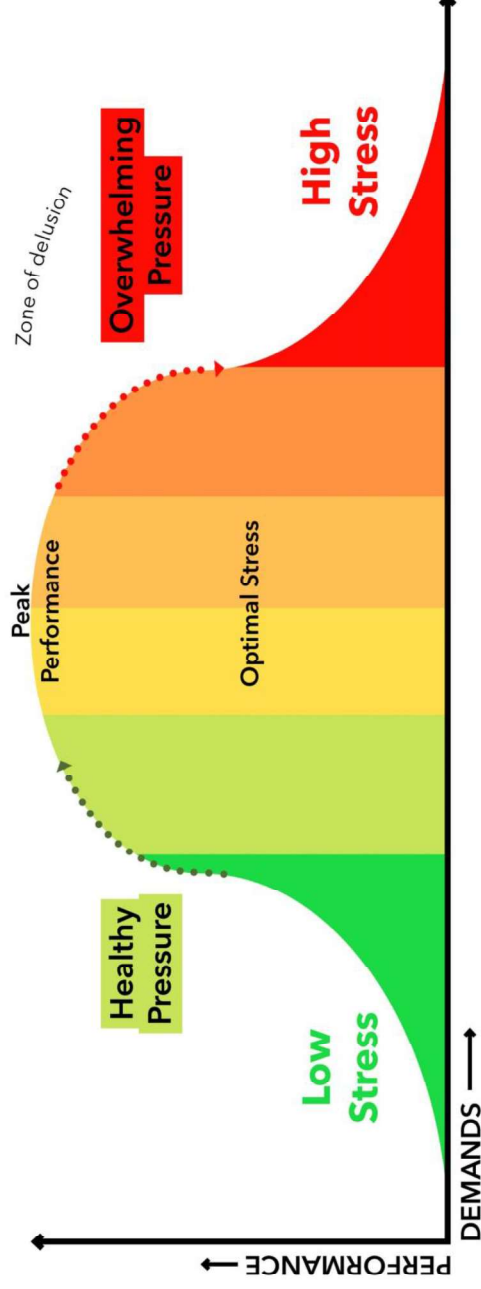


Stress, resilience and growth: Lessons from real experiences

Some topics may cause distress. Please prioritise yourself and step away if you need.

Stress performance curve



Stress Level

Low	Moderate	Optimal	High	Too High
Inactive Bored Unchallenged "I wish I had more to do"	Engaged Focused Motivated "I'm feeling focused & energised"	Confident In control Productive "Now I'm really in the zone"	Distracted Fatigue Overwhelmed "I feel anxious & unfocused"	Exhaustion Anxiety Burnout "I can't take this anymore"

Cumulative and prolonged stress



Normal life comes with stress:

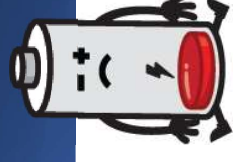
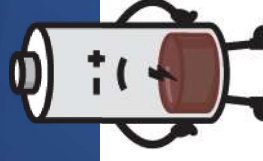
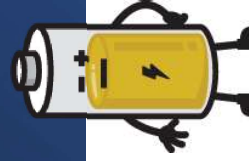
- Dropping the kids off at school
- Deadlines at work
- Ageing/changing health needs
- Commuting delays or traffic
- Bills and rent/mortgage
- Minor disagreements



Add to that situations that cause heightened stress

- Significant weather events
- Cost of living crisis
- Covid 19
- Long-term illness diagnosis
- Unhealthy relationships
- Christmas holidays – increased financial stresses
- Bush fires

Time to recharge?



FULLY CHARGED

- ✦ Feeling good most of the time
- ✦ Functioning well
- ✦ Connecting with others

ACTION:

Keep up with regular recharges

BATTERY FADING

- ✦ Feeling off your game
- ✦ Physical signs e.g. tense, shallow breathing
- ✦ Mental signs e.g. reduced focus

ACTION:

10-minute Quick Charge

EMERGENCY REPAIR

- ✦ More negative emotions
- ✦ Disconnected from others
- ✦ Physical signs e.g. sleep issues

ACTION:

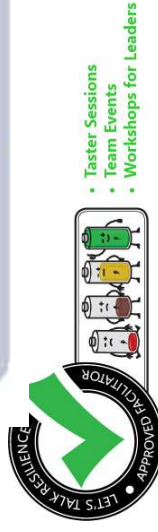
Stop to recharge and seek support

FLAT BATTERY

- ✦ Mostly not good days
- ✦ Struggling to function
- ✦ Physical signs e.g. significant illness

ACTION:

Seek help now



- Taster Sessions
- Team Events
- Workshops for Leaders

Approved for delivery by Kathryn Jackson from www.careerbalance.co.nz

What does positive mental health look like?

Positive mental health and well-being is a combination of **feeling good and functioning well (most of the time)**. Important components include:

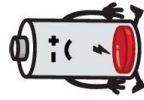
- Experiencing **positive emotions**: happiness, joy, pride, satisfaction, and love
- Having **positive relationships**: people you care for, and who care for you
- **Feeling engaged with life**
- **Meaning and purpose**: feeling your life is valuable and worthwhile
- A **sense of accomplishment**: doing things that give you a sense of achievement or competence
- **Emotional stability**: feeling calm and able to manage emotions
- **Resilience**: the ability to cope with the stresses of daily life
- **Optimism**: feeling positive about your life and future
- **Self-esteem**: feeling positive about yourself
- **Vitality**: feeling energetic.

What is mental resilience?

