

REWIREMENTS

Self-Coaching Guide

How can I improve my wellbeing?

We can improve our wellbeing by choosing to practise one of the 8 'rewirements' described below. (Their background and guidance on how to select a rewirement are given overleaf).

- 1) **Using our strengths.** Use your top strength in a new way at least once a day. [See SGC – 'How can I play to my strengths?' about how to use this rewirement.]
- 2) **Savouring our experiences.** Step outside of an experience to appreciate it. Pick one experience to truly savour each day. For example, a delicious meal, a great walk outside, or something else you really enjoy. Enhance the savouring by sharing the experience with another person, thinking how lucky you are for that amazing moment, keeping a souvenir or photo of that activity, and making sure you stay in the moment the entire time. Each day, note down what you savoured, making sure to remember it fully.
- 3) **Expressing our gratitude.** Be grateful for the people and things in your life. Keep a Daily Gratitude Diary. Each day write down 5 things you are grateful for and notice how they make you feel. Or, write a Gratitude Letter to someone who has impacted your life but you have never properly thanked. Deliver the letter, telling them you want to talk to them without explaining why. Then read the letter to them over the phone or Skype/Zoom, or meet up and read the letter aloud.
- 4) **Being kind to others.** Perform random acts of kindness. Perform an act of kindness, beyond what you normally do, each day; something that really helps or impacts another person. For example, help a colleague, make a charitable donation, write a thankyou note, say something kind to a stranger. Each day, note down your random acts of kindness, making sure to notice how they make you feel.
- 5) **Connecting to others.** Make connections with others and schedule time for the people in your life. Make one new social connection each day. For example, talk to a stranger, ask a colleague about their day, or chat in a shop. Also seek out more meaningful social connections. Each week genuinely connect with someone you care about. For example, a friend or family member you haven't spoken to for a while. Each day, note down your social connections, making sure to notice how they make you feel.
- 6) **Exercising more.** Increase your physical activity. Each day, get your body moving, more than you normally do. For example, go to the gym, do an online yoga class, or dance around your room to your favourite music. Each day, note down your activity and notice how much better it makes you feel.
- 7) **Sleeping more.** Get enough sleep. Choose 4 nights (at least) next week when you intend to get 7 or more hours of sleep. Also, practice good sleep hygiene: no devices or stressful activities before bed, and try to avoid caffeine and alcohol on the days you plan to get your sleep. Each morning, note down the hours you sleep and monitor your progress over the week.
- 8) **Meditating.** Each day, meditate in a place where you won't be disturbed. If you're a beginner you could start meditating for 5-10 minutes or increase your time if you already meditate regularly. You could use the guided meditations on [SoundCloud](#) or an app, such as [Calm](#), [Headspace](#), or [10% Happier](#). Each day, note down the hours you meditate and monitor your progress over the week.

"When all is said and done, more is said than done." Lou Holtz

More Information

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Background

Understanding our wellbeing and some of the barriers which affect it is valuable. [See SGC – ‘How can I – understand my wellbeing?’]. However, the best way to really understand our wellbeing is by doing something to improve it.

Yale University has shown there are at least 8 proven ways we can practically improve our wellbeing through changing our behaviours and rewiring bad habits. These, so-called, ‘rewirements’ are summarised overleaf.

Each rewirement will help to improve your wellbeing. In choosing your preferred rewirement, select the one you find the most attractive and easiest to fit into your schedule. Start small and build up the time spent on the rewirement to increase the positive impact it has on your mood. Also, remember that choosing to do more than one rewirement will give you more benefit because their impacts will be additive.

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