

Health and Wellbeing- what is it?

- ***Wellbeing is a state in which the individual realises his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community.***

World Health Organisation 2014

Physical
Mental
Emotional
Social
Spiritual



Physical Wellbeing

- Regular exercise
- Good nutrition
- Maintaining normal weight
- Refreshing sleep
- Minimisation of chemicals such as caffeine, alcohol, cigarettes



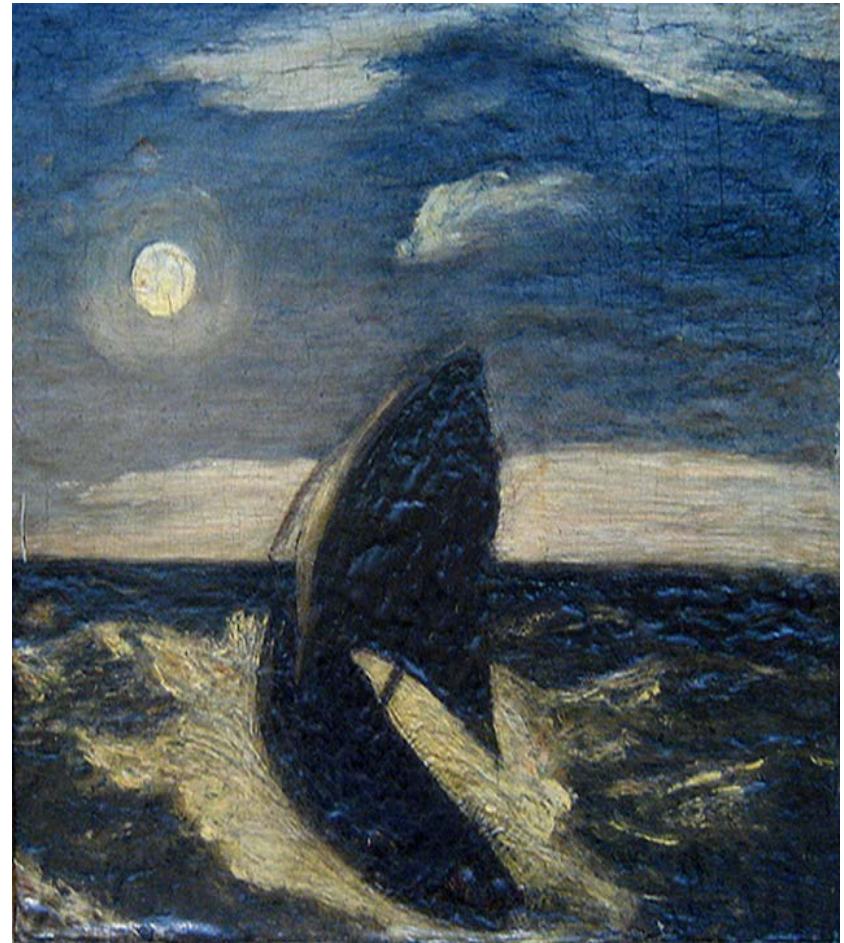
Mental Wellbeing



- Relaxation of the mind.
- Self awareness
- Autonomy
- Humour
- Creativity

Emotional Wellbeing

- Acceptance of feelings
- Connection to self, to others
- Appropriate repression
- Appropriate expression
- Self nurture
- Allowing nurture by others



Social and Spiritual wellbeing

- Relationships
- Community
- Leisure Activities
- Environment



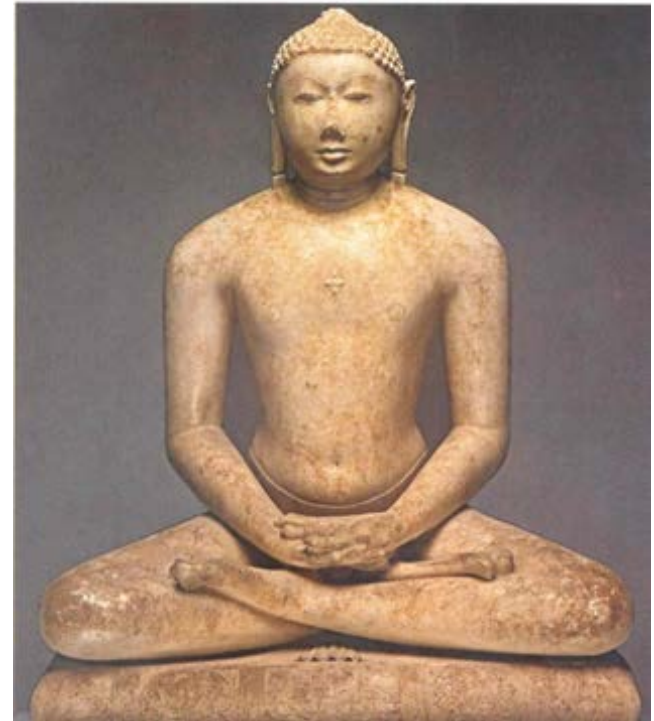
Connectedness
Finding meaning
Living according to
one's meaning and
values
Experience wonder
and awe.

