Practical Well-Being Ideas

for you, your loved ones,

and your whole school community

+ How to Thrive in this High Pressure Life.

Helpful insights from the science, art & craft of Well-being.

Brief Notes re the Monday 3rd June 2019 Collis School *Mental Health Conference*.

Ideas shared by Nick Baylis, the Cambridge-based Consultant Well-being Psychologist,

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My warmest thanks to Head Teacher, Mr Kevin Hogston, for inviting me.

See Nick's ebooks for detailed info on what he spoke about.

Nick defines well-being as 'the self-motivation & ability to embrace whatever challenges & opportunities life throws at us, (the setbacks & successes, tragedies & triumphs), so as to channel their emotional-energy into creating something beautiful of which we can be proud'.

1) Life is inherently highly unpredictable stuff, so rather than try to guess the unforeseeable, we do far better to grow more versatile/flexible in every arena of our personal and professional life…so we're better able to innovate and transform in the face of the emerging circumstances.

   Best way to become Versatile, is to get ourselves accustomed to adventurously exploring & experimenting with how best to embrace life's challenges & create opportunities. We are aiming to stretch ourselves beyond what's currently comfortable. Versatility is the very essence of Resilience… our ability to bounce back from upsets, and to thrive in this high pressure life.

2) To develop the above capacity: acclimatise oneself to freshness & surprise via new evening classes, and weekend activities, and finding ways to play well, because playfulness keeps us supple in mind & body. In our increasingly digital world, the more 'fully embodied & hands-on' these activities can be, the better: the partner & group dancing, the contact sports, the massage, and the metaphorical equivalent of those

hands-on activities: i.e. group song and music-making, and group yoga. We have 3lbs of brain-matter … 150lbs of body… let's honour this ratio, and get moving.

There is superb evidence for the benefits of these very particular 'people-embracing' full-bodied physical activities. Also, the vast majority of youngsters who go on to do well in adult life, no matter their backgrounds, are teens highly active with 'out-of-school hobbies at town-clubs'. (It's the soft-social-skills and the mentorship, and the different ways of seeing life, away from their school & home, that gives them such a boost).

3) We do well to consider how to Learn Swiftly & Satisfyingly: for instance, the special power of one-to-one coaching, compared to being in a class of learners.
4) To reach beyond our present abilities, we also need to 'befriend our fears' : this feat requires us to deploy a mixture of relaxation, imagination, and 'slow-motion everything' (from slow-mo deep breathing to speaking, from moving to thinking, slowing things right down has the power to transform our abilities).
5) We also need to exercise & develop our capacity for everyday Courage.
6) All of the above are greatly helped if we can create ways to Physically Decompress… and Emotionally Self-Express (i.e. artistic pursuits)… in profoundly satisfying ways, on a daily basis. (sing, dance, box, paint, make music.)
7) Creatively Chanel our most powerful emotions, including the emotions from our deepest Traumas. (e.g. Creating music; doing charitable work; engaging in personally Satisfying projects & goals.) This energy will carry our lives forward; i.e. we take the raw energy of our hurt/the pain, and also the energy of our passions-in-life, and rather than anaesthetizing them to temporarily stop the discomfort, instead we use the energy to drive our real-life forward. *It was Charles Darwin who wrote that emotions are intended to do exactly that.*

   Analogous to the above 'channeling', is the Japanese art of Kintsukuroi (meaning 'the golden repair') whereby a shattered porcelain pot is repaired by the 'adaptive flexibility' of molten, liquid precious-metal, by which means the pot becomes even more beautiful & unique & valuable because of this 'creative/flexible response' to its shattering traumas.

Work with a therapist: find one near you on www.HGI.org.uk (This is one of the best organisations/approaches that Nick trained with 15 years ago.)

8) Befriend your Sub-Conscious Mind, to end the civil-wars within oneself. (See the superb Dr John Sarno MD's *The Divided Mind*, or you-tube his talks/interviews.)

9) Too-little-sleep can 'fall us out of love' with those people and missions we hold most dear, and our fatigue can lead to dangerously poor decision-making.

10) We know about the importance of plentiful vitamin-D3 supplementation (look for the Garden of Life brand or Pure Synergy Brand, since their vitamins & minerals are derived only from real foods, not laboratory chemicals), but let's also learn about the myriad mood & health benefits of living-food Probiotics, such as coconut-milk kefir, or unpasteurised sauerkraut & cheeses? (Read about the leader in this exciting field: King's College Professor Tim Spector.) Also, cut salt from your diet entirely, (it's a huge hidden-killer for women & men via heart-disease) and instead flavour your food with raw olive oil, dried herbs and spices. *CAVEAT: pregnant or breast-feeding individuals, in particular, should consult their trusted Medical Physician before taking any supplements or changing their diet in any way.*

11) Let's focus fully on the here & now, by turning off the gizmos (the iphone, tv, screens and radio-news) as often as possible; e.g turn it all off overnight + have a gizmo free day at the weekend. Focus, instead, on those you love….

12) Loving Wisely: we fall in love and stay in love, by focusing on SHARING reality-embracing, full-bodied, hands-on, and deeply-challenging adventures with the other person (whether that's learning Closs-Embrace Tango, or a foreign language) Accept no substitutes for that investment (no screen, nor bottle, pill nor pizza).

Stay Super-Sensitive to The Real Thing!

Thank you for reading, and allowing me to share these possibilities!

Nick's 4 digital ebooks (also in audio form) are licensed-in-perpetuity for free-use by those school's who had a staff-member attending the June 3rd 2019 Collis School conference.

and for the personal home-use of your families & friends.

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