The ability to cope and adapt to life's challenges



Flourishing and Languishing



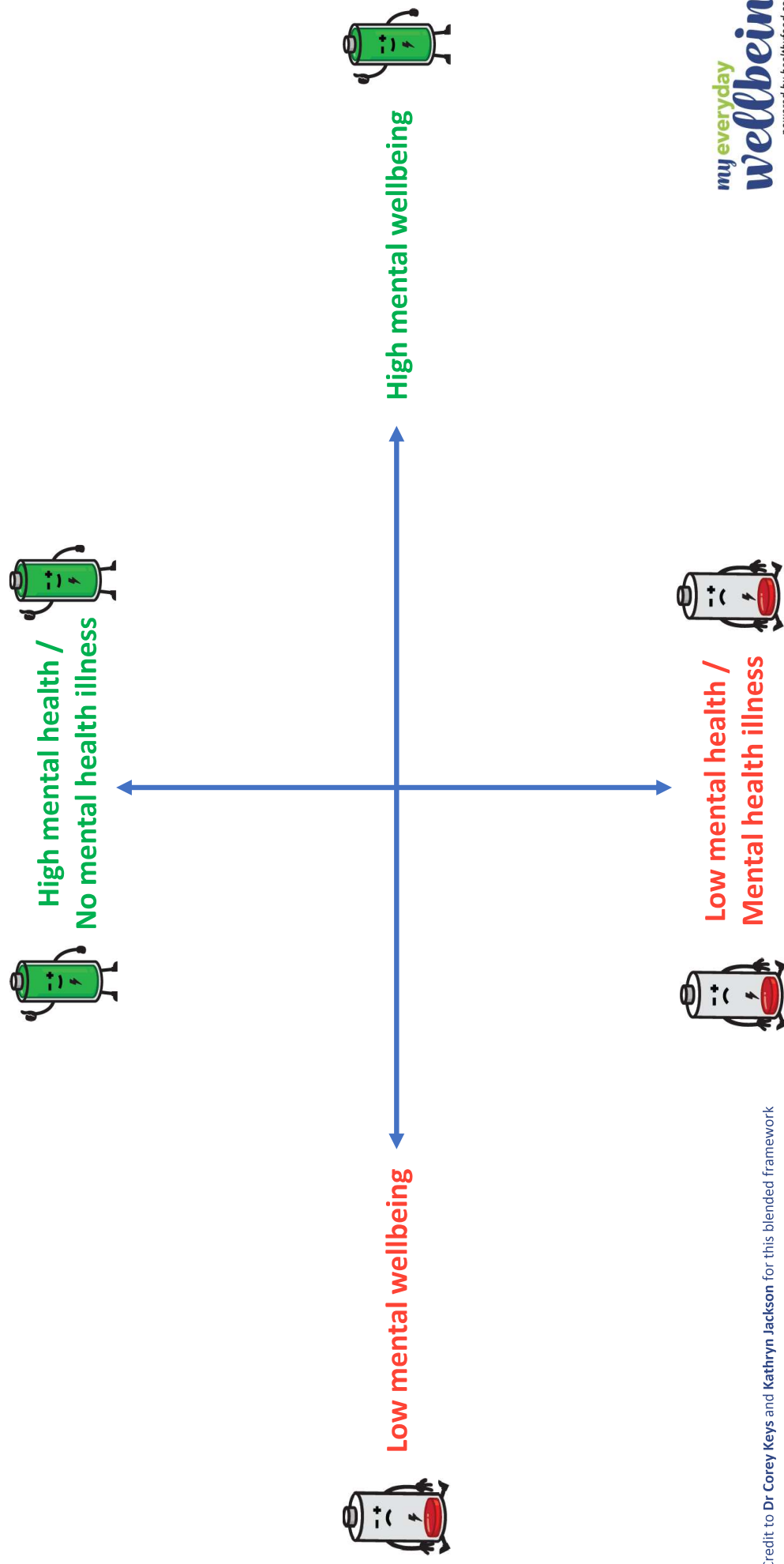
Low mental wellbeing
-10



High mental wellbeing
+10

