

YOUR WELLBEING BANK ACCOUNT

Our natural supply of wellbeing can get depleted as we deal with stressful life situations. If it gets too depleted, we can go into overdraft and become unwell.

We can keep topping up our wellbeing with good science-based habits and the time to learn these habits is when our wellbeing is strong.

Investing regularly in our wellbeing means we can enjoy the productivity, health and social benefits that come from having a healthy wellbeing bank account.

5 Steps to Wellbeing

CONNECT

Talk & listen,
be there,
feel connected

**TAKE
NOTICE**

Remember the
simple things
that give you joy

Give

Your time,
your words,
your presence

**KEEP
LEARNING**

Embrace new
experiences, see
opportunities,
surprise yourself

**BE
ACTIVE**

Do what you
can, enjoy
what you do,
move your mood

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WITHDRAWALS

Things that can make you feel drained



- poor sleep
- financial pressures
- stress
- staffing challenges
- lack of exercise
- ill health/pain
- too much time on social media

Use this space to list things that **DRAIN** your wellbeing.

INVESTMENTS

Ways to make you feel refreshed and energised



- take time off from the farm/croft
- chat to a friend(s)
- volunteer with a local charity or community group
- go for a walk
- learn something new
- eat healthily
- read a book

Use this space to list things that **BOOST** your wellbeing.

Make a Wellbeing Pledge

Use this space to write one thing that you're going to do within the next week to invest in your wellbeing.

FARM STRONG
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