

TAKING CARE OF YOUR WELLBEING?

Your wellbeing. Your way.
Simple tools to help you thrive every day.



The Australian Lions Wellbeing Foundation is dedicated to helping individuals and communities boost their wellbeing so they can lead safe, happy, healthy lives.

WHAT IS WELLBEING?

Wellbeing isn't just about being healthy.
It's about feeling good in your everyday life, connected, purposeful, and able to cope with whatever comes your way.

Wellbeing is made up of four interconnected areas:

Physical

how you eat, sleep and exercise

Mental

your mood, self-esteem, and ability to manage stress

Social

your relationships and sense of belonging

Emotional

how you understand and express your feelings

Wellbeing isn't fixed. It shifts day to day, week to week, shaped by your experiences, your circumstances, and the choices you make.

Taking care of your wellbeing is essential because it affects your:

- Overall health
- Happiness and life satisfaction
- Resilience
- Positive impact on others



YOUR WELLBEING SCALE

At any point in your day, your wellbeing sits somewhere on a continuum - we call this the wellbeing scale.



Thriving
"I've got this!"



Surviving
"Something isn't right"



Struggling
"I can't keep this up"



In Crisis
"I can't survive like this"



Your wellbeing moves along the scale - sometimes hour to hour - and that is completely normal.

Where are you right now on the scale?

Notice where you are, not to judge yourself, but simply to be aware.

Once you know where you are, you can take actions to move toward where you want to be. Trying some of the wellbeing boosters on page 2 is a great place to start.

When things feel hard

Wellbeing isn't always at the thriving end, and that's okay. Sometimes life makes it genuinely difficult to move in the right direction.

If you're spending more time at the struggling end of the scale, please reach out. Asking for support is one of the bravest and most effective things you can do for your wellbeing.

Visit alwf.org.au/support for suggested support services and options, or call Lifeline: 13 11 14



WELLBEING BOOSTERS

Everyone's wellbeing is different. Start to notice what boosts yours - and what drains it. What is one thing you could try today that might move you toward thriving?



NURTURING YOUR BODY

Eat well, drink water, move, and get enough sleep. These are the foundations.



BE ACTIVE

Even small movement makes a difference. Find an activity that fits your routine.



CONNECT

Reach out to someone today, in person if you can. Community groups are great ways to connect.



TAKE NOTICE

Slow down and notice what is good right now. The simple things give us joy.



GIVE

Your time, presence, or encouragement. People who give have improved wellbeing.



KEEP LEARNING

Try a new recipe, read a book, or learn something that interests or challenges you.



WELLBEING DRAINERS

Being aware of what drains your wellbeing is just as important.

Common drainers include poor sleep, isolation, constant screen time, and not asking for help. What's draining you lately, and could you change one small thing?

MY WELLBEING PLANNER

Fill out this wellbeing planner and keep it somewhere you'll see it each day to help you look after your wellbeing.



My everyday boosters:

The small things that help me feel my best
e.g. set bedtime, morning shower

Things that make me feel good:

e.g. listening to music, spending time in the garden



Emotional care I'll follow:

e.g. time to myself, talking to someone I trust

How I'll nourish my body

e.g. cook a healthy meal, drink more water



Social connections I'll make:

e.g. call a friend, attend my club meeting

Ways I'll move my body:

e.g. a morning walk, stretching before bed

Things I'll avoid (my wellbeing drainers):

e.g. late night screen time, skipping meals

Use the wellbeing scale on page one to check in with yourself regularly, and come back to this planner whenever things feel out of balance.