Maslow's Hierarchy of Needs



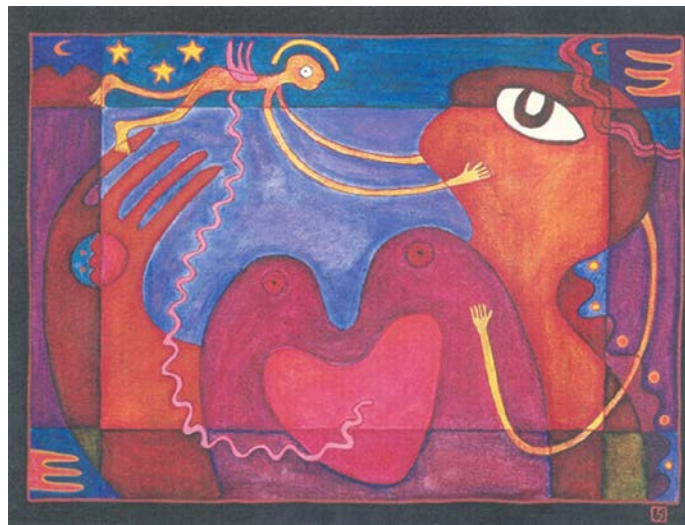
What is Stress? What is burnout?

- Is stress good or bad?



Stress

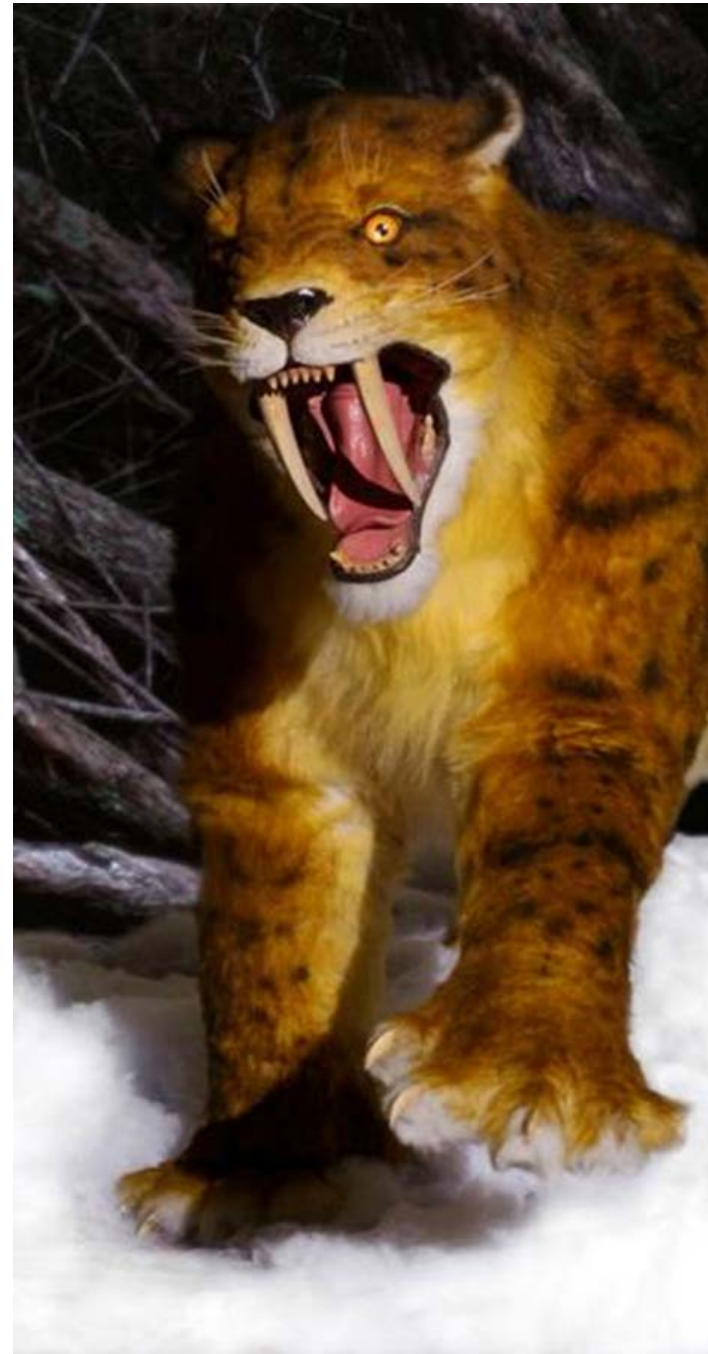
- We all experience stress-
- Many of us may become distressed at certain points in time
- If we stay distressed for too long then we can become impaired or depressed.
- **Burnout** is when it relates specifically to our work. In religious life work and personal life are not separated as it is vocational and a whole life choice.



