

Where'd My Wellbeing Go?

How to restore it
in the midst of challenge
and chaos!

with Marilyn Suttle





What Impacts Wellbeing?



Wellbeing Practice

Embrace a Realistic Sense of Optimism



What is Realistic Optimism?

**Seeing the possibility that
things will get brighter & better,
*while taking actions to create it.***

Your Level of Optimism

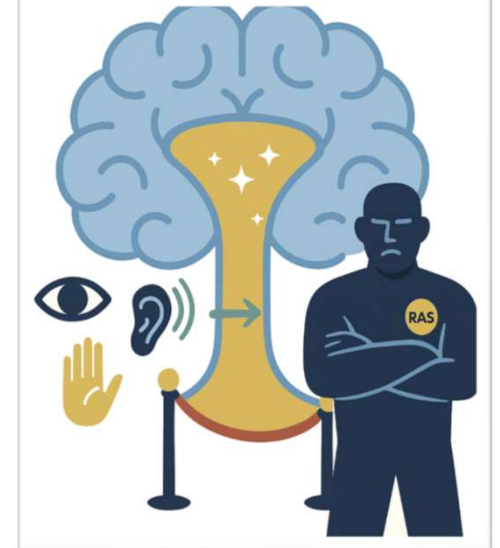
Reticular Activating System (RAS) acts as a **filter** for everything you see, hear, touch or sense.



Your Reticular Activating System (RAS)
allows in what is
most important.



Your Level of Optimism



Wellbeing Stealing Pattern 1:

All or Nothing Thinking

All

Nothing

Instead ask:

Is there a middle ground that might be more true?

Am I being too inflexible in my thinking?

Replace the words “always” & “never” with “sometimes.”

Wellbeing Stealing Pattern 2:



Disqualifying the Positive

Try This Instead:

Celebrate and accept positive feedback—
give it to yourself, receive it from others.

Wellbeing Stealing Pattern 3:



Jumping to Conclusions

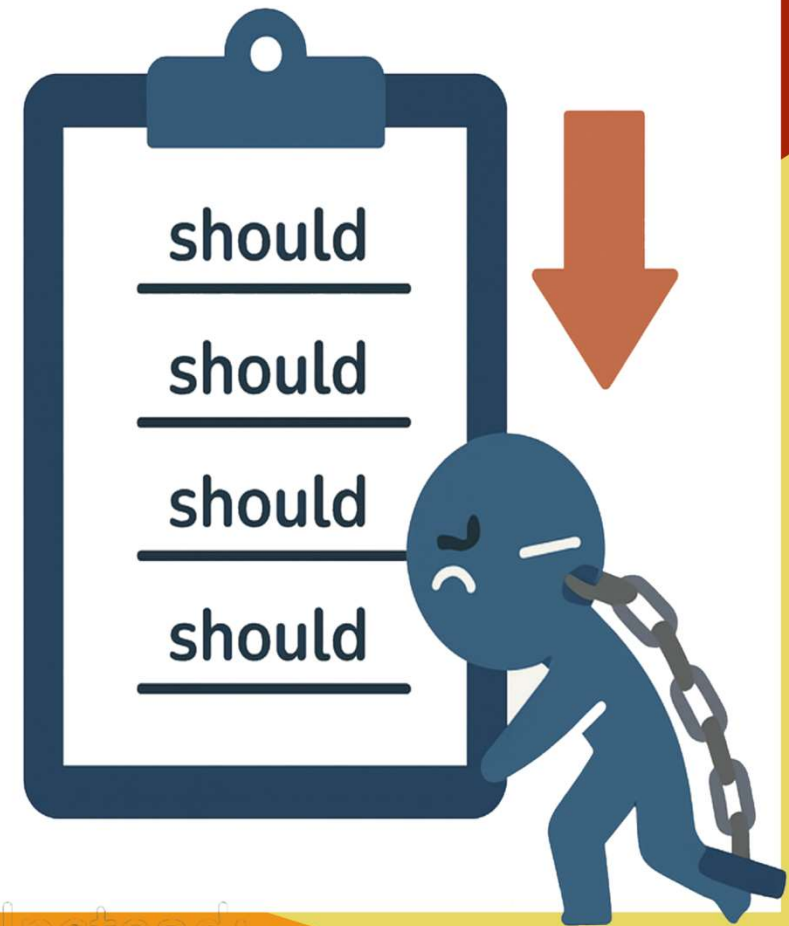
Try this instead:
Check the facts. Ask yourself:
“Do I actually know this for sure?”

Wellbeing Stealing Pattern 4:

Should Statements

Try This Instead:

- Swap 'should' for "could."
- Ask: "Do I actually want to?"
- Choose empowering language



Optimism practice 1:

☐ **Celebrate
what's going
right.**

Say a silent, “thank you,”
every time something
goes right.



