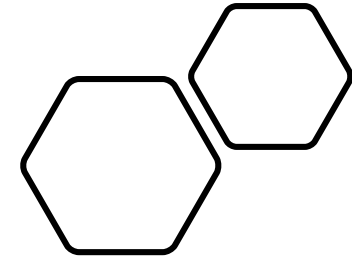
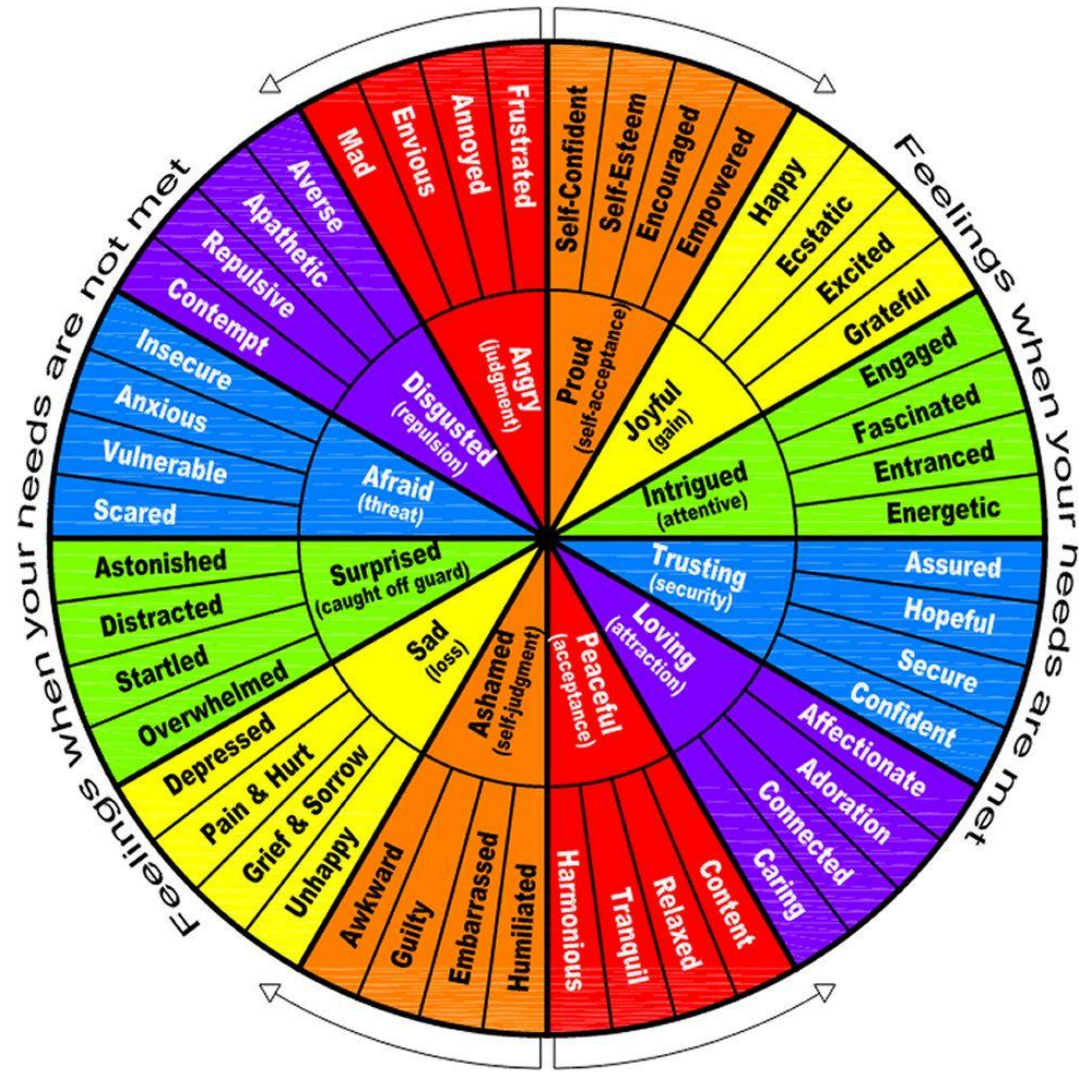
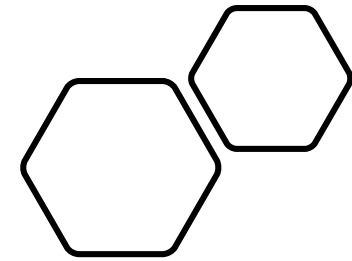