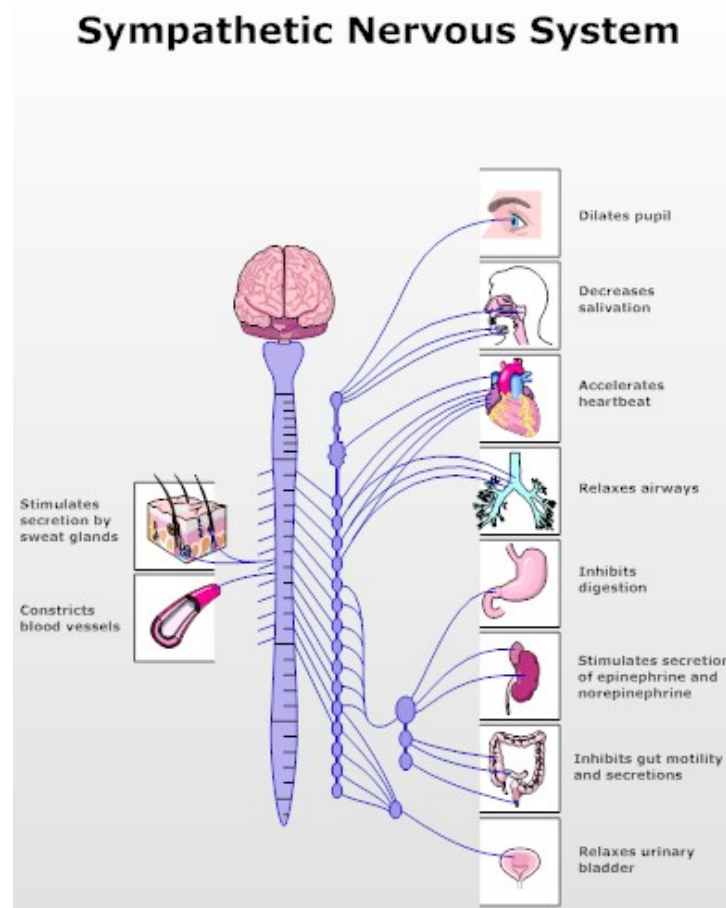
Stress response

The threat can be mental, physical or emotional

Who are the tigers in your life?

