

Wellbeing Essentials

The Oxygen Mask

4

“If the oxygen masks fall from the panel above, you must fit your own mask first.”



resilientme

STRENGTH THROUGH UNDERSTANDING

Wellbeing Essentials 4

The Oxygen Mask



Have you ever been in an aeroplane? If so, you will have seen the safety demonstration where they show you the emergency exits, the brace position and so on. They also say that “if the oxygen masks fall from the panel above you must fit your own mask first”. Why do they say this?

Surely, if you're with a small child or someone vulnerable, you would want to make sure that they are okay first, wouldn't you? It's only natural. But, the truth is, if you can't breathe properly while you're trying to do this then you won't be able to help them, AND you won't be able to help yourself either.

It is vital that we look after ourselves first. Only by doing this can we be strong enough to help the others around us.

Take time to nurture yourself!

Life today is busy, busy, busy. It's full of all kinds of pressures at work, at home, with relationships, responsibilities, staying healthy and so the list goes on.

It is really important to take some time for yourself just to have fun or to relax. This could be something as simple as listening to some music that you enjoy, doing some meditation, having a bath, spending time with friends, watching your favourite TV programme, eating your favourite food, playing your favourite sport – I'm sure you get the idea.

Sadly though, these are often the things that get neglected when we are busy or under pressure and yet, without them, we begin to feel quite low and this can lead to all kinds of issues.

Even if you are in the middle of a really busy period at work AND at home it is still important to take a little time out for yourself regularly.

In our training courses we introduce a tool called 'The Daily Workout'.

It brings together a number of wellbeing essentials, is simple to use and takes only a few minutes to complete

First thing in the morning, take a couple of minutes to think of the things in your life that you are grateful

for. Think, too, about how they make you feel and then write it down.

Organising a to-do list at the beginning of each day allows us to feel in control. Even if the list is long, provided it is written down, we have control. We

can prioritise, reschedule and ensure that important tasks are not forgotten. Do this before leaving home, on the train or first thing when you arrive at work. Be sure to include both personal and professional 'goals' for the day.

Just before bedtime, check in with yourself: did you do anything for your body today (diet, exercise), what about your mind (meditation, minimising screen time, positive thoughts)?

Most importantly, have you done anything for YOU today? Remember to always prioritise yourself. Fit your own mask first and all those around you will benefit.

Finally, keep a positivity diary. Write down three positives at the end of each day, just before you go to sleep. This promotes relaxation, positive mental health and good quality sleep.

Rachel Munns Founder & Principal

Daily Workout

Attitude of Gratitude

1 _____

2 _____

3 _____

I Feel

1 _____

2 _____

3 _____

Today's Goals

1 _____

2 _____

3 _____

Achieved Today

Mind _____

Body _____

Spirit _____

Inspirational Moments

1 _____

2 _____

3 _____

Resilient Me specialise in Mental Health Awareness, Resilience and Wellbeing training. We also offer confidence building, motivational and personal leadership workshops. We all have close, 'lived' experience of mental health issues, and this combined with our individual expertise has enabled us to produce training and coaching that genuinely makes a difference. If you want to know more – just call us on 07967 276194 or email info@resilientme.co.uk

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This document is just one of a series of written and video Wellbeing Essentials that you can find at our website. Be sure to visit us regularly to download the latest resilience resources.

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