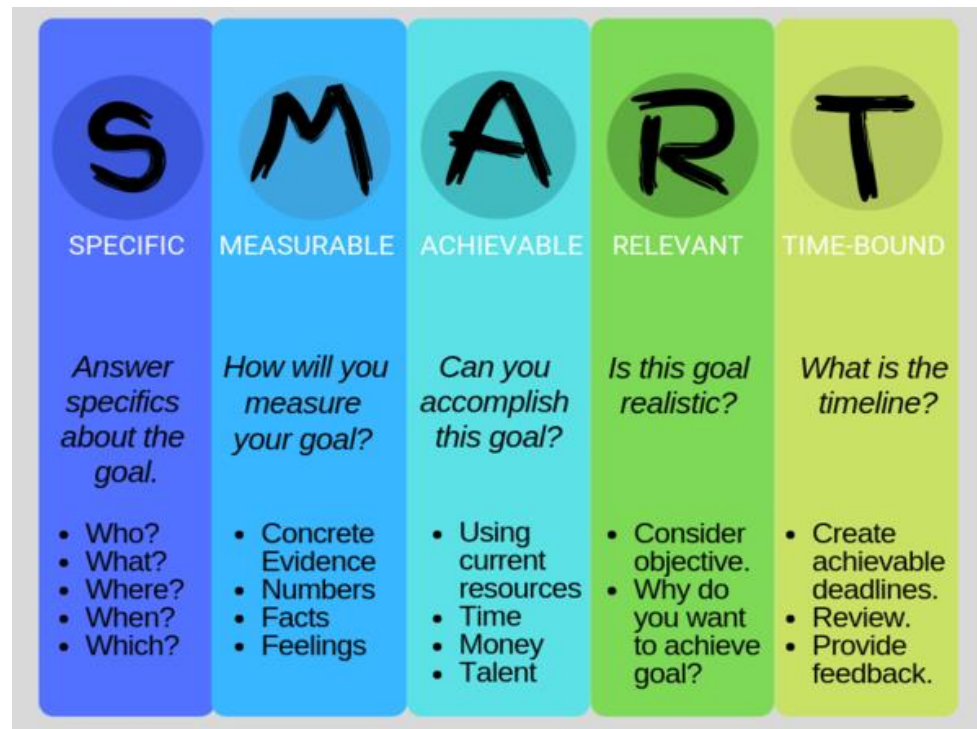
- ▶ Making and working towards goals can help us live a meaningful life in line with our values.
- ▶ Any changes that you make based on this course are up to you, but here are some helpful tips on how to make and stick to your goals...

SMART goals

<https://www.youtube.com/watch?v=1-SvuFIQjK8>



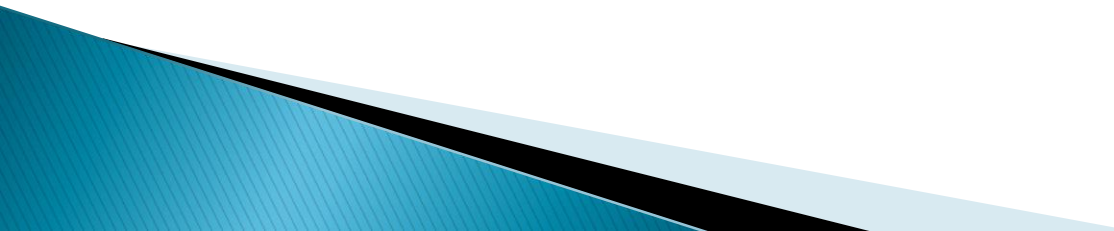
Your SMART goals?



After today's session, use your examples sheets to set yourself a smart goal to work on your own changes you wish to make 😊

Health and Nutrition 2:

FOOD.

