



The Wheel of Life – Personal Wellbeing

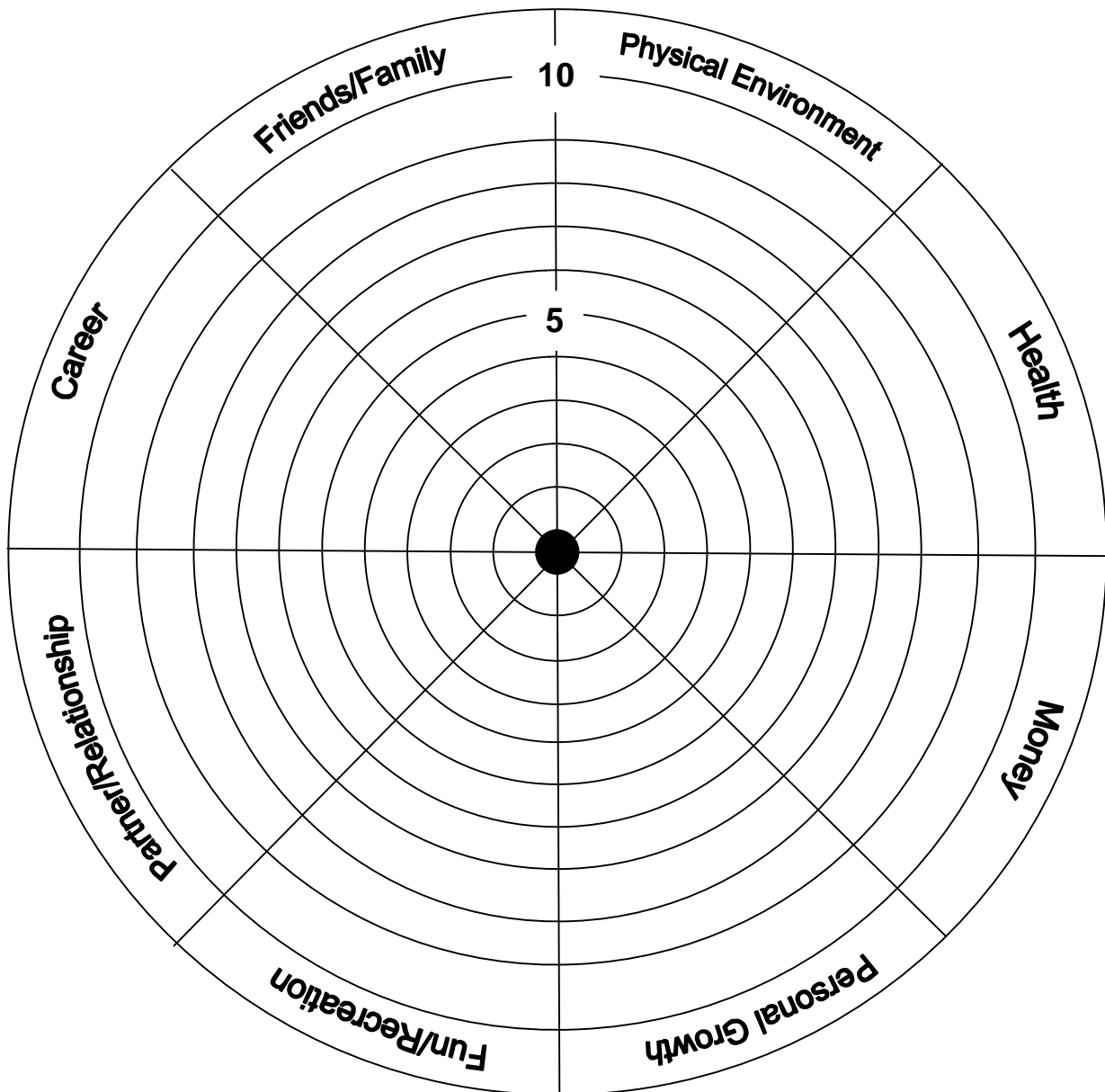
To help you make the important changes in your life and to make those changes effective, it is important to be aware of what aspects of your life need attention. This Wheel will enable you to consider how your life appears at the moment.

To help you find which areas of your life would benefit by being changed, use this wheel to determine what and where adjustments could be most beneficial.

The Centre of the Wheel is 0 = totally dissatisfied.

The Outer Ring is 10 = totally satisfied.

Mark each of the sectors below from 0 -10 to indicate how satisfied you are with those aspects. This will indicate to you where to make adjustments and how balanced your life is.





International Stress
Management Association UK

Promoting well-being and stress prevention

“THE 60 SECOND TRANQUILLISER”

This is a quick and easy breathing technique to bring about rapid relief when needed.

Using positive thoughts will activate the parasympathetic nervous system and help you to switch off your fight/flight reaction. It is the perfect solution to rapidly calm nerves, focus the mind & help you to think more clearly.

You can use this simple & powerful exercise at any time when you feel worried, tense, nervous or anxious.

The benefit of this exercise is that it can be done anywhere at any time, if you are sitting down & it is safe to close your eyes that's fine, otherwise standing & with your eyes open is also ok.

- Say firmly but silently to yourself – “TAKE CONTROL”
- Repeat – “I CAN DO ANYTHING I WANT TO” and breath out slowly
- Slowly breathe in through your nose & then out through pursed lips, allowing the abdomen to soften and rise on the in breath then deflate and return to normal on the out breath.
- PAUSE
- Slowly repeat this for 6-8 breaths over the minute with the breath out being slightly longer than the breath in.
- Say to yourself each time – “I AM BREATHING IN PEACE & BLOWING AWAY TENSION”
- Each time you breathe out, make sure you relax your face, jaw, shoulders & hands.
- If your symptoms persist, repeat this technique for 3-5 minutes until you feel calm & relaxed.

ABDOMINAL BREATHING REVERSES AND HELPS CONTROL WORRY, TENSION,
STRESS, ANXIETY, & PANIC.

REMEMBER - IF YOU ARE RELAXED – YOU CAN'T BE TENSE

To find a stress management counsellor in your area, contact ISMA UK



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Thought Field Therapy (Tapping) for Simple Anxiety

1 Rate the intensity of your anxiety at this moment on a scale of 1-10 10 being the most intense it could be.

2 Using two fingers of one hand, tap five times between the end of eyebrow and top of nose

3 Using two fingers of one hand, tap five times under the centre of one eye, on the bony bit high on your cheek. Tap firmly but not so hard as to cause pain.

4 Tap five times under your arm, roughly where a woman's Bra strap is.

5 Tap the 'collarbone' point five times, to locate it run your fingers down the centre of your neck until you feel a notch in the bone the go down 1 inch (2.5 cm) under over to one side 1 inch (2.5cm)

6 Make a fist with one hand palm down; find a point between the ring finger and the little finger between the bones. 'the Gamut spot' Tap there continuously whilst performing the next few steps.

Keeping your head still and looking to the front close your eyes, open your eyes, look down to the right, look down to the left, swivel them 360 degrees one way, then the other. Count out loud 1-5, then Hum a few bars of a song (happy birthday?), count 1-5 again..

Repeat steps:- 2- 3-4-5

Now rate your intensity of anxiety and see how far it's fallen.

If the intensity has fallen to an acceptable level make a fist again then tapping on the 'Gamut spot' keep your head level and still direct your eyes from looking down as far as possible all the way up as far as possible .

Trouble shooting

If the intensity hasn't fallen then do the following:

A Think about the anxiety more intensely.

B Karate chop the side of your hand between the thumb and forefinger then reverse hands and repeat.

As with all new things you may have to repeat this process until the brain accepts the instructions.