



YOUR GUIDE TO WELLBEING

*Feel happier, more
engaged and rested.*

GROW INTO LIFE

First published in 2022
By Elizabeth Papalia
with Grow Into Life



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Cover design by Elizabeth Papalia



ABOUT

THE AUTHOR

HELLO!

Since leaving full-time classroom teaching in 2020, Elizabeth now loves to guide busy, or overwhelmed, people who want to reshape their lives to include more balance and joy.

She loves to teach, coach, train and speak on all things wellbeing, creative and English.

Community is incredibly important to her; she actively brings community together in West London. And soon online too! Wherever possible, Elizabeth has supported the vulnerable and marginalised, making it a priority to offer a safe and non-judgemental, neurodiverse and mental health informed space.

With her husband, she is also renovating a large, beautiful, old townhouse in France to establish it as a creative wellbeing retreat. Now that her son, Gabriel, is two she also is looking forward to getting back to performing her poetry at Open Mic nights in London. Fun fact, Elizabeth lived in Nepal for seven years as a child and can still speak the language!



ELIZABETH PAPALIA
FOUNDER OF
GROW INTO LIFE

CONNECT:



Elizabeth Papalia



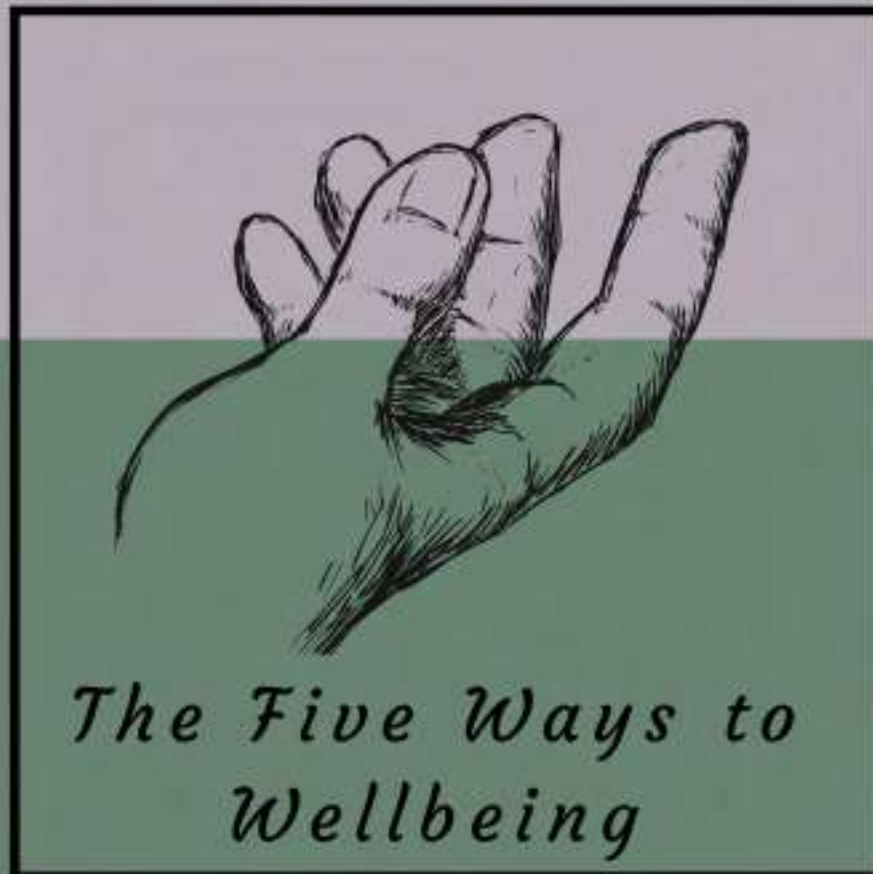
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WELCOME



“Look forward and take each step mindfully. You can walk fast or slow: it all counts as movement. Soak up and relish the newness that always accompanies growth; no matter how small. Just grow and grow and grow.

Be refreshed, and believe that you can create significant change, no matter whether your movement is calculated in micro or macro measurements.”

Elizabeth Papalia

1

INTRODUCTION



Being proactive is a big key to success here, therefore switching from passively experiencing life to actively taking part in life is very helpful.