- ▶ Nourishing yourself with a balanced diet
 - ▶ Learning about what foods do what for you body
 - ▶ Eg Carbohydrates, Protein, Vitamins,
 - ▶ Looking at your body as a machine that needs different elements to function and maintain
 - ▶ Rather than just what you fancy at the time. This can be affected by different things
 - ▶ EG:
- 

Video: <https://youtu.be/xyQY8a-ng6g>



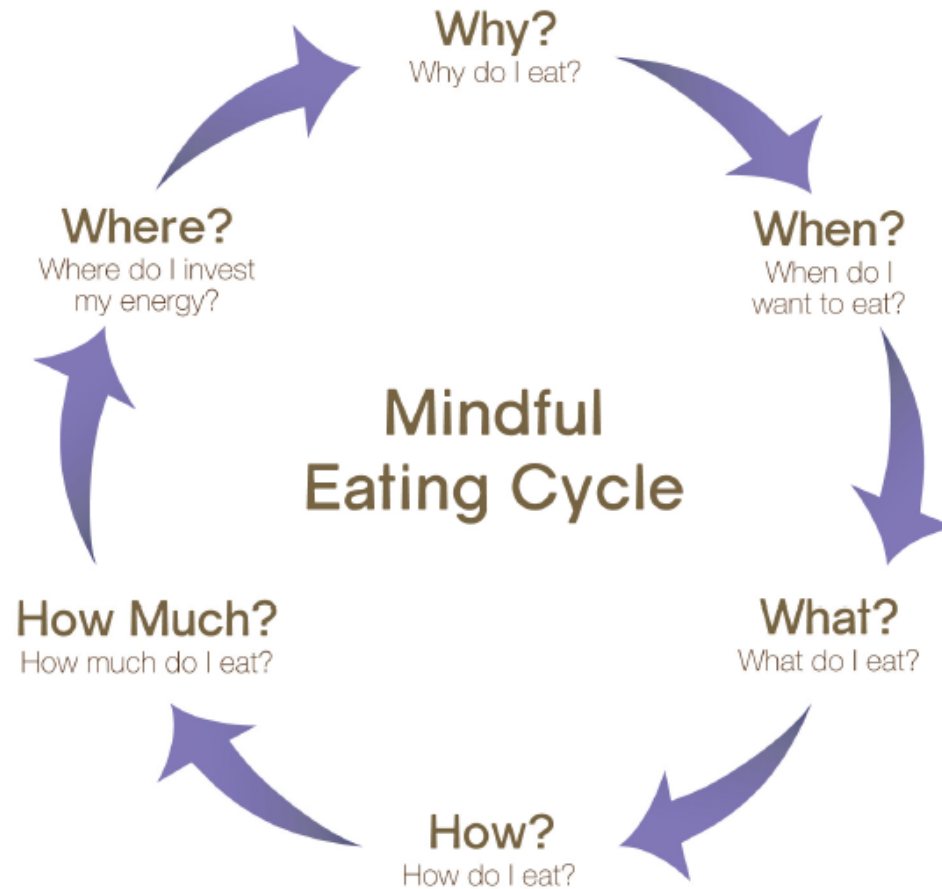
Food and STRESS.

- ▶ So: Are you actually hungry, or is it cortisol???
- ▶ Cortisol is our main stress hormone. And it makes you feel hungry.
- ▶ It's function is to prepare you to Fight or Flee
- ▶ And for that we need to pile in the carbohydrates to give us a short term energy boost.
- ▶ So if you're scared/stressed, your body makes you want those carbs to cope with the threat situation.

If you're craving food, ask yourself:

- ▶ Will an apple or a piece of brown bread help?
- ▶ Or does it have to be, say, Chocolate, Cake or white bread with butter?

Mindful Eating



Mindful Eating Exercise

Imagine you are an alien...

You've never seen human food before.

Explore it using all your senses.

Savour it fully before chewing, and then explore the changing taste and texture before you swallow.

Notice any thoughts or feelings while doing this.



After The Exercise:

- Were you able to resist the urge to eat it quickly?
- Were you able to stay focused on the present experience, or did your mind wander to other things?
- How did this differ from how you normally eat?