

Starting Challenges:

=25 "Too many to list"

Mental Health and Emotional Challenges

Anxiety, Depression and/or Stress ++

Poor coping Poor motivation Overwhelmed Health anxiety
Poor confidence Poor self-esteem Fear Restricted Life
Struggle with Acceptance

Average self-care out of 10 =

Poor Health

PAIN

Relationship Challenges

Loneliness Uncertainty
Loss of 'place' Family stress...
Others Judgement

Musculoskeletal Issues/Arthritis
Every joint mentioned, back+ hip+
Fibromyalgia Cancer Neuralgia
ME/CFS/Fatigue Post-Polio
Heart disease Diverticulitis
IBS Lupus Migraine DiabetesT2
Thyroid Eyes Skin Weight issues
Anaemia Stress affecting health HBP

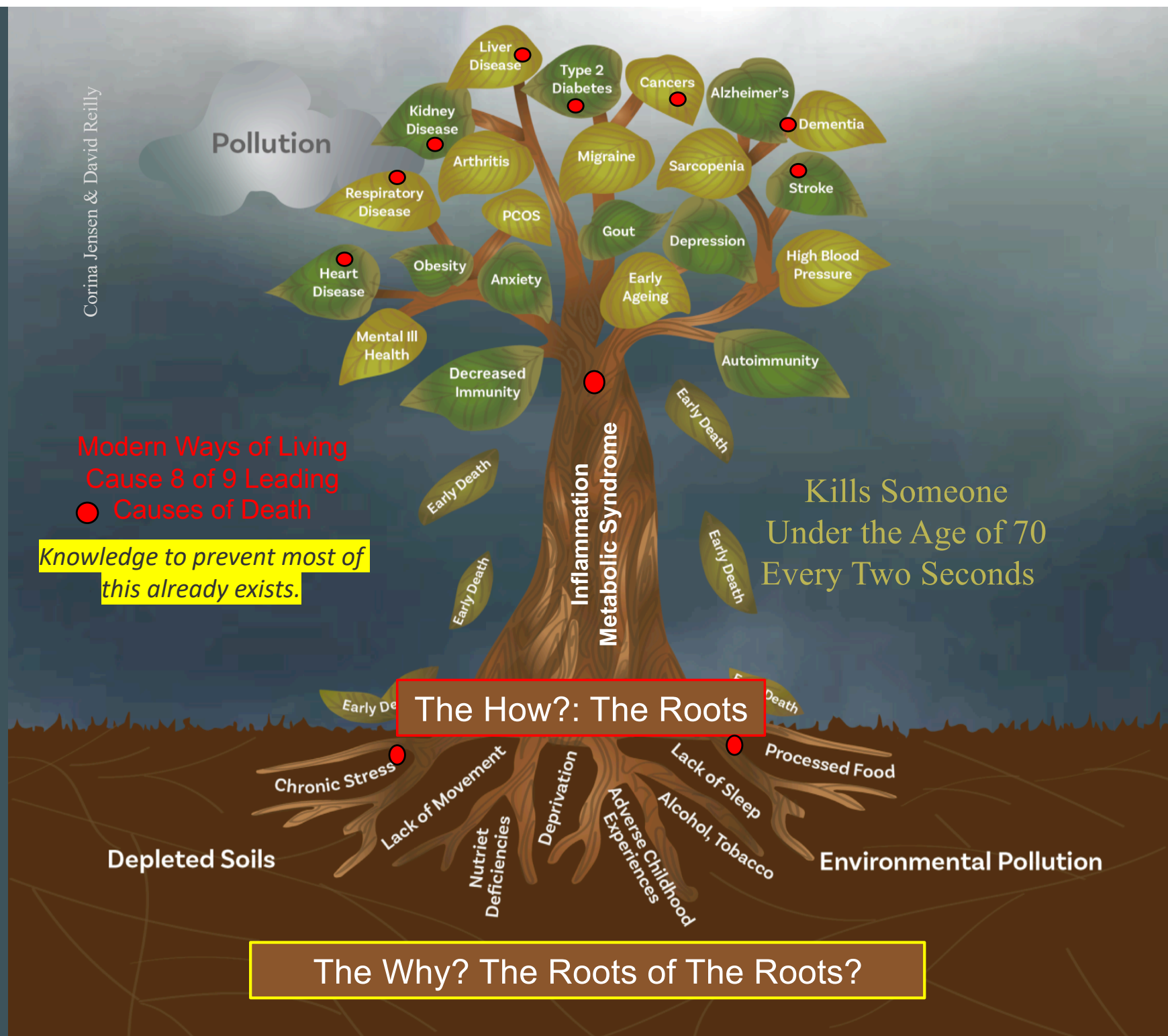
Major Life Events

Bereavement and Grief
Separation
Life Threatening Diagnoses

Poor Self-Care

Poor balance vs others needs Hypermobility Balance
Poor self-care.... Poor diet Long COVID
Irregular Eating/Sleep Addiction Sleep issues
Lack of Movement Too many painkillers
Too busy, feel stressed....
I get theory, can't implement





Psychological Distress

↑ Chronic Stress:

↑ self-harm

↓ Immunity

↑ disease

↑ earlier death

15 Year Old Girls

Scotland Soc Psychiatry Psychiatr
Epidemiol. 2009 Jul; 44(7): 579–586

17%

in 1987

45+%

in 2009

USA Adolescents

↑ 50+% Mental Health

Issues 2009-17

Journal of Abnormal Psychology, 2019: 128(3), 185–199

↓ 2010's

Life Expectancy UK & USA

↑ “Deaths of Despair”