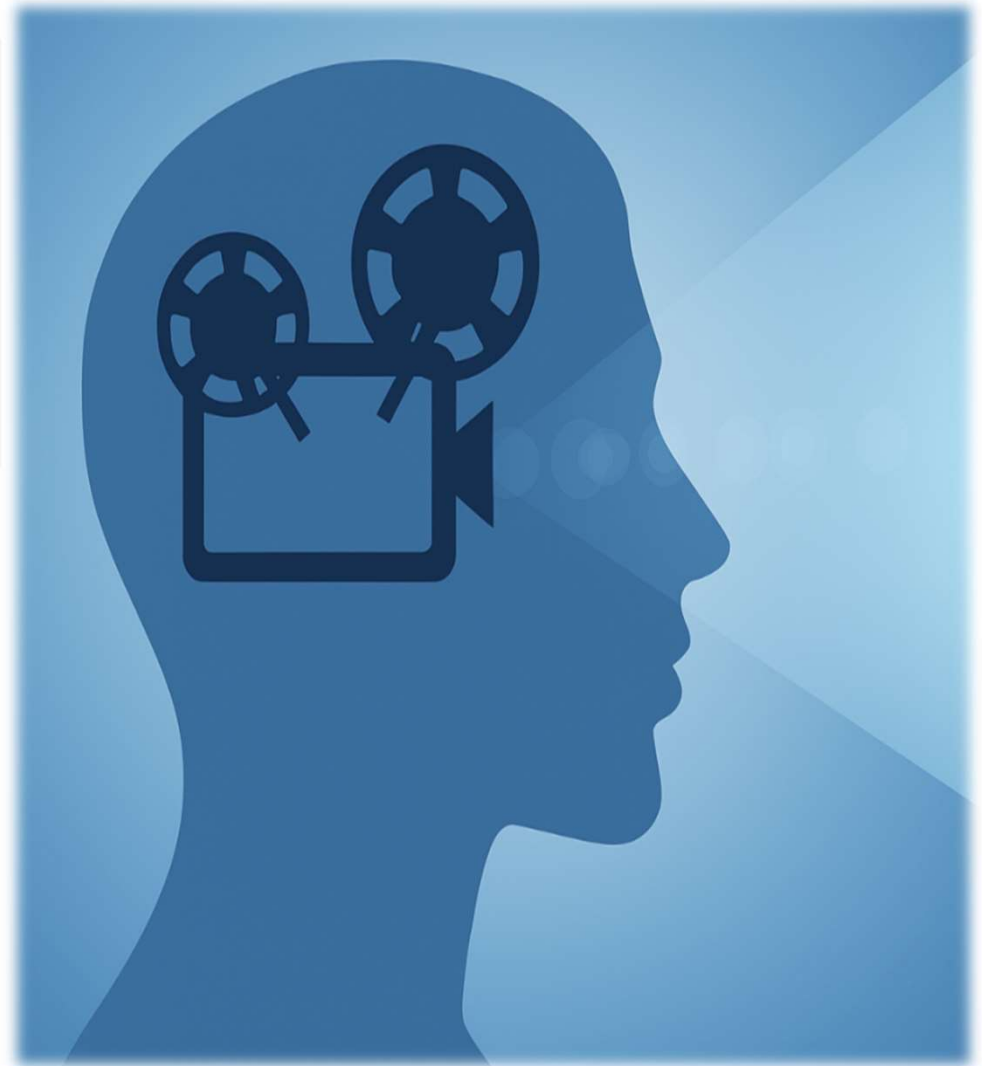
Optimism practice 2:

□ Try on a new perspective



Optimism practice 3: Mental Rehearsal

- ☐ Practice **visualizing positive** outcomes.



Wellbeing Practice

**Practice
Gratitude**



Find a Partner



**Think of someone you appreciate,
and perhaps you never told them.**

What do you appreciate about them?

Gratitude Activity

For each letter think of something you are **grateful for**, no matter how small.

M Music

i Italy vacation

n Neighbor

d Dancing

Gratitude Activity

M Mistakes
i _____
n _____
d _____



Think of something
to be grateful for
that
most people
would NOT
expect.

Gratitude Activity

M Mistakes

i income tax

n _____

d _____



Think of something
to be grateful for
that
most people
would NOT
expect.

Gratitude Activity

M Mistakes

i Income tax

n Noisy children

d _____



Think of something
to be grateful for
that
most people
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expect.

Gratitude Activity

M Mistakes
i Income tax
n Noisy children
d Debt



Think of something
to be grateful for
that
most people
would NOT
expect.

Wellbeing Practice

Increase
positive sources of
social support.



Social Support

Self-esteem

Sense of Purpose



Social Support Practice:

**Be Helpful &
Accept Help.
Give AND Receive.**



Wellbeing Practice

**View stress as
a challenge rather
than a threat.**

SEE STRESS AS A CHALLENGE

Not a Threat


☐ Focus on the things
you can control:

- Attitude
- Effort
- Actions
- Goals




Wellbeing Practice

To overcome the challenge

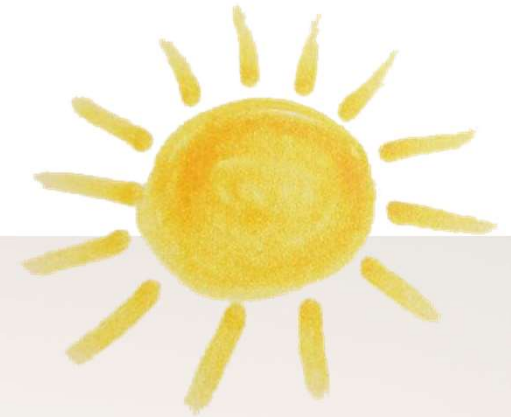


**Talk to yourself
like you'd talk to a
dear friend.**



Develop an
inner coach to
counter the
inner critic.

The Responsibility Formula for Greater Wellbeing & Success



A wooden-framed sign with a white background, displaying the formula $E + R = O$ in blue letters. The letter 'R' is circled with a black oval. The sign is placed on a light gray surface.
$$E + R = O$$

Event + your Response = Outcome

Thank You!