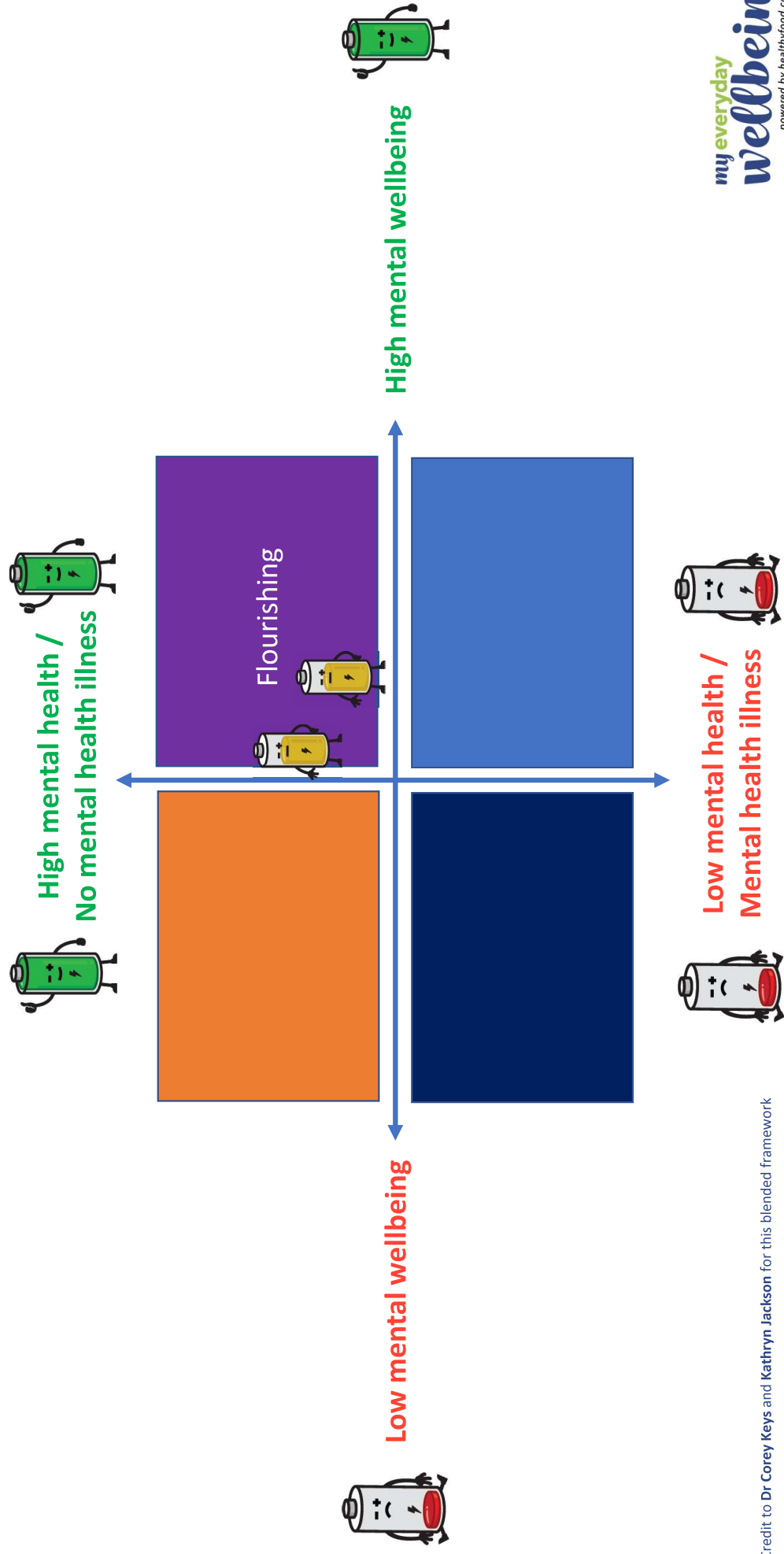


Flourishing and Languishing



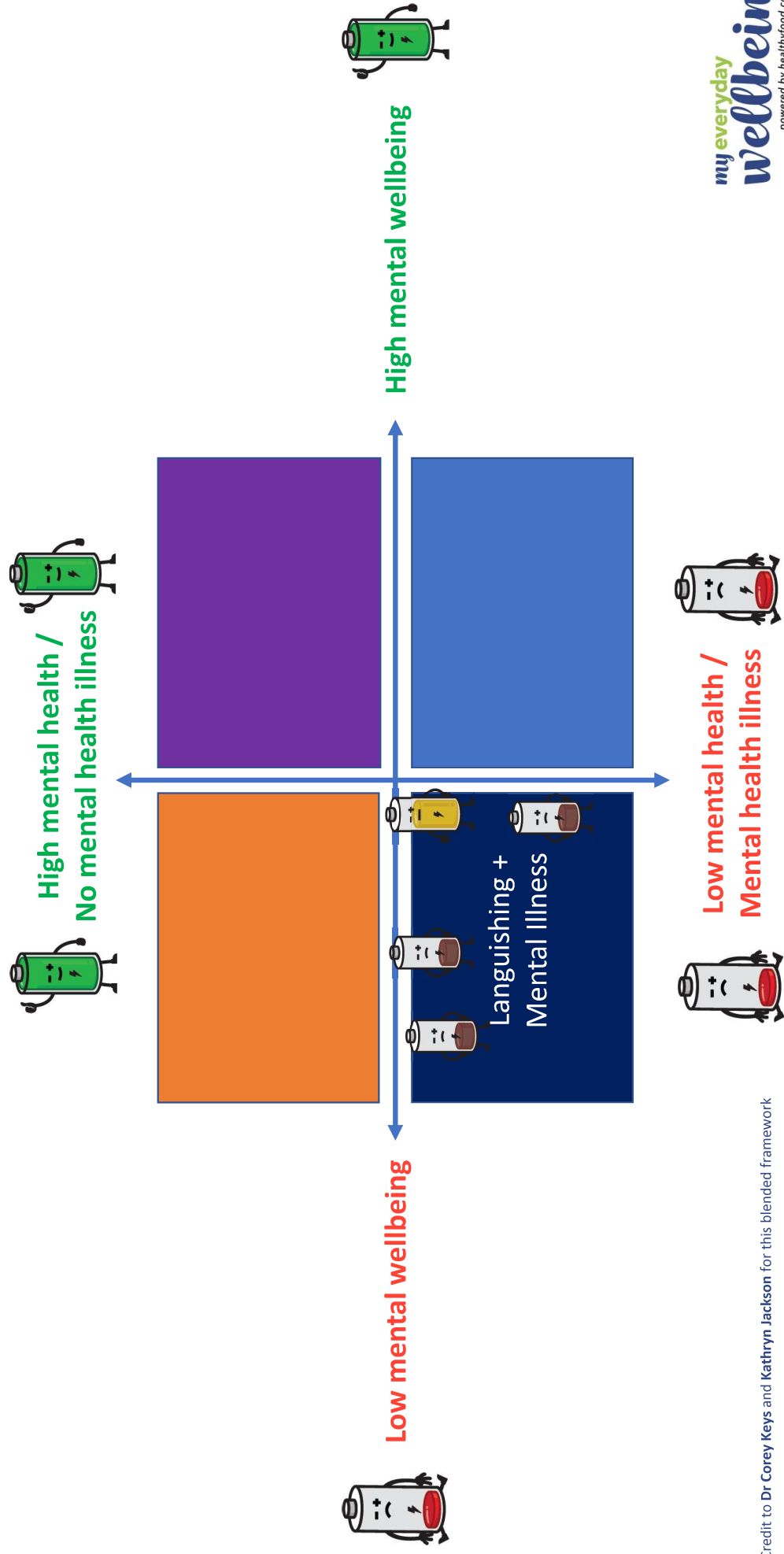
Credit to Dr Corey Keys and Kathryn Jackson for this blended framework

