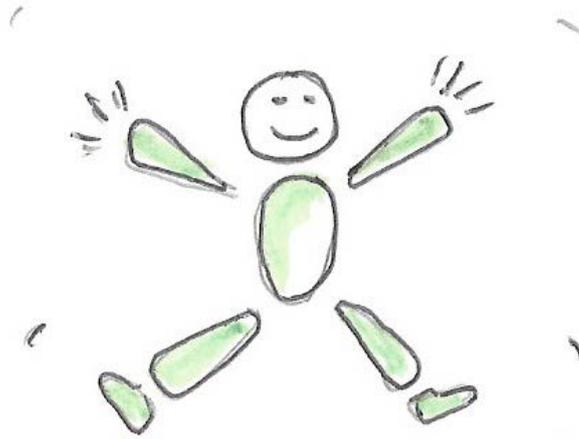


Really Well Being™



Dr B's One Week Well Beings Challenge

On the back is a list of daily well being tasks that can help bring out the best in you. Please take a moment to look at the list and tick the ones that you have already achieved today in the DAY 1 column.

Ticking the boxes reinforces what you are doing well and inspires you to consider what you could improve. Over the next week I invite you to take a moment at the end of each day to tick the tasks that you achieve and add up your daily score out of 10.

Then pause and ask what went well? And what was not so good? And how you will try to improve tomorrow if you could? Just do the best you can, aiming to improve your score over the week. On day 8 relax and celebrate your excellent work in developing new healthier habits.

Perhaps you could help us too?

We really value your feedback, questions and suggestions. Please help us improve by clicking this link to answer a few questions (ideally after you try the one week challenge).

Link: [Feedback Questionnaire](#)



Hello,

My name is Dr Bhatia and I work as a GP which means Gentle Presence to me. I aim to help bring out our best with a little kindness, honesty and humble expertise.

Intro:

There is a Japanese phrase "**Kiki Kokoro**". It means ***within every problem lies an opportunity to flourish*** (harmonising body, mind, spirit and environment). [1]

With Covid coming and the many trials that lie ahead, I'm wondering if we could harness Kiki and turn those problems into opportunities to bring out our best. It is a challenge so let's make it easy on ourselves by being kind, honest and fun. To help I've come up with an acronym that's got 10 letters for 10 well being tasks to do in a day. Each of these tasks are simple things that you can do to bring out the best in you and boost your immunity. A bit like a checklist or treasure hunt, I wonder if you could plan your day to see how many you can achieve ticking them off as you go - or maybe even try the one week well being sheet (below) and ticking them off at the end of each day?

The acronym follows the letters of the words **WELL BEINGS**... These WELL BEINGS tips are summarized on the well being week check list on the next page and in the videos on my [website](#).

Would you give them a go this week and tick off the ones you do each day?
What time would work best for you? Please write your time here:

This is not intended to be a medical intervention, if in doubt please consult your medical practitioner.

I hope that this helps you bring out the best in you and your team

Best wishes,

Dr Bhatia

For info, helpful videos & support go to really well being facebook pages or go to:

www.reallywellbeing.com

WELL BEINGS



W is to **Work** on something meaningful

When something has meaning in our lives, it focuses and energizes our minds, bodies and team spirits. This sense of purpose and direction helps us bounce back from challenges, keeping us on track. The good news is that you have started already because by reading this you are doing something meaningful right now. I wonder can you can purposefully plan something else good to do today and tick the box.

E is for **Eating** well

Nourishing ourselves and family, so that we lovingly feed what we love. Eating well boosts your immune system, especially fresh veg with lots of colours, stuffed with vitamin C, zinc, magnesium. Even pausing to sip some water or simply taking five calm breaths (via your nose) really helps. Could you tick this box today?

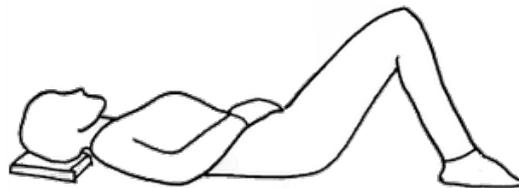
L is for **Listening** to your body's rhythms.

This helps us be nourished by the natural cycles of life. Can you set regular wake and bed times? Maybe get outside in the morning light and ensure darkness (with screens off) at night. Try boosting your gut immunity by fasting 3 hours before bed.

L is to **Let** go.

Have fun and play. It's hugely beneficial for us to relax and unwind. Play time is often forgotten in stress but is a vital time in the day. What will you enjoy doing today?

Perhaps you could book a break to rest and revitalise by lying semi supine for 10 mins after a meal. See image below of semi supine or go to the web site interactive page for a helpful video.



WELL BEINGS



B is for **Belonging**.

Can you connect with your tribe, community or a pet, and feel a sense of trust? Or even touch/hug them? This releases the hormone oxytocin, which is very healthy for us. Who will you bring joy to today?

E is to **Express**.

Enjoy and exercise. We're designed to express ourselves and our bodies are designed to move. If you've got it, use it and move it. Walking, singing, cleaning and gardening are great solo or with company. Perhaps even aim to exert yourself in bursts and get out of puff. What will your body do today?

I is for feeling **Inspired**.

To improve, learn and to create. Stretching ourselves to learn or try something new is very empowering. Could you set yourself a challenge to create or share something you have learned today? Try to "make before you take" by writing down your thoughts or a gratitude and goals journal before you switch on your phone or take on the news.

N is for **Notice**.

Simply being present by pausing and noticing something that is actually happening is very centering. Please try it right now. Simply pause, breathe and look around you. Can you notice some detail about space you are in now?

Could you set a reminder... to pause and notice something beautiful in your day? Or maybe try meditating in the morning by taking 5 breaths to simply pause and breathe, noticing your sensations and inner awareness.

G is to **Give**.

Which invites a sense of abundance in our system. This feeling is self-fulfilling because when our bodies and minds relax we become more capable. It's so simple and yet profound to give thanks in the day or be kind to someone else. Can you think of something you feel grateful for? And who you could be kind to today?

S is about **Sleeping well**.

So simple, so healthy and feels so good. I'm wondering if you could prioritize sleeping well so you can wake up fresh and ready for the new day. Would you set a reminder on your phone to turn it off? What time would you start winding down with something nice (like a cuddle, book or bath) before bed?

For further support with sleep please get in touch, as that is our speciality.