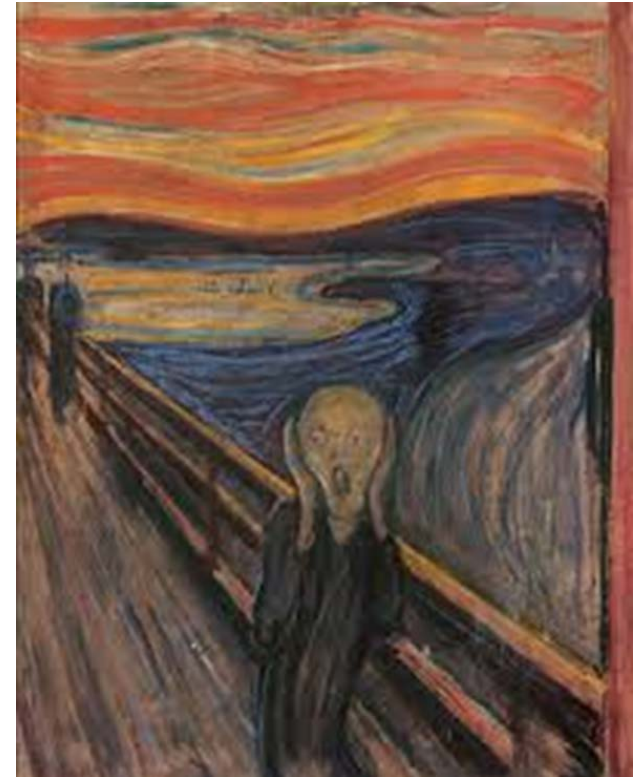


Stress affects the whole body-
it is not just in our mind !



What are the longer term signs of stress?

- Feelings of worry, irritability, tearfulness, anger
- Feeling overwhelmed, feeling desperate
- Apathy and feeling tired
- Intolerance
- Lack of emotional connection
- Being over emotional
- Lack of interest
- Anxiety or depression
- Chronic pain, excessive health concerns



Addictions often relate to stress/burnout

- Alcohol – if you drink more than one drink a day then it is probably related to stress
- Sugar-
- Cigarettes
- Caffeine
- Sex
- Pornography





What are the stresses of formation for young men?

Managing Stress



Using up stress hormones

Turning on relaxation
hormones

Exercise

30 minutes moderate exercise five times per week
but young men need more!!

Improves concentration

Improves sleep

Improves wellbeing



What physical exercise do you do?

- Reflect on now ,
- 20 years ago,
- 30 years ago

It is best to do it with others and improve social wellbeing as well

Are you a role model?

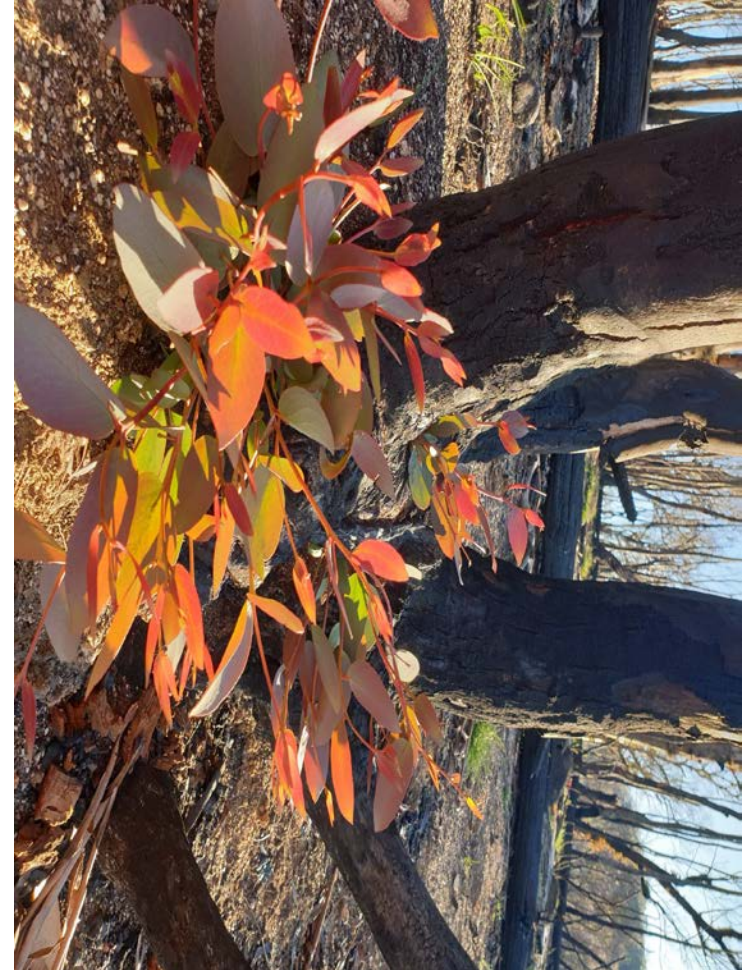


Meditation /mindfulness



Improve Your Self Talk!