Flourishing and Languishing



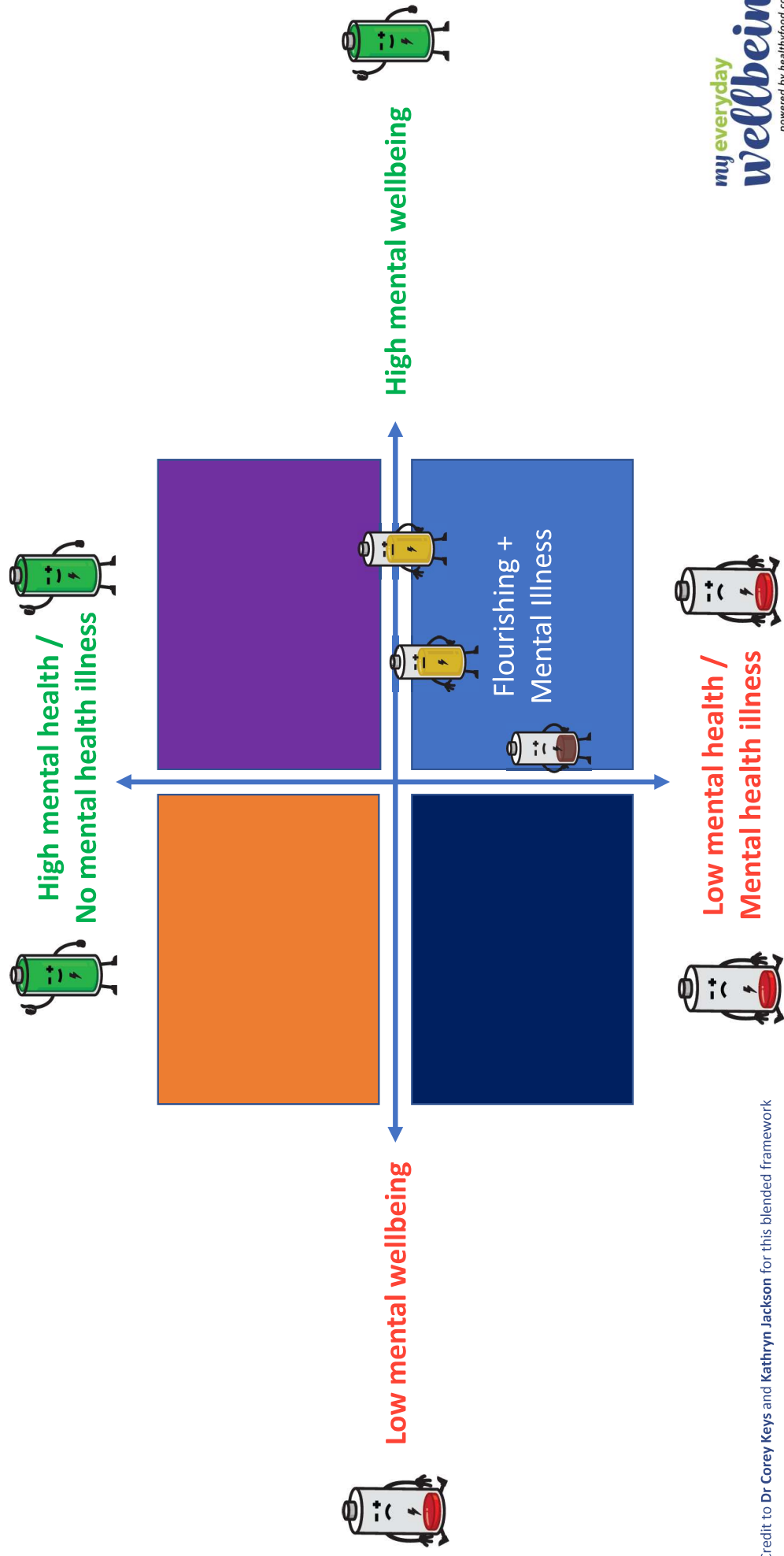
Credit to Dr Corey Keys and Kathryn Jackson for this blended framework

Flourishing and Languishing



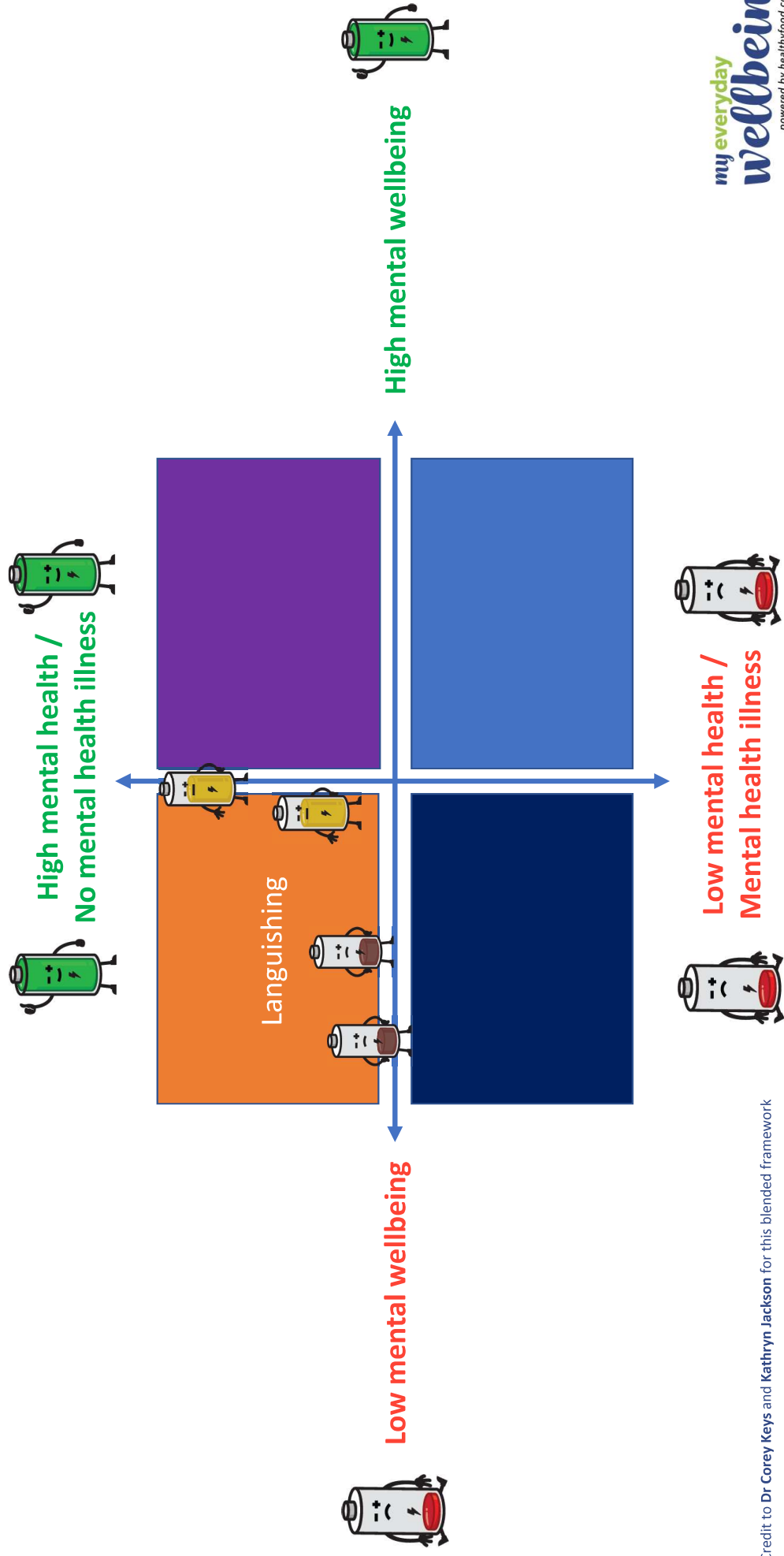
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Flourishing and Languishing



