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An introduction to well-being and self-care



Sam Chapelle
Senior Assistant Psychologist,
Rightsteps

Agenda

- What is wellbeing?
- What is self-care?
- Self-care strategies
- Practise mindfulness exercise



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What can I do to improve my emotional wellbeing?

Planning for self-care



Physical



Emotional



Practical



Social

Physical

- Sleep, diet, exercise, relaxation

Practical

- Organise your day, review your goals

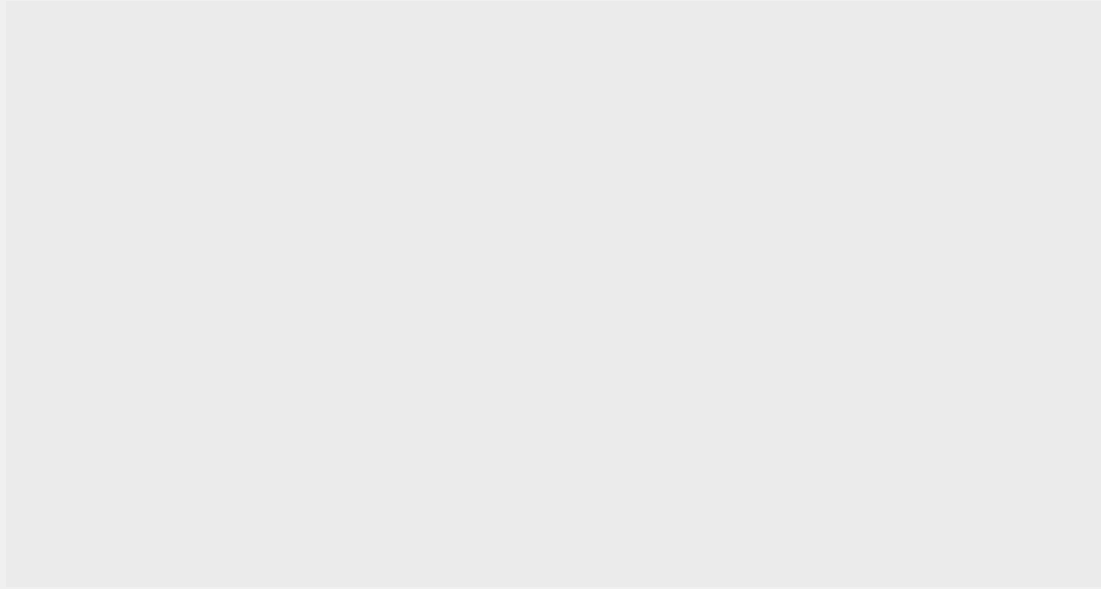
Emotional

- Be kind to yourself, open up to others

Social

- Relationships, hobbies

Let's practise



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Helping thoughtful organisations create happier, healthier, and safer workplaces.

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Working in partnership with the
Association of Charitable Organisations

Introducing the Wellbeing Bundle for small charities



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info@rightsteps.co.uk



Q&A



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