As you can see, even a delicate feather when positioned strategically can support in more ways than expected. To be conscious and purposeful about what we do in our day towards wellbeing is very effective. Even the smallest intentions can result in tangible changes and benefits.



A project report drawing from over 80 papers and science reviews, by the centre for well-being and presented by the New Economics Foundation, in 2008, concluded that following these five actions in daily life is important for wellbeing.

Give, Take Notice, Keep Learning, Connect and Be Active.

5 ways to wellbeing, like 5 fruit and vegetables right?! And 5 fingers on each hand - well, 2 thumbs included. Even easier to remember?

The report focused on supporting the government in identifying potential opportunities and challenges, and to set in place strategy and actions for the next 20+ years that would consider people's mental development, and mental wellbeing. It is now an internationally recognised model and used by the NHS as well as many other services that focus on mental health and wellbeing. I'm motivated to provide and support in line with this research because it feels collaborative and more impactful to work to support a broader project.

1



Where do you find your peace?

It can be valuable to know which environments can bring you a sense of calm and peace.

Do you know yours?

Expanses of natural water almost always bring me a sense of peace, especially when I rest and just observe it.



The report allows us to make the following conclusions:

CONNECT: Having active social networks can increase our sense of belonging and wellbeing, and also that the happier someone is the stronger their social relationships can be. Furthermore, setting life goals that consider our connection to family and friends can increase overall life satisfaction.

TAKE NOTICE: Slowing down to enjoy our experiences can help us become more clear and focused on our life priorities. Being aware of our environment and activities happening around us can also improve our personal sense of wellbeing, as well as helping us make choices that are more closely aligned to our values and motivations.

BE ACTIVE: Including regular physical activity in our week can reduce stress, help us sleep better, manage our weight, keep our heart strong and reduce our blood pressure.

KEEP LEARNING: Learning new things and setting personal growth goals can have a positive impact on our mental wellbeing, as well as also help reduce low moods like depression.

GIVE: Taking part in regular acts of giving, can potentially boost the social development in children and young people, for adults, giving can add more meaning to our lives. Even giving support to others can also extend people's life span.



”

LIFE

Is not merely being alive,

BUT

Being well.

”

Marcus Aurelius



SELF ASSESSMENT PREPARATION QUESTIONS

Out of 10, 0 being lowest and 10 being ideal, please consider the following questions about your present life.

How satisfied, happy and engaged are you with:

- The meaningful connections you have?
- The space you give to slow down and notice the simple, good things?
- The way that being active is a part of your life?
- The opportunities you have to learn and develop your knowledge?
- The way that you give to yourself, others and the world around you?

ASSESS YOURSELF





JOURNAL SPACE

WHAT DO YOU WANT TO GAIN
FROM THIS WORKBOOK?

A large, rectangular area with a cream-colored background and horizontal ruling lines, intended for journaling or writing. The lines are evenly spaced and extend across the width of the page.



**C O N S I D E R
Y O U R
C O N N E C T I O N S**



Ways to make connections

1	2 Do a short course at your local adult education college.	3	4	5 Go to exercise classes.
6 Regularly attend a local event.	7	8 Join a Facebook group based on a hobby you'd like to have.	9	10
11	12	13	14 Help out at a community conversational language class.	15
16	17 Subscribe to a membership in an area of interest.	18	19 Join a local amateur dramatics group.	20
21	22 Join a local litter picking group.	23 Volunteer at a garden centre.	24	25
26	27	28	29 Smile at people.	30 Be yourself.

Why not add more?



JOURNAL SPACE

UNLOAD YOUR THOUGHTS
AND IDEAS HERE...

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**N O T I C E
M O R E
M O M E N T S**

10+

Ways to notice more each day...

1 Do simple things slowly...	2	3 Chew each mouthful of your meal 30 times.	4	5
6	7 Follow a guided meditation.	8	9	10 Watch the sunset or sunrise.
11 Deeply smell your drink as you slowly drink it.	12	13 Sit on a bench and watch the wind move objects.	14	15
16 Find some fresh or salt water and watch it.	17	18	19	20 Journal a daily thought dump.
21 Keep a micro diary.	22 Give yourself a hand massage.	23	24	25
26	27	28	29 Switch your phone off.	30

Why not add more?