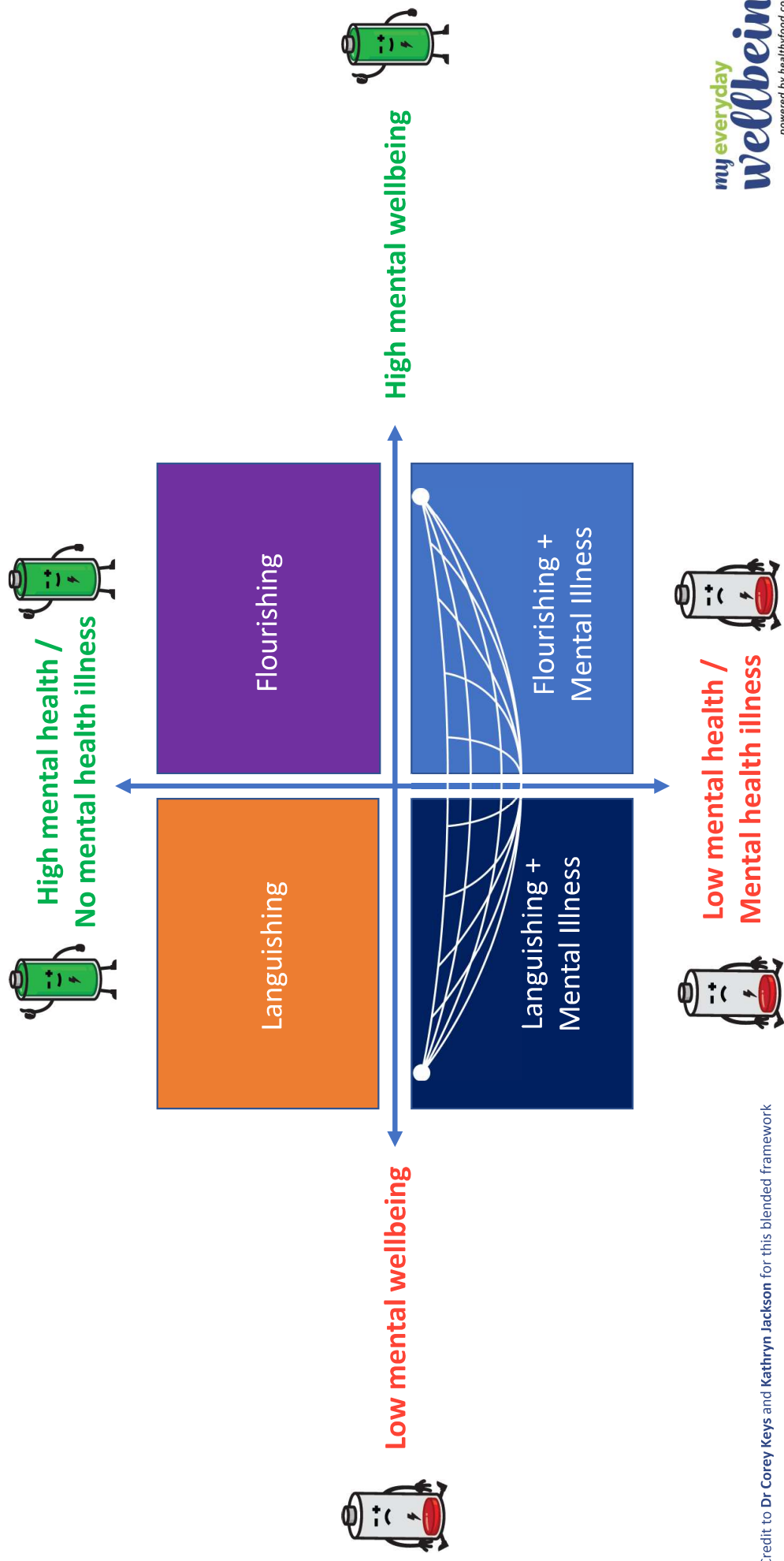
Credit to Dr Corey Keys and Kathryn Jackson for this blended framework