↑ Infant Mortality

↑ Deprived Areas

↑ Mental Health Disorder – 1 in 6 Adults

England: NHS Digital 2018

1 in 4 by age 17-19





10 January



16 March



20 April



30 October



11 January



**Life Responds To Nurture
and Challenge**





The How?: The Roots

The Why? The Roots of The Roots?

Hopes for Change: Group's WELJourney

Change my life for the better..

Acceptance yet hope Adapt
Calm my racing mind More Positive
Deal better with my thoughts
Change my mindset - when stressed..
Stop catastrophising Relax Meditation
Motivate, Get Up and Go

Cope better - with stress, issues, relationships...

More Connection More Family Time..

Worry less Less overwhelmed
Handle grief Stop overthinking
Mindfulness Handle criticism

Have a life, stop identifying
with what stops me

Build on what I can do

Pain: Accept, Respect,

Deal Better, Shift Perception

Reduce

Learn about Wellness and Self-Care Learn from others



Happiness & Peace

Feel healthier

Better wellbeing

Help others

Improve my Self-Care

Prioritise Self-Care Journal
Lose weight Improve diet
Cut down painkillers Pace
Make time for exercise and activity
Change my responses
Embed, long-lasting changes
Better Sleep Routine

Treat myself with compassion..

Less self - critical
Improved self -esteem.

Stop putting everyone else first

Look after myself-

Less Hard on Myself

Self-belief... Confidence

Let myself breathe

Make space for peace..