JOURNAL SPACE

UNLOAD YOUR THOUGHTS
AND IDEAS HERE...

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**C H A N C E T O
B E A C T I V E**

10+ ways to be active...

1 Walk every day for 10+ minutes.	2	3 Get an exercise bike	4	5
6	7 Do couch to 5K.	8	9 Do Pilates	10
11	12	13 Attend exercise classes	14	15 Garden.
16 Go swimming	17 Follow exercise classes on Youtube.	18	19	20 Join a rambling group
21	22	23	24	25 Clean
26 Volunteer to walk dogs.	27	28	29	30

Can you add more?



JOURNAL SPACE

UNLOAD YOUR THOUGHTS
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**L E A R N
A N D G R O W**

10+ ways to learn...

1 Free online course on Coursera	2	3	4 Word of the day cards	5
6	7	8 Learn photography	9	10 Volunteer somewhere new
11	12	13 Learn sign language	14	15
16 Watch Ted Talks	17 Try out a new craft	18	19	20 Spend time with a retired person
21	22	23	24 Try a new recipe each week	25
26	27	28	29	30 Attend workshops

Can you add more?



JOURNAL SPACE

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**F E E L G O O D
A N D G I V E**

10+ ways to give...

1	2 Give smiles	3	4	5
6 Give food	7	8 Give compliments	9	10
11	12 Share your story	13	14 Give advice	15
16 Plant trees	17	18 Let someone else go first	19	20 Give resources
21	22	23	24	25 Give emotional support
26 Litter pick	27	28	29 Buy someone coffee	30

What else could you add?



JOURNAL SPACE

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C O N F I D E N T
N E W A C T I O N

10+

ways to maintain habits...

1	2 Choose your desired habit	3	4	5 Break them in small and manageable parts
6	7	8 Use a daily reminder on your phone	9	10 Journal your experience
11	12 Be accountable	13	14 Use a daily or weekly planner	15
16 Know why you want the habit	17	18 Reflect on your progress	19	20
21	22	23	24	25
26	27 Adjust the habit goals to make sure it serves you	28	29	30 Push forwards for at least 66 days

What other approaches can build habits?



JOURNAL SPACE

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YES OR NO

REFLECTION EXERCISE

Question 1

Have you discovered that something is missing from your life rhythm at the moment?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Question 2

Do you want to feel well rested, happy and fully engaged with life?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Question 3

Do you think there are there steps that you could take to change the balance in your life so that you feel more well rested, happy and fully engaged with life?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Question 4

Are you ready to continue with implementing The 5 Ways to Wellbeing and change your life for the better?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Question 5

Are you ready to step out of your comfort zone, test out new activities and make your wellbeing a bigger priority in your life?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



MINI ACTION PLAN

GET YOUR MINI PLAN
WRITTEN DOWN HERE

Habits and Mindset

To boost the chance of success, it can be very helpful to identify what habits and thoughts that will help you to implement the 5 ways to wellbeing into your daily life.

Help yourself by planning ahead.

My 3 top habit strategies are:

-
-
-



MINI ACTION PLAN

GET YOUR MINI PLAN
WRITTEN DOWN HERE

You have had a chance to think about some different ways to wellbeing that, if implemented, could seriously change your life rhythm for the better.

List your favourite 5 below.

My personal top 5 ways to wellbeing are:

-
-
-
-
-

Making space to do them, 3-5 times a week, will give you the chance to make positive shifts faster. The key is to start small and grow towards your ideal wellbeing state.



SELF ASSESSMENT PREPARATION QUESTIONS AFTER 66 DAYS

Out of 10, 0 being lowest and 10 being ideal, please consider the following questions about your present life.

How satisfied, happy and engaged are you with:

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- The opportunities you have to learn and develop your knowledge?
- The way that you give to yourself, others and the world around you?

REFLECTION

AFTER 66 DAYS.
ASSESS YOURSELF



WANT MORE GUIDANCE AND SUPPORT



The idea is that this resource gives you the boost you need to get started, take those steps and change your life. Some people will do that, others need a little more help. Reach out to work more closely with me, Elizabeth, at Grow Into Life.

I'm here for you.

@growintolife
@elizabethpapalia



BOOK A CALL



growintolife@outlook.com