Flourishing and Languishing



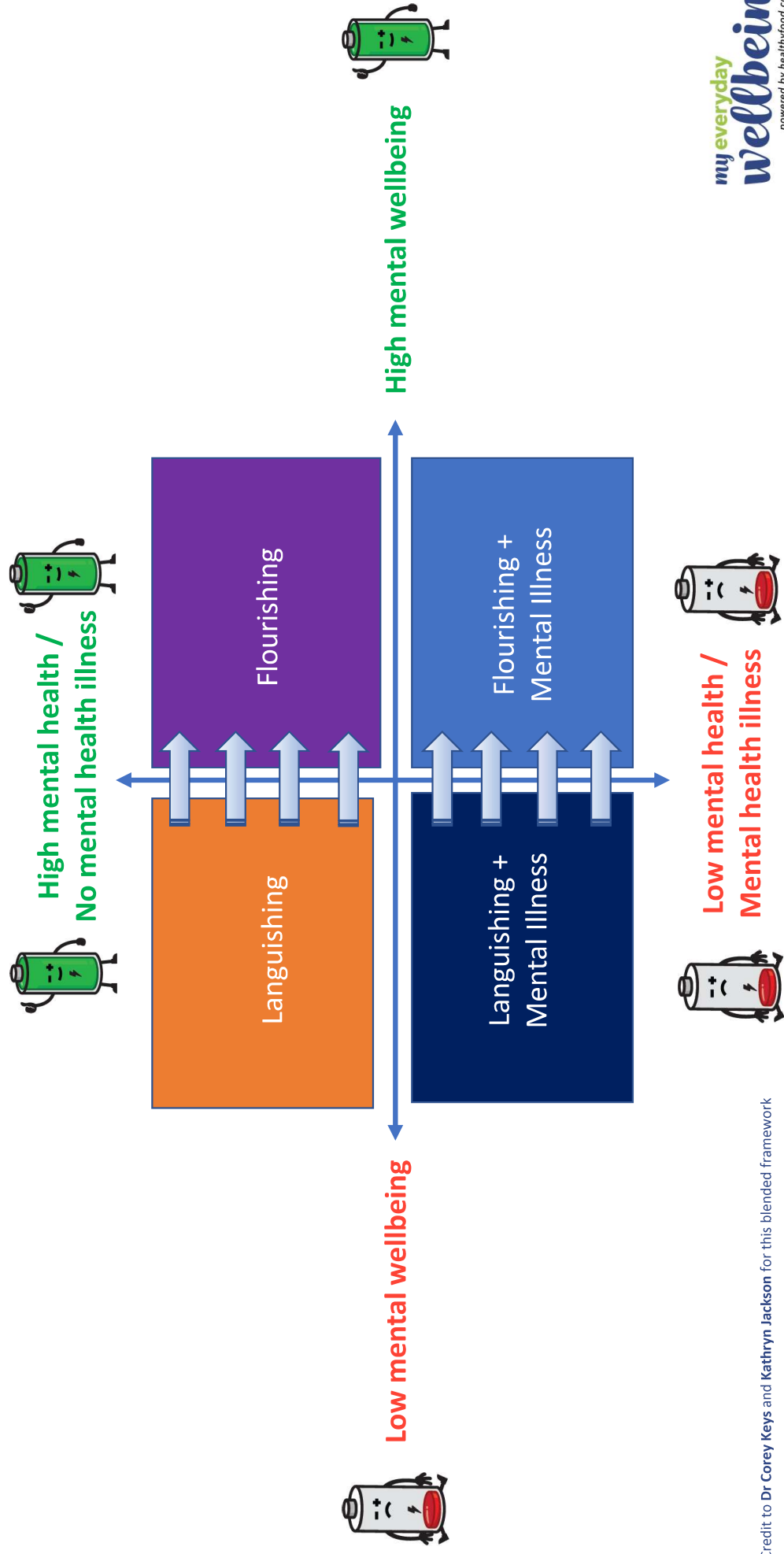
Credit to Dr Corey Keys and Kathryn Jackson for this blended framework

Create a safety net



Credit to Dr Corey Keys and Kathryn Jackson for this blended framework

Build a wellbeing tool kit

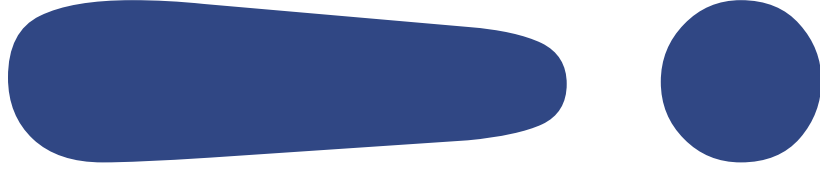


The journey and lessons

2012 trauma, a single event

Wasn't focussed on positive wellbeing, I didn't cope:

- Panic attacks
- Depression and anxiety
- Agoraphobia
- Nightmares
- Flashbacks
- Attempts to numb
- Attempts to end