More time for enjoyment



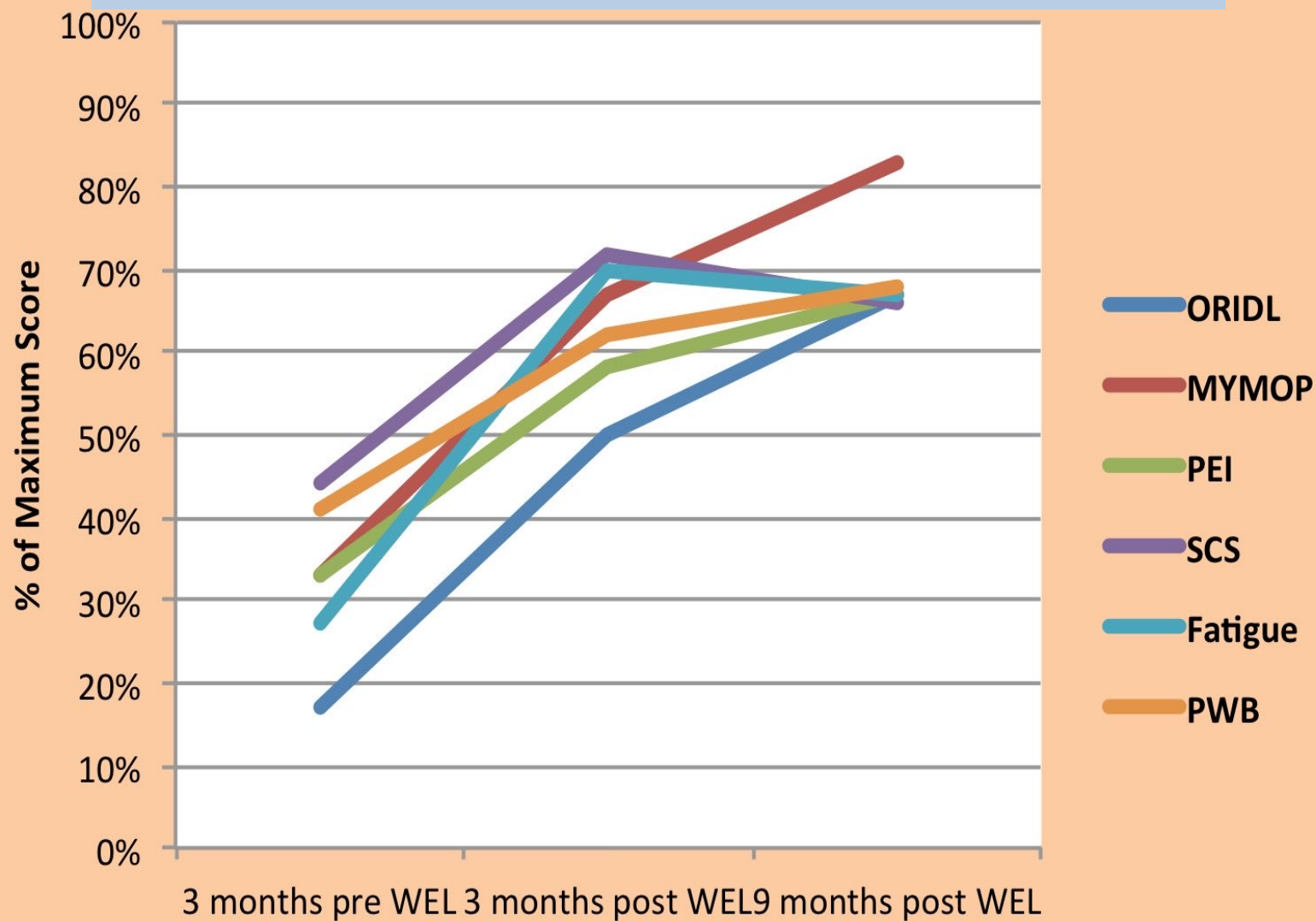
Brian's Predicament

Brian is a 48-year-old single man. He has been on disability benefits since 2003 after suffering an accident at work. This accident resulted in a serious back injury that left him with limited mobility (uses a stick), chronic pain, severe fatigue and depressive symptoms.

Brian – Before TheWEL Group

- **Severe Pain and Depression**
- **Significant Negative Impact on Daily Living**
- **High Medications: 11 * (4 for pain)**
- **Low Self-Compassion**
- **High Fatigue Levels**
- **Very Low Psychological Wellbeing**
- **Low Enablement**

Brian's Change over the next 9 months



Brian's 3 Months In



- Changed diet 'completely'
- Swims 5 days a week
- Lost stone in weight
- Stopped morning and afternoon painkillers
- No longer has afternoon nap
- Routinely practices compassion-based meditation to help pain and sleep
- Stopped smoking
- 'More aware of things... Steps back'
- Set goals- 'loose the stick and lose more weight'

I am looking after myself more. I am taking more care, sometimes I am taking a step back, sometimes I have really got to stop myself and re-think things over and maybe address things... I have noticed I am doing that; I think I am more aware. I am thinking more, it has certainly made me think more, you know... It's been an eye opener. I took everything for granted really and over the course kind of made me realise a few things, you know. I'm supposed to look after the plant but I always say I am looking after the dog* better cos I prefer a dog- although I did get a plant so I make sure I water it and it's growing.



Note – *the dog” or “the plant” refers to the metaphors for self-care responsibilities

Example Feedback Quotes at End of a WEL Course: 12 weeks in...



Reduced refined sugar and processed food

Eating better

Reduced alcohol

Addressing Vit D, Omega 3 deficiencies

Caring for myself- watering and nourishing

Making small changes and realising that this is a good first step

Being more active- being outdoors!

Not beating myself up... even if I don't always stick to healthier ways

Recognising it is the way of things and it is not the end of the world.

