

Charging and Re-Charging a Sense of Well Being

Engaging in...noticing, reflecting upon, choosing, doing

Proactively... connecting, practicing, growing, enjoying

"charging" a Sense of Well Being

Proactively living the Mayo Clinic Qualities

- Making everyday personally **meaningful**
- Being **proactive**, especially in meaningful areas
- Taking **good care** of myself, so I can live a vibrant, satisfying and meaningful life
- Connecting with** and **supporting** others
- Remaining **hopeful**, especially in meaningful areas
- Learning** from experiences: shifting, adapting
- Seeing how **challenges lead to positives**

Proactively living the Ryff "Well Being" Qualities

- Living with an underlying, ongoing, deeper sense of **"purpose in life"**
- Living with a flexible sense of **"autonomy"**
- Living aligned with my own sense of **"personal growth,"** that is aligned with **"purpose in life"**
- Seeking, creating, living and nurturing **positive relations with others**
- Environmental mastery:** engaging in a variety of multi step activities
- Activating, living, recognizing and appreciating the **many possible shifting, potential "selves"** throughout the day, dependent upon conditions

Proactively taking care of my body:

- health, strength, stamina, flexibility, agility, vitality, aliveness

Nurturing my spirit and heart:

- sense of warmth, love, kindness, caring, beauty, gratitude, generosity, connection, compassion

Nurturing my mind:

- clarity, openness, flexibility, agility, adapting, focus, concentration, opening to learning new ideas and perspectives, developing "wisdom"

People:

- Finding, connecting/interacting with, enjoying people and contributing to their well being

Offering Richo's 5 A's to people I'm with:

- Attention, Appreciation, Affection, Acceptance, Allowing

Offering Richo's 5 A's to myself

- Attention, Appreciation, Affection, Acceptance, Allowing

"charging" a Sense of Well Being

Pausing, Noticing, Appreciating....many times/day

Proactively going out and about:

- curious/ exploring/ interested/ open/ willing alive

Resilience, Borysenko/Couto:

- Acceptance of "reality"** as it presents in this moment
- Affirming and re-affirming that **life is deeply meaningful**
- Using my **ingenuity and abilities** to creatively improvise, **"bricolage,"** having an **"I can do it"** mentality

Engaging in multistep activities/ "environmental mastery"

- choosing, initiating, doing, persisting, overcoming, completing

Rick Hanson: "Taking in the Good" feeling/being/ having

- Feeling cared about and connected to loved ones
- Having basic safety, protected, having resources
- Being capable, competent and able to accomplish

"Bearable" Strategies (Kathy)

- Talk to someone about it, Ask for help, Get Started, Little bit, little bit, Keep going, don't stop yet, "This is Bearable," through using proactive strategies

Recognize potential for "Post Traumatic Growth" (Tedeschi)

- Developing closer relationships with a variety of people
- Opening up of new learning, understandings, possibilities
- Becoming stronger and more confident,
- Changing or deepening of Spirituality/philosophy of life,
- Increasing appreciation of life

Home spaces: (in both home and mind)

- Clearing and creating open, pleasing/warm, comfortable/welcoming, enlivening environments.

"charging" a Sense of Well Being

Angeles Arrien, Fourfold Way:

- Showing up, choosing to be present
- Living with what has heart and meaning
- Being open to outcome, not attached to outcome
- Telling the "truth," without blame or judgement

Maintaining Positive Perspectives (UPENN Graham etc)

- Focusing on **"Internal" Locus of Control** vs "external" locus of control
- "Flexible, Growth Mindset"** vs "fixed mindset"
- Being in **"Learner" Mode** vs "Judge" mode
- Focusing on potential aspects of **"Opportunity"** vs "trauma"

Proactively being in "Learner/Growth" mode

- Trying new activities, exploring new ideas, potentials and possibilities
- Realizing that new activities involve learning, shifting, adapting, self-correcting, experimenting
- Aligning and realigning, again and again, with "learner mode" state of mind
- Challenges provide opportunity to learn/grow

