

**AN INTRODUCTION TO
SUSTAINABLE WELLBEING**

*Maintain Your Wellbeing:
using a realistic approach
that works for your
lifestyle.*

GROW INTO LIFE

First produced in 2023

By Elizabeth Papalia

with Grow Into Life



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Cover design by Elizabeth Papalia



I'm Elizabeth, a wellbeing guidance coach and business strategist.
It is a pleasure to be here.

A little bit about me:

I'm married to Duncan and together we have Gabriel and Mathilda - and we currently live in West London. A few years ago we also bought our dream home in France that is waiting in the side lines to become not just our home, but also a space for wellbeing, positive experiences, and a community retreat.

Since leaving teaching fulltime in schools, it has been good to grow as a parent, work on projects around wellbeing, teaching creative English and setting up support through Coaching Through Crises for people and communities in crisis. And learn about business and strategy.

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INTRODUCTION

“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 HOW YOUR MOVEMENT IS CALCULATED.”

ELIZABETH PAPALIA

Being proactive is a big key to success here. Switching from passively experiencing life to actively taking part is very helpful.

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?



ELIZABETH PAPALIA
FOUNDER OF
GROW INTO LIFE

CONNECT:



Elizabeth Papalia

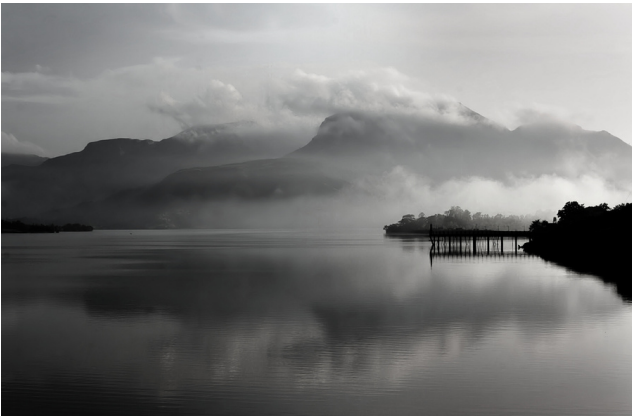


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Where do you find your peace?

Try to figure out which environments bring you a sense of calm and peace.

Do you know yours yet?

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



The New Economics Foundation report outlines this:

CONNECT: Having active social networks can increase our sense of belonging and wellbeing, and also 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.



JOURNAL SPACE

WHAT DO YOU WANT TO GAIN
FROM THIS WORKSHOP?



”

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

Wellbeing	Right Now /10	I Want /10	In 66 Days /10
Give			
Keep Learning			
Connect			
Be Active			
Take Notice			

WELLBEING NOTES ABOUT RIGHT NOW

Wellbeing	Right Now
Give	
Keep Learning	
Connect	
Be Active	
Take Notice	

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ways to wellbeing...

Fill these in and make your own personalised grid of ways to wellbeing.

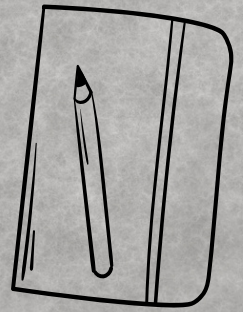
GIVE	LEARN	BE ACTIVE	TAKE NOTICE	CONNECT
Litter pick	Try a new recipe each week	Walk every day for 10+ minutes.	Deeply smell your drink as you slowly drink it.	Regularly attend a local event.

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.

WELLBEING NOTES ABOUT WHAT I WANT NEXT

Wellbeing	What I want more of next
Give	
Keep Learning	
Connect	
Be Active	
Take Notice	

F E E D B A C K & R E F L E C T I O N E X E R C I S E



Question 1

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 2

As you reflect on the 5 ways to wellbeing, is there a way that these activities might be able to fit in to your lifestyle?

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

Question 3

What two useful things have you learned through completing this resource?

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

Please summarise your experience with this wellbeing resource.

WANT MORE GUIDANCE AND SUPPORT



Use this resource for a boost and to get started.
Take steps forward and change your life.

For some this is enough of a nudge, for others it is
useful to have more support. 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