Recognising that I can't and don't need to fix everyone else's problems

Setting aside quiet time each day

Realising I am not my mind, and I don't need all the things I thought I did to be happier, healthier, content...

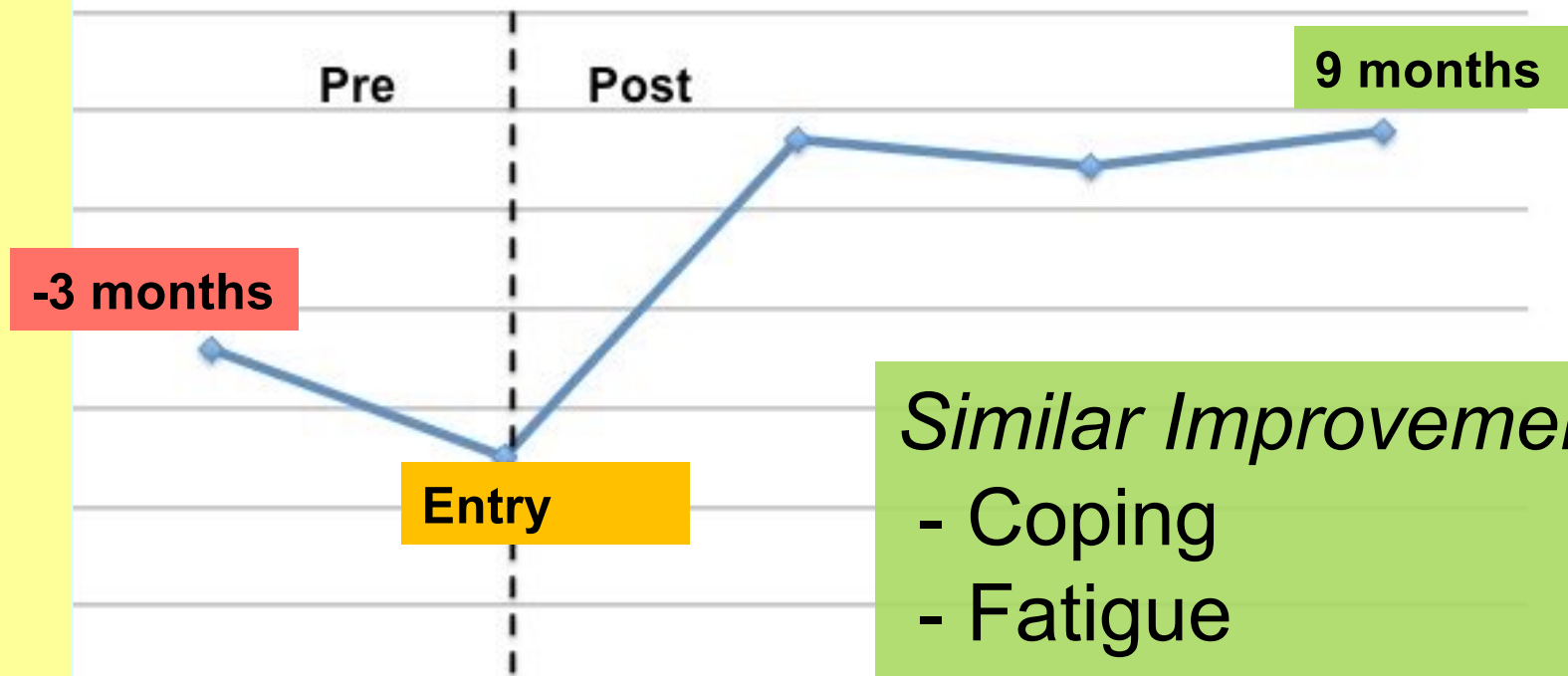
**A CULTURE
OF WELLNESS
TheWEL**

Meditating

WEL Results: Groups With 3 Month Run-In Baseline

Clinically and Statistically Significant Improvements On All Six Measures

Psychological Wellbeing



Similar Improvements in:

- Coping
- Fatigue
- Main Complaint
- Enablement of Self-Care
- Self-Compassion Scale