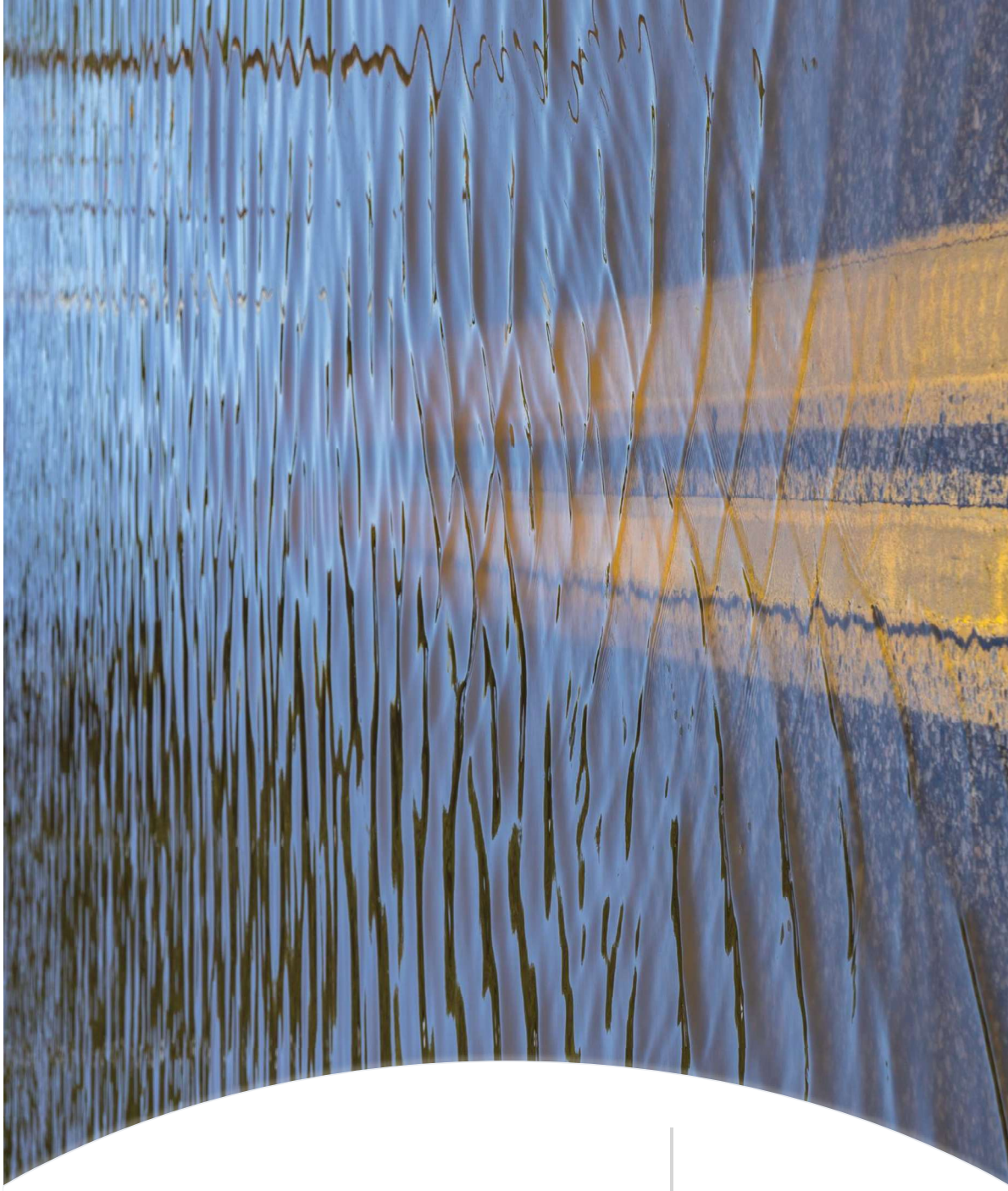




The road to recovery

Rocky, rough, hard, nearly didn't make it.

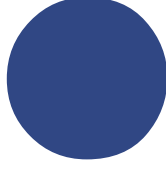
Felt like I was drowning



2023-2024 series of traumatic events

Regular positive wellbeing practices, coped well:

- Brother taken hostage Feb 2023
- Relocated to Indonesia to support his wife and son
- Massive roof leak back in Auckland
- Identity stolen and sent to debt collection
- Hospitalised for 9 days and travel insurance not willing to cover it
- Mum passed away in August 2024
- Brother released weeks before Dad passed away in October 2024