- How do I talk to myself?
 - “ I’m so”
 - “ I should.....”
- What do I expect of myself?
 - “I must be”
 - “If only I was
- What am I feeling? -
 - “It is okay to feel....”
 - “It is normal to feel...”



Stay Connected

Friends

God

Family

Landscape

Community

Support



Keep Laughing

- Keep life in perspective
- “humour is the best medicine”



Keeping the soul and heart mellow and grateful



To have a healthy spirituality we must feed our souls, “through prayer, both private and communal; through the practice of justice; and through having those things in our lives (good friendships, wine-drinking, creativity, and healthy leisure) that help keep the soul mellow and grateful.”

Gustavo Gutierrez, “We Drink From Our Own Wells”

Look after your inner child

Play, fun, beauty, nature, friends, food, laughter

Ask yourself - *In the last week have I laughed or have I noticed something beautiful or interesting?*



Sally Morgan

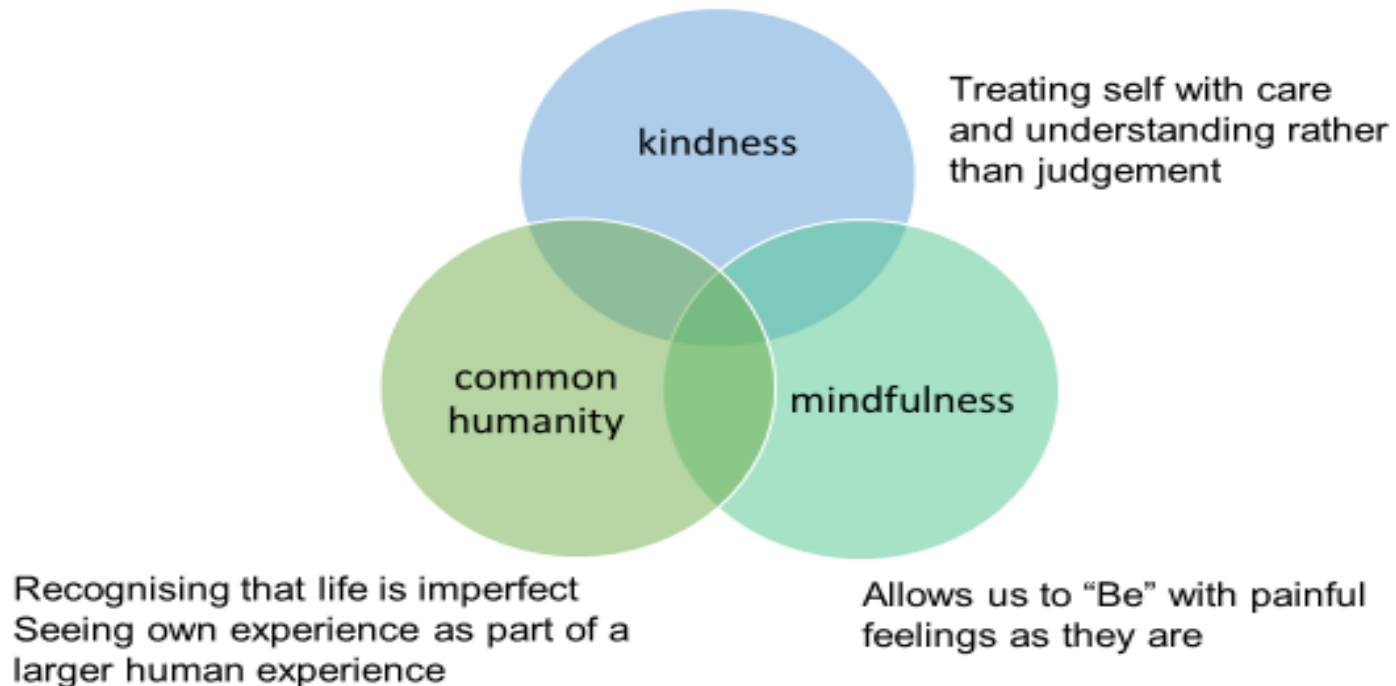
What is crucial self care for men in formation?

- Exercise
- Social connection – face to face if possible
- Physical touch
- Men prefer activities together to create connection
- Fun



The journey to wisdom- Self Compassion

Self compassion



Neff 2003