Recognizing the continually shifting flow of EVERY THING in life: (thoughts, feelings, actions, things etc)

- Arising....Abiding/here for awhile....Dispersing*

Realizing perceived "problems" are NOT The 3 P's:

- NOT permanent
- NOT pervasive
- NOT personal

These lists compiled by Kathy Boyle

Pocket Perspectives kboyle777@comcast.net

A "life quake" journey

"Life Quake" Preparedness and "Life Quake" Recovery

"Re-Charging" a Sense of Well Being

This past winter and spring, I went through what I perceived as a personal "life quake." I had experienced several external and internal "upheavals" and disruptions that strongly impacted my personal sense of well being. I felt like my "foundation" had crumbled. For months, I felt "flattened," maybe even "collapsed." I felt bewildered about where the previously warm, loving, energetic, capable, competent, proactive "Kathy" had gone. And I wondered if, or when, those positive qualities might "return."

I waited and waited. I tried to live my life in a positive manner, but I didn't seem to be able to reconnect with that steady sense of "well being." I was pretty sure I wasn't "depressed," but I still felt "flat." I couldn't think of strategies to help myself "recover" and I didn't really understand what I might possibly be able to do to support that. I **DID** know, however, that I **DIDN'T** want to stay flat or feeling like my life was continuing to feel disrupted!

In February, I realized that I was going to have to take finding solutions to this challenge "into my own hands." I decided that I would simply have to get activated and read, study, go to workshops and figure out what "resilience" and "well being" might entail and find simple, useable strategies that I could actually "use" and "live" to get myself back into a more dynamic frame of mind.

I started reading and studying academic research, books and online articles about factors that are known to contribute to a steady, positive sense of "resilience" and "well being." A lot is written about those topics and much is known!

Unfortunately, the many wonderful, usable "well being" ideas are embedded in long books, academic studies and articles. When feeling "overwhelmed" or in the midst of a seeming "life quake," it didn't seem realistic to be able to search and sleuth for ideas...but I did. I read, highlighted, took notes and pulled out the ideas that I thought might be most "usable" and useful. I selected the "well being" ideas and strategies that seemed like the most realistically useful and usable and organized those onto concise "checklists" that I could refer to throughout each day. And that I did!

I've used the strategies and ideas in these checklists for the past 9 months...and they work! They help! I referred to, and continue to refer to, the strategies and ideas several times a day. I even taped copies of the checklists to the dashboard of my car, the kitchen cupboard doors and above the bed, to remind and reassure myself that I could learn and practice these ideas and strategies that contribute to a sense of "well being." Later in each day, I reflected about how I was naturally using some of the strategies and figured out ways I could use more of them.

By recognizing, understanding, practicing and living these positive qualities and strategies day after day throughout the past many months, I seem to be creating and "living" with an increasingly steady and stable sense of "well being." ...still a work in progress...but they work!

This increasing sense of a steadier and more stable sense of resilience and well being seems to be supported by creating, shifting into and practicing...again and again and again...these positive "habits of mind."

And so, as many of us might feel impacted by our own sense of "life quake," perhaps due to personal factors, relationship challenges, health challenges or reactions to current affairs in the United States...I offer you the strategies, ideas, practices and encouragement on these checklists. They help! I encourage you to give them a try. Perhaps start with just a few and then expand to more. They work! The sooner we can recover from the sense of flailing in the midst of a "life quake," the sooner we can get back to living our lives in a dynamic, caring, proactive, engaged manner! Give it a try!

Living "Life Awake"

Skills and Strategies for Developing A Deeper Sense of Well Being

"Charging" and "Re-charging" A Sense of Well Being

Preparing For Recovering From "Life Quakes"

Compiled by: Kathy Boyle Pocket Perspectives
kboyle777@comcast.net

"Charging" Well Being... "Re-Charging" Well Being
...well being...
choosing...plugging in...connecting to