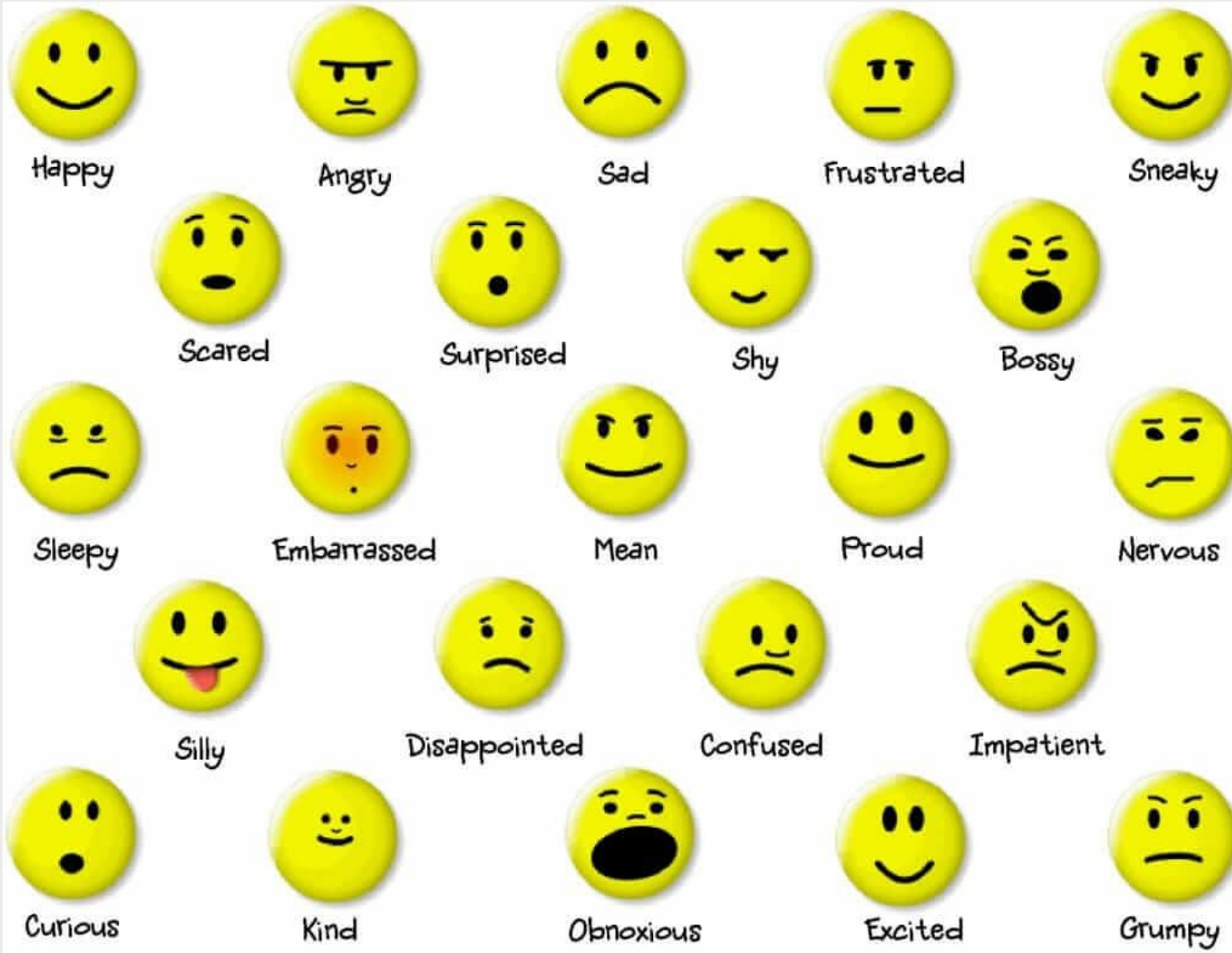
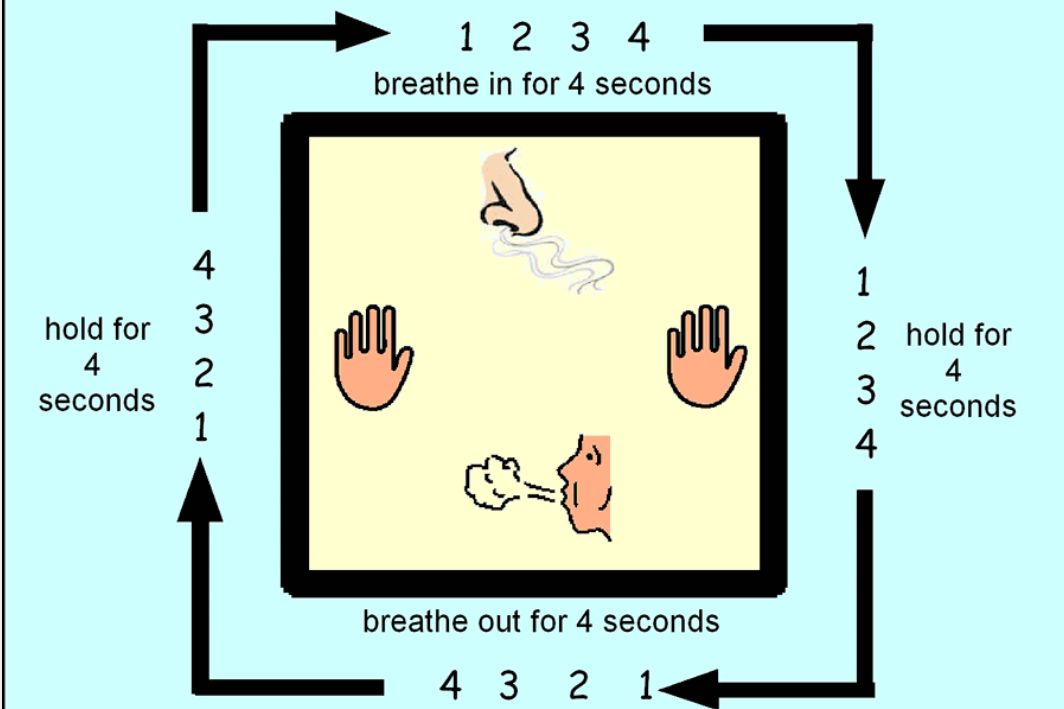