Optimism – & The Mind-Body Link



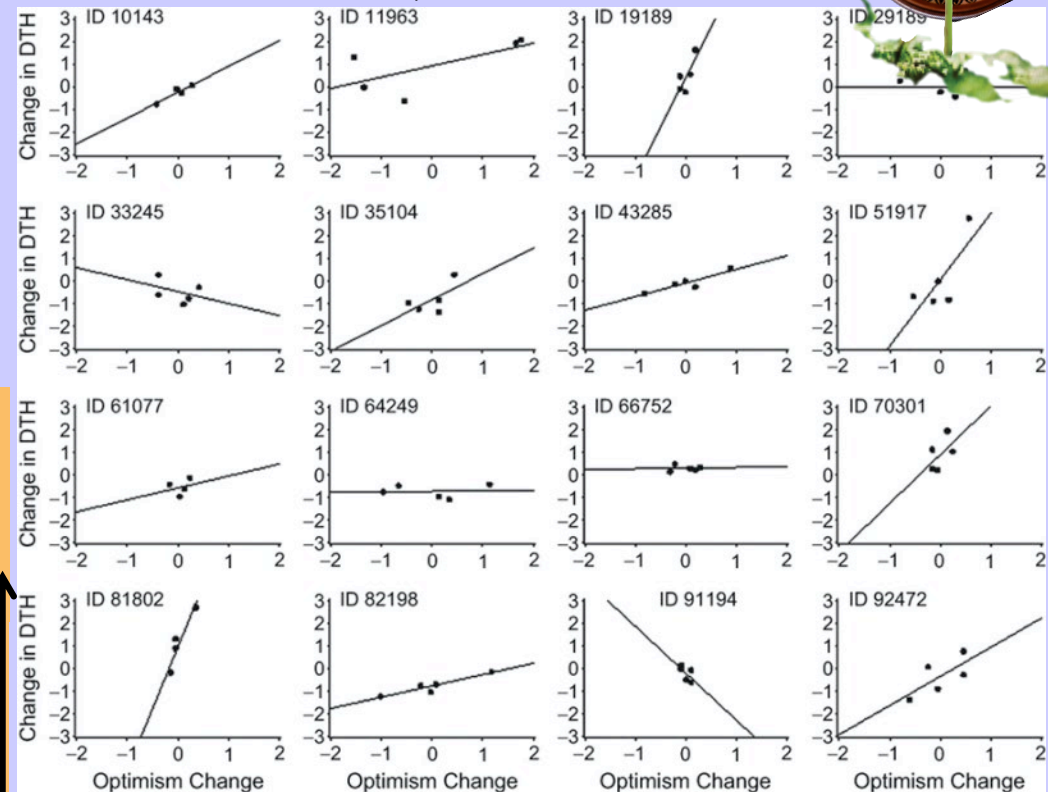
2010

124 1st year law students
- repeat tests of immunity

↑ Optimism

↑ Immune Response

16: 11 +ve, 3 neutral 2 -ve



2019 **↑OPTIMISM**
70K Women over 10 years
1.5K men over 30 years

↓cancer, heart disease, stroke,
respiratory disease, infection

Immunity

Optimism →

↑ 11% - 15% longer life
↑ 50% living to 85

Change in cell-mediated immunity (deviations from individual means, in standard deviation units) as a function of change in optimism (deviations from individual mean scores) for 16 (of 124 participants selected randomly from those with at least four observations).

2019 PNAS <https://doi.org/10.1073/pnas.1900712116>

Psychological
SCIENCE

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Fig 1 from Segerstrom S C , Sephton S E Psychological Science 2010;0956797610362061

Optimism & Hope: The Spirit-Mind-Body

2019 PNAS <https://doi.org/10.1073/pnas.1900712116>

**70K Women over 10 years,
1.5K men over 30 years**

↑ Optimism

↑ Live 11% to 15% longer

↑ 50% living to 85

HOPE is unlinked to events

Rooted in our inner responses

I'll face whatever happens...

"When you have an interior life, it certainly doesn't matter what side of the prison fence you're on. . . All that matters is how we bear it [suffering] and how we fit it into our lives..."

Etty Hillesum. Killed in Auschwitz 1943

"I'll be out by Christmas"

Optimism linked to events

"expectation that good things will happen, or the belief that the future will be favourable because one can control important outcomes."

Admiral Jim Stockdale noted in Vietcong prison camps deaths from broken hearts if plans failed.

"Ah, so this is the way of it"

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor Frankl Auschwitz survivor

... hope is the fuel which powers the body.

Eddie Jaku Auschwitz survivor. The Happiest Man on Earth 2020 aged 100

