



WELLBEING MASTER PLAN

Name: DR PETER

Date: 21/8

Current Wave: FRUSTRATED WITH CO-WORKERS

Tsunami Big Wave Reg Wave

Stress Symptoms/Wipeout Risks: TENSE, ANGRY & WITHDRAWN

Stress Test Risk Score		
My score:	<u>279</u>	
<input type="checkbox"/> Low Risk	<input checked="" type="checkbox"/> Moderate Risk	<input type="checkbox"/> High Risk

MINDSETS - ACTION PLAN			
Area	Unhealthy	Healthy	Relevant to Wave?
Worry / Acceptance	Worrying about possible misfortune to self/ others	Being present - making the most of each day	<input type="checkbox"/>
Demand / Encourage	Forcing people to do what you want	Suggesting people do what you want	<input checked="" type="checkbox"/>
Blame / Responsibility	Blaming others for your own reactions	Taking responsibility for your own reactions	<input checked="" type="checkbox"/>
Preventing a Wipeout: <u>BE RESPONSIBLE FOR MY OWN ANGER AS TO STOP BLAMING, STOP DEMANDING & ENCOURAGE FIRST THEN FOLLOW THROUGH WITH CONSEQUENCES,</u>			

EMOTIONS - ACTION PLAN			
Area	Unhealthy	Healthy	Relevant to Wave?
Coping Strategies	Drinking, addictions, avoidance or obsession	Healthy distraction, social support, focusing on positives	<input checked="" type="checkbox"/>
Problem Solving	Impulsive action, not evaluating all possible options & solutions	Considering all the options and carefully applying solutions	<input type="checkbox"/>
Relaxation & Mindfulness	Rushing, distractions, not fully relaxing or being present	Scheduling time, preventing distraction, full relaxation	<input checked="" type="checkbox"/>
Preventing a Wipeout: <u>STOP AVOIDING OFFICE + MEETINGS & BE PRESENT & MINDFUL, GET A COACH TO TALK TO RATHER THAN WHINING TO SPOUSE.</u>			

LIFESTYLE - ACTION PLAN			
Area	Unhealthy	Healthy	Relevant to Wave?
Sleep	Too little sleep, lack of routine, cat naps, use of alcohol/ poor diet	Healthy pattern & routine, enough hours & good diet	<input type="checkbox"/>
Diet	Unhealthy pyramid - too many fats & sugars - not enough fruit & veg	Healthy pyramid - more fruit & veg & less fats and sugars	<input checked="" type="checkbox"/>
Exercise	Binge - all or nothing approach - no routine, risk of injury & illness	Regular activity, gradual build up & goals	<input checked="" type="checkbox"/>
Preventing a Wipeout: <u>FIX POOR DIET FIRST FOODS & DRINKING MEALS. EXERCISE - 10,000 STEP A YEAR DAY RATHER THAN ONE MASSIVE SESSION PER WEEK</u>			

PURPOSE - ACTION PLAN			
Area	Unhealthy	Healthy	Relevant to Wave?
Living My Values/Legacy	Uncertain values and incompatible circumstances	Clarity of values and aligned work/ life roles	<input checked="" type="checkbox"/>
Challenging Life Goals	Lack of clarity/ unrealistic life goals - too easy/ too hard	Clear life goals and realistic approach to achievement	<input checked="" type="checkbox"/>
Small Acts of Kindness	Unrealistic expectations placing pressure on self/others	Flexible relaxed approach to offer acts of kindness	<input checked="" type="checkbox"/>
Preventing a Wipeout: <u>ACCEPT THAT BEING TRUE TO VALUES MEANS ACCEPTING CHANGES EVEN WITH LOSS OF \$. CHANGE ROLE SO CAN BE MORE FULFILLED EACH DAY.</u>			