



Emotional Me

Do I

- express my feelings and talk through dilemmas with others
- know myself
- value emotional responses
- take time for fun and enjoy the unconditional company of others
- recognise my feelings and pay attention to them
- let it go and let it out
- shout, cry, touch and hug
- laugh a lot, use humour, see the funny side of things
- use positive self talk
- have 'good enough' self esteem and confidence
- have a sense of belonging
- feel of worth and value myself and family and friends
- feel in control
- show that I value others, have compassion and empathy.

The Spiritual

Do I

- taking pleasure in nature
- see the joy of life
- recognise magic moments
- meditate
- contemplate the beauty awe and wonder of life
- take time to stop and stare
- practice yoga
- take time for myself
- have a belief system.

Social Interaction

Do I

- have good support to help deal with life experiences
- work hard at friendships
- like to meet new people
- know who to turn to for help
- value family relationships
- enjoy the company of others share myself with others
- have a friendly disposition
- enjoy working in a team
- take part in social events
- organise social events
- keep in touch.

Being Creative

Do I

- enjoy thinking up new ways of doing things
- spend time writing
- go to singing or dance classes
- get excited about new initiatives
- enjoy hobbies
- create and appreciate art....paint, sculpture or pottery
- use my hands to make things
- let my mind 'go for a walk'.

Using My Mind

Do I

- read
- go to the theatre, cinema
- plan things
- think things through
- solve problems
- debate ideas
- give myself time to think
- do puzzles
- enjoy challenges.

My Physical Body

Do I

- feel good about myself and my body
- have a balanced view to health
- keep an eye on what goes into and onto my body
- take exercise regularly
- keep a check on alcohol, nicotine and other drug consumption
- enjoy my food and eat a balanced diet
- feel OK about visiting the doctor or hospital
- have a 6month dental check
- get a health check for blood pressure and cholesterol
- go to the doctors at the first sign of a problem
- regularly check my body.

THE LANCASHIRE WELL-BEING PROGRAMME

The programme offers staff an opportunity to address some of their needs through the 'Look After Yourself' programme.