Feelings Wheel (small version)

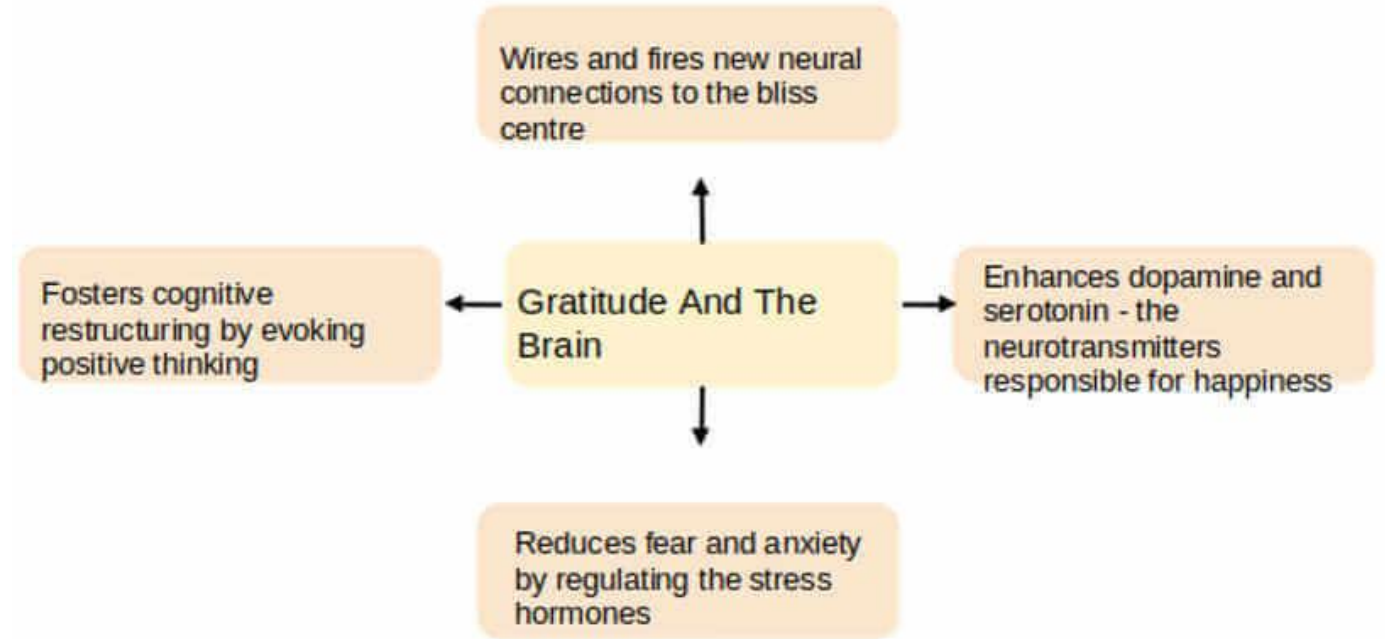




SQUARE BREATHING



“Gratitude is
the life line
for
perspective”





“Empathy is
the vessel for
hope.”



- “I am calling you. I have things I want to say to you. I am inviting you to craft the minutes and hours of your days so there is some time for us to listen and commune together. **I am calling you to establish sacred rhythms *for this season*** because I am longing to be with you and we may never pass this way again.”

- <https://transformingcenter.org/2020/03/that-the-works-of-god-might-be-revealed/>

Chair of Wellbeing

EricLevi.com

Physical Wellbeing

Exercise, walks, nature, fitness, nutrition, GP reviews, health checks, medical treatments, adequate sleep.

Social Wellbeing

Social support, family, community, charitable activities, social engagement, vacation.



Mental Wellbeing

Counselling, support, GP, Psychologist, Psychiatrist, meditation, mindfulness, spirituality, meaning, purpose, art & creativity.

Occupational Wellbeing

Safe & positive workplace, leadership values, institutional environment, effective systems, meaningful engagement, job satisfaction.