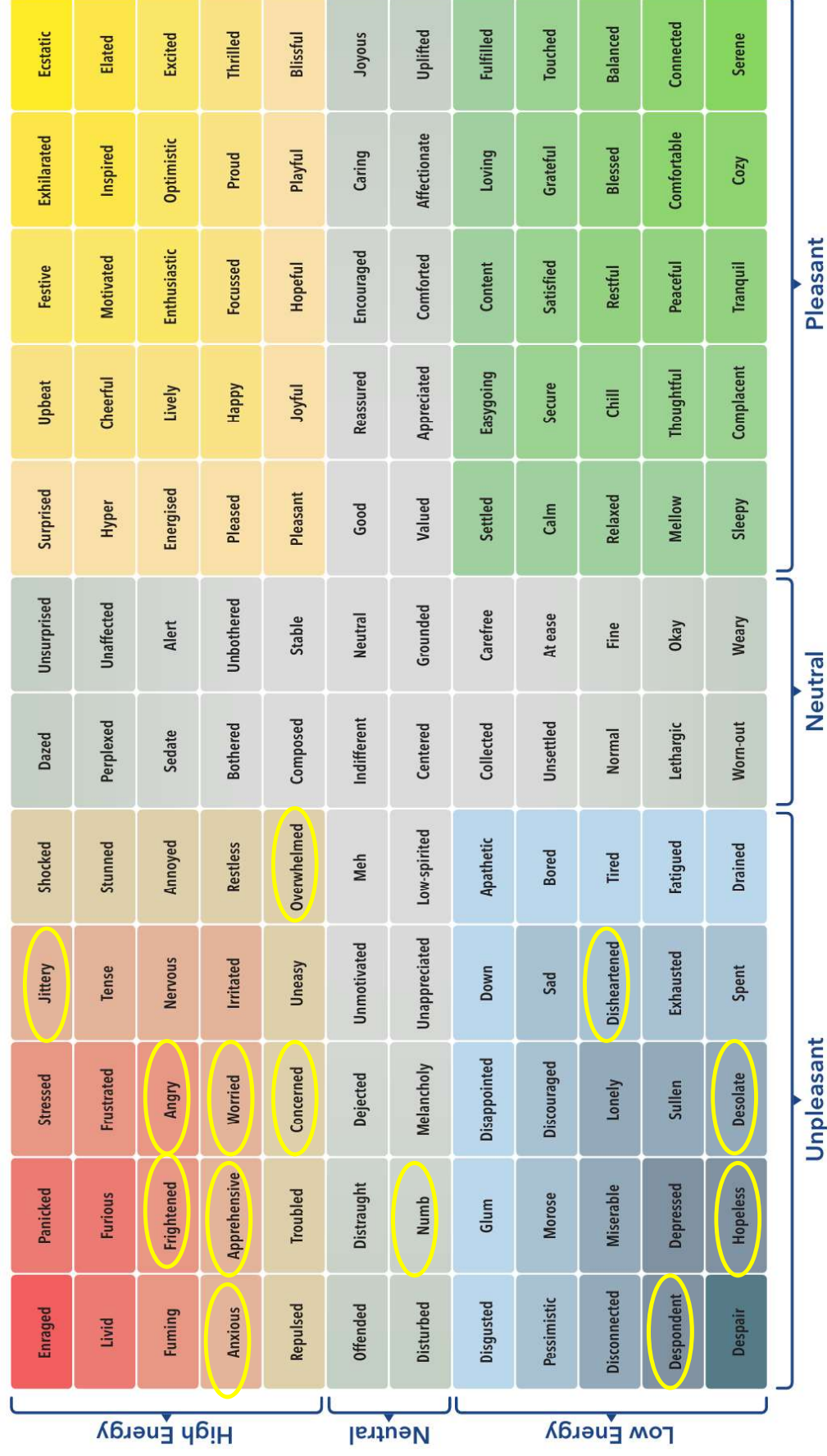
The road to recovery

Surviving (although not thriving), able to support others, still had lots of good days.

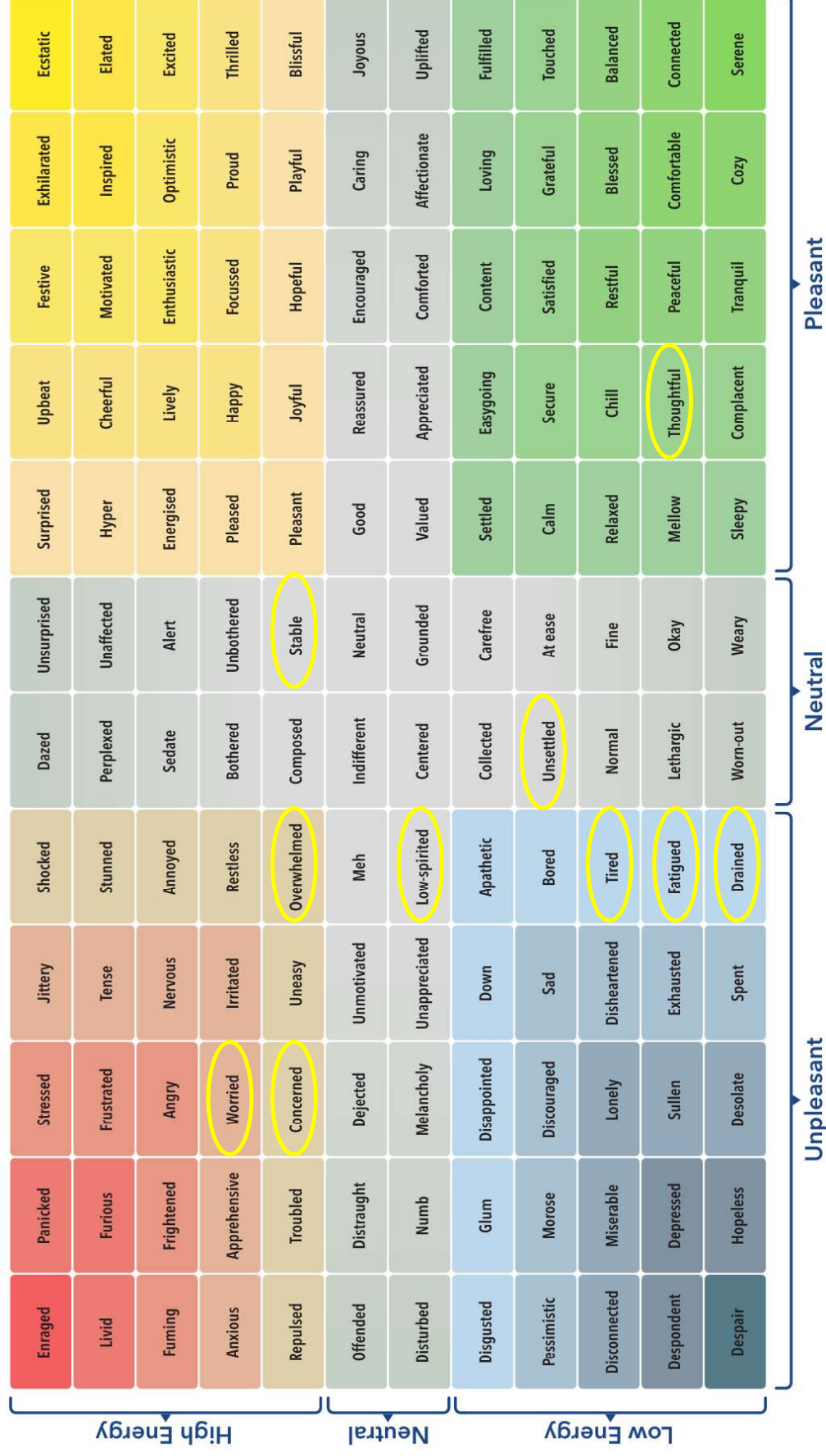


Self-awareness

Mood Meter | Emotions matrix



Mood Meter | Emotions matrix



New strategies



Creating a personal wellbeing toolkit

Take some time to ask yourself the following questions and write your answers down.
As part of the process, identify one action/strategy you will start to practice daily - even a couple of minutes a day will work, it's about being intentional and consistent.

	Questions to ask yourself	Examples of tools: Actions, strategies, activities	Which tool can I add to my toolkit now? What do I need to do to make this more likely to happen?
Managing Stress 	What situations or circumstances cause me to feel stressed? eg. work pressure, deadlines, relationