

The Wellness Movement The Power of Gratitude and Kindness



Grab yourself a pen and notepad

Mindfulness



Mindful Moment



1. Sit comfortably, with your back straight but relaxed.

2. Close your eyes or lower your gaze.

3. Focus your awareness on your breath, staying attentive to the sensations of the inhalation and exhalation, and start again on the next breath.

4. Do not judge your breathing or try to change it in any way.

See anything else that comes to mind as a distraction- thoughts, sounds, whatever. Let them go and return your attention to your breath.



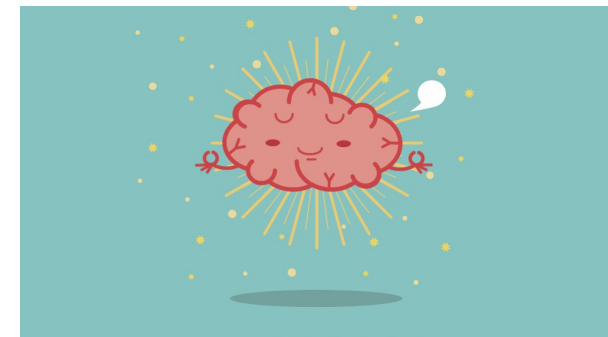
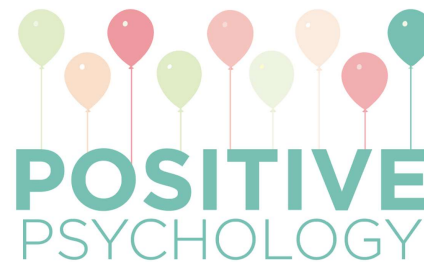
Bio

Sha Hussain

Founder, The Wellness Movement and Be More You

Wellbeing Consultant, Mayor of London

Passions: Running, Community and Mental Health



Agenda

1. Wellbeing Index
2. Exploring Gratitude and Kindness (the science, benefits and some practical exercises and tips on how to)
3. Q&A

How are you?
I'm fine!

Wellbeing Index
It's okay to not be okay!



I'm okay!

I'm good!

Wellbeing Index – how are you today?

1. Choose a number between 1-10 to express how you are feeling (1 feeling very low and 10 feeling fantastic!).
2. Provide some context behind your score:

Today, I am feeling like a 7. I got up this morning and mediated for 15 minutes before having breakfast, whilst catching up on some of the Winter Olympics highlights.

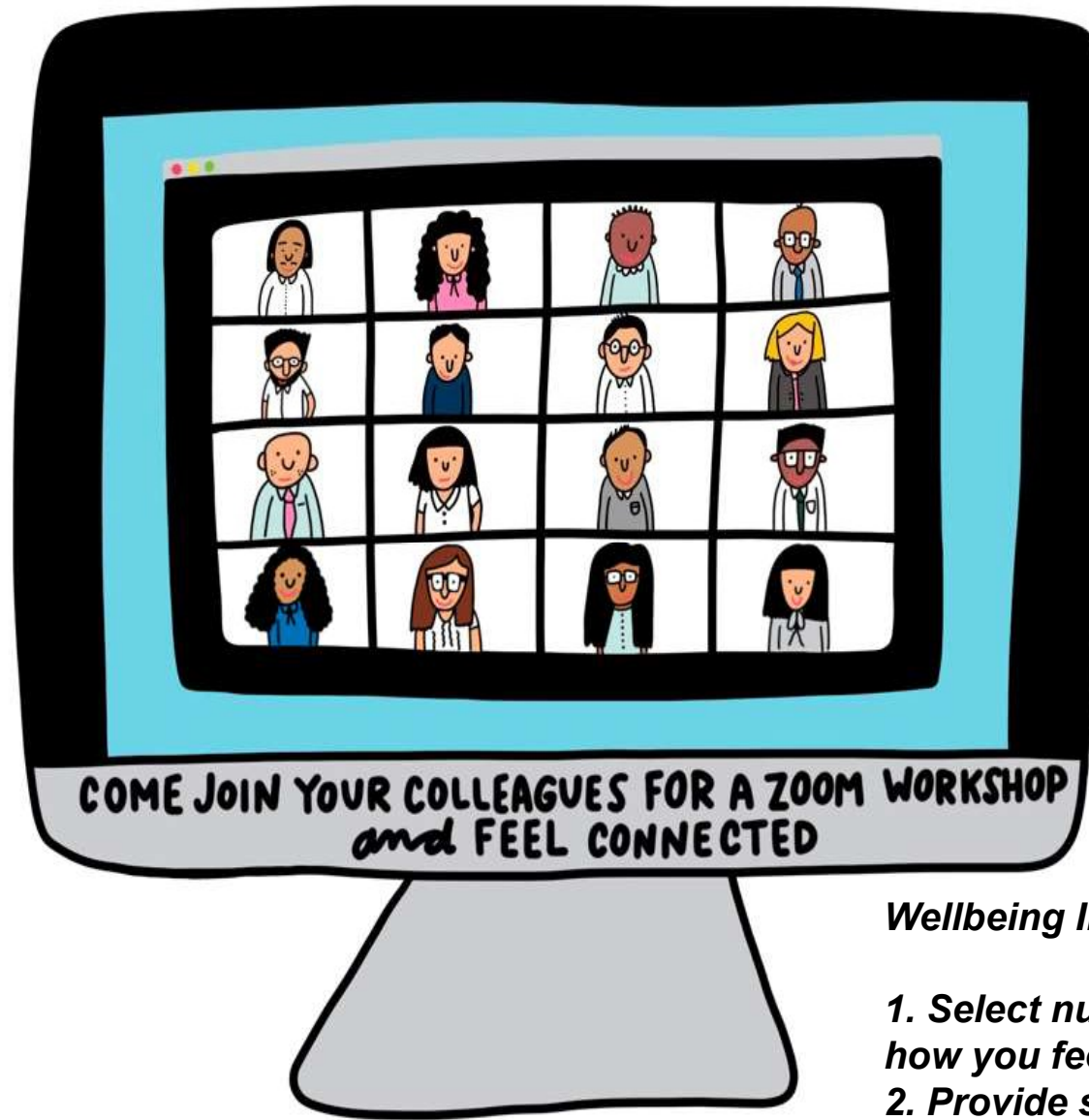
I then went for a short walk in nature before starting work, which brightened my mood as the sky is blue and the sun is out today.



It's okay to not be okay!



Wellbeing Index – how are we?



Wellbeing Index Exercise

- 1. Select number that expresses how you feel right now!*
- 2. Provide some context*
- 3. Remember it's okay to not be okay!*

Having Wellbeing Conversations at Work

1. You can this exercise before the start of a meeting with colleagues.
2. Or perhaps at the beginning of the weekly team catch up.
3. This can also be taken and used with your friends, family and local community.

It's a fun and unintrusive way to gauge the temperature of the people you're interacting with and allows you to proceed in an empathetic manner.

Gratitude



“Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.”

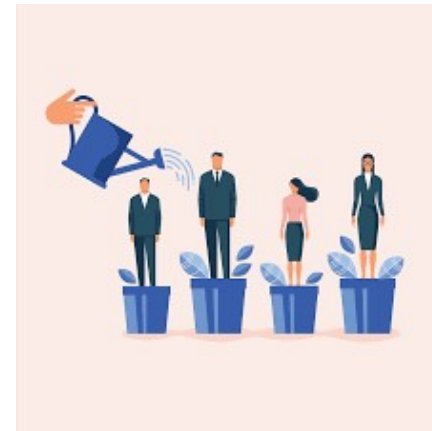
Amy Collette, Author and Coach



Gratitude



Gratitude



The Science behind Gratitude



Dr Martin Seligman



Research has confirmed the emotional and physical benefits of gratitude.

One of the most powerful studies comes from Dr Martin Seligman's Reflective Happiness website.

What the science tells us

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4. 84 per cent said it reduced stress and helped them create optimism

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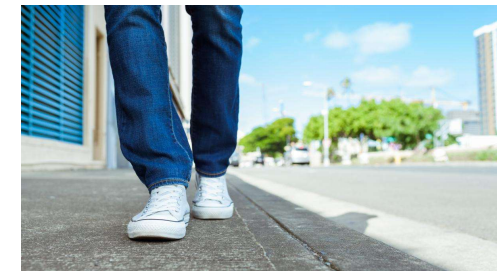
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3. 90 per cent of people said it made them more joyful.
4. 84 per cent said it reduced stress and helped them create optimism
5. 78 per cent said it gave them more energy

Taking better care of ourselves



Being grateful means you will
Take better care of yourself.



Gratitude Experiment



Gratitude adds years to your life



Practicing gratitude can add up to 6.9 years to your life, which is a greater effect statistically than stopping smoking and exercising.

Why does gratitude = positivity?



How we choose to think affects how we feel,
and gratitude can make us feel great!





Gratitude Practices



Gratitude jar



Weekly gratitude practice

<p>ROSE</p>  <p>Success</p>	<p>ROSE</p>  <p>Success</p>	<p>THORN</p>  <p>Challenge</p>	<p>BUD</p>  <p>Potential</p>
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Rose, Rose, Thorn, Bud:

Rose, Rose, Thorn, Bud: is a simple weekly gratitude check-in with yourself, friends' family or your team, allowing you to build a sense of goodwill, authentic happiness and wellbeing! 📌

Rose: I am into week 7 of my Boston Marathon training and all is going well so far. 😊

Rose: I saw a friend for dinner on Wednesday evening who I hadn't seen in a while. ❤️

Thorn: My mental wellbeing was a little bit off earlier in the week.

Bud: I'm looking forward to visiting Berlin in April! 😄

Journaling “Gratitude”



We are now going to go through five journaling prompts to give you a taste of a journaling practice:

- 1. Take a moment to absorb your immediate surroundings and write down how they make you feel.**

Journaling “Gratitude”



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2. What are you grateful for today?

Journaling “Gratitude”



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- 4. Who do you need to say thank you to and why?**

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- 3. List the things that bring you joy.**
- 4. Who do you need to say thank you to and why?**
- 5. What challenge are you grateful for overcoming? What did it teach you?**

Kindness



Make an appointment with yourself each day!



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1. Prioritise some “me” time, so you can relax and reflect on how you’re feeling and how your day or week has been so far.
2. Turn off from your social media channels for a day, or even a week
3. Treat yourself to something small, such as buying or planting some flowers
4. Do something you enjoy, like listening to a favourite song or dancing in your kitchen
5. Spend some time in nature, which is good for our mental health

Acts of Kindness



Three reasons to be kind

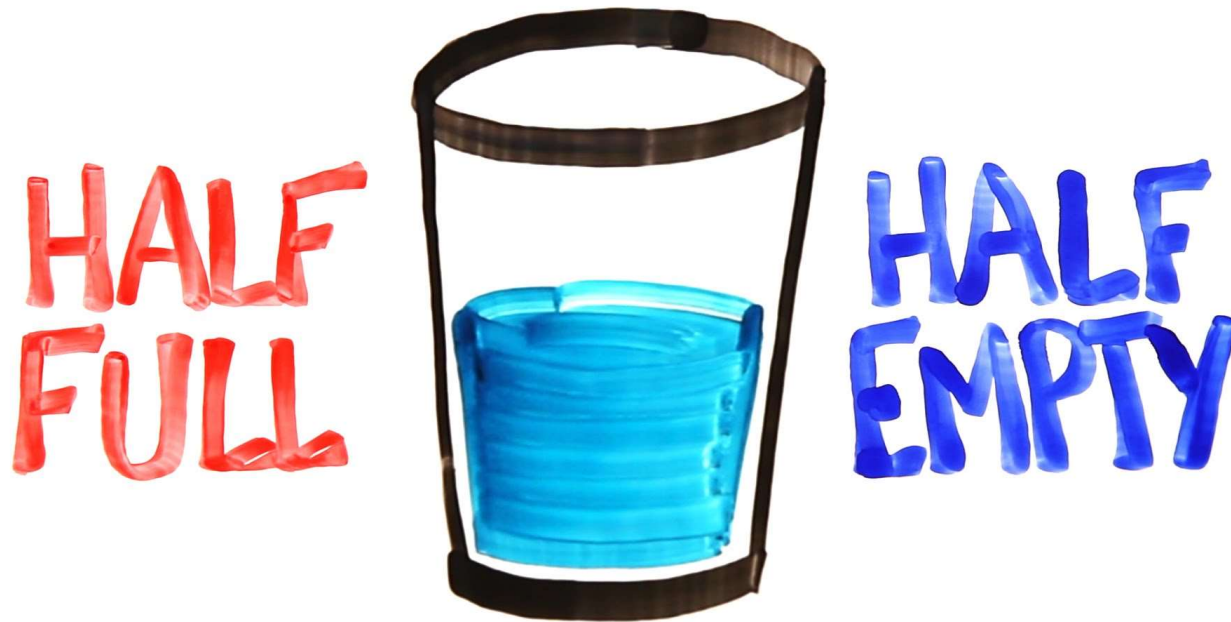
1. Kindness creates a sense of belonging and reduces isolation.



Source: Mental Health Foundation

Three reasons to be kind

2. It helps keeps things in perspective (happiness, optimism and satisfaction)



Source: Mental Health Foundation

Three reasons to be kind

3. It can help make the world a happier place – one act of kindness can lead to more!



Source: Mental Health Foundation

Kindness Study









Kindness at Home/Community







Acts of Kindness at home/community

A small act of kindness can make a big difference in someone's life:

1. Make some time to practice self-care today  
2. Write a postcard or secret note to a friend or loved one and tell them what they mean to you 
3. Send a hand-written thank you card to someone who has done you a good turn recently 
4. Smile at a stranger 
5. Check-in on a vulnerable neighbour 

Acts of Kindness at home/community

6. Ring someone who is on their own, or video call them 
7. Pay for coffee for the person behind you in the queue
8. Give your place in a queue to the person behind you 
9. Try listening more than speaking today 
10. Hug your pet 

Write a postcard!



There is no requirement to be on holiday to send a postcard!

Postcards are like little rays of sunshine arriving through the letterbox. It only takes a few minutes to write and send one, but has a much longer-lasting impact on the recipient, who will enjoy it far more than reading a post online.

- Buy a pack of postcards
- Sit down and think of someone who you haven't been in touch with recently.
- Write them a simple message to let them know how you are and that you've been thinking of them.

Attach a stamp and post!

Kindness at Work



Acts of Kindness at work

1. Remember to greet colleagues and ask how they are – whether that's face-to-face, or virtually if you're working from home
2. Offer to support colleagues who may not be familiar with videoconferencing or new software that you have already used 🤝
3. Set up a virtual coffee/lunch club – with your regular colleagues and new ones
4. Have a conversation with a colleague you don't usually talk to
5. Start a book swap club in your department or team

Acts of Kindness at work

6. Get to know a new member of staff – it's hard to join a new workplace during the pandemic
7. Lend your ear – listen to your colleague who is having a bad day
8. Say thank you to a colleague who has helped you
9. Praise a colleague for something they have done well

Kindness on Social Media



Acts of Kindness on social media

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5. Think about your comments and replies. Try not to say nasty things, or pile on where somebody questions another person's actions

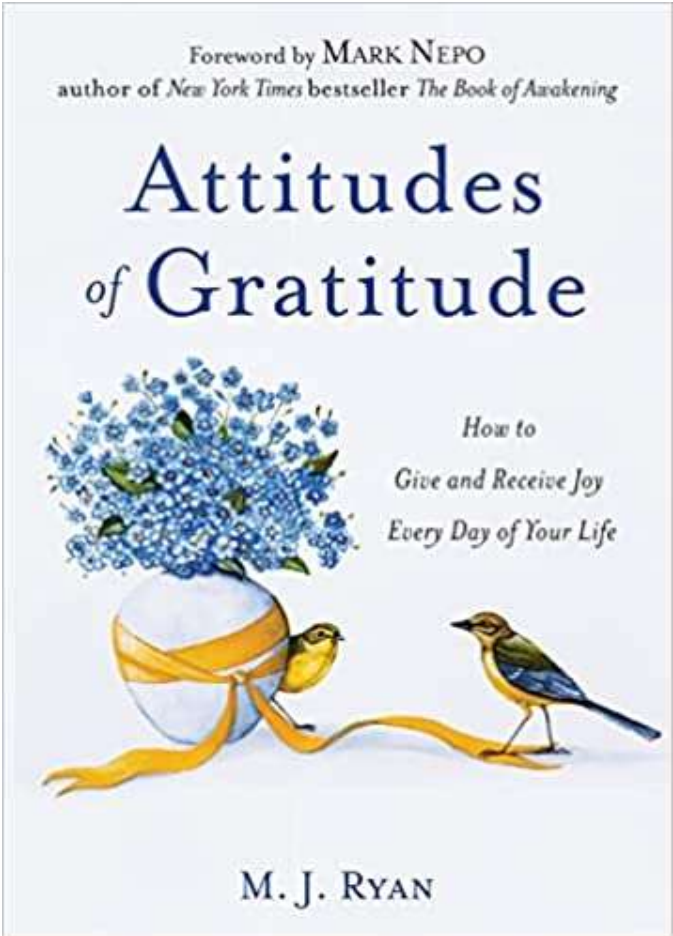
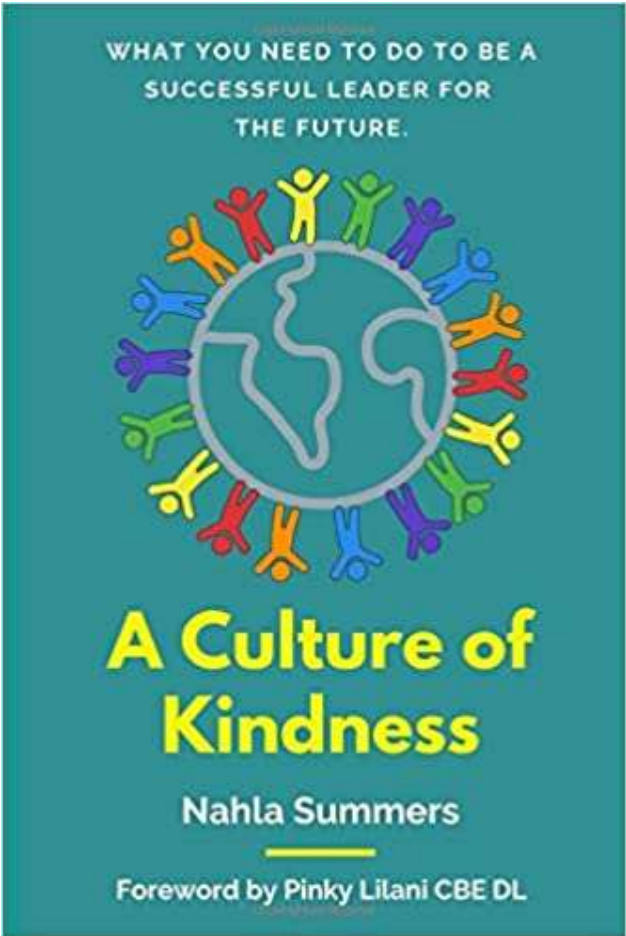
Random Acts of Kindness Day
Thursday 17th February



What one thing will you try to commit to in the next 7 days?



Book Recommendations

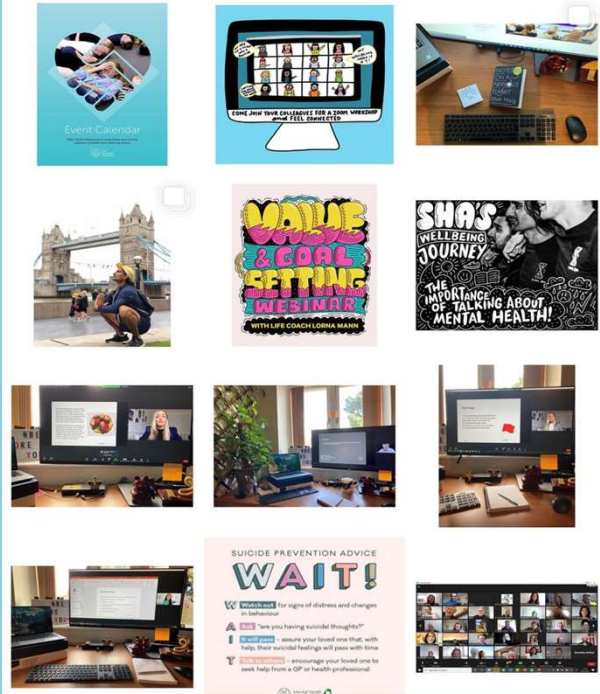




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The Wellness Movement

Join us to enhance your Lifestyle at Home, Work and on the Go through Fitness, Nutrition, Emotional Wellbeing and more!



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#thewellnessmovement



Q&A

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Thank you





271 Posts 2,721 Followers 3,957 Following

Be More You

Health & wellness website

Supporting runners and communities with positive mental health and guidance. 🌍



Q&A

www.bemoreyoucommunity.co.uk

Instagram: [bemore.you](https://www.instagram.com/bemore.you)

Weekly Zoom check-ins for runners

Thank you

