

# **The Highland Council Psychological Service**

## **Ways to Wellbeing Handbook**

### **Contents**

**Ways to Wellbeing – Introduction to the Handbook**

**An introduction to the wheel of wellbeing –**

**What can I do to enhance my wellbeing?**

**Setting and reviewing wellbeing targets**

### **Wellbeing sections**

#### **Emotional Wellbeing**

Cognitive Behavioural Therapy

Emotional Literacy

Meditation

Mindfulness

Optimism

Solution-focused Thinking

#### **Positive Self-identity**

Developing Meaning in Life

Knowing Your Strengths

Resilience

Spirituality

#### **Security & Comfort**

Being Organised around Time

Financial Management

Making Good Decisions

A Positive Environment at Work

#### **Physical Well-being**

Eating Well

Exercise

- Tai Chi

- Yoga

Pampering

Relaxation

- Massage
- Acupressure
- Reflexology
- Aromatherapy
- Reiki
- The Power of Sound

Sleep

### **Social Well-being**

Humour and Laughter

Positive Relationships

Sense of Belonging

Working as a Team

- Positive Team Management

### **References/Bibliography**

### **Appendices**

**Appendix 1 - A study into the emotional wellbeing of staff in learning communities by the Psychological Service's Well-being Development Group.**

**Appendix 2 - Services for Personal Support in Highland and Nationally**

**Appendix 3 - Further Resources**

Highland Council Psychological Service



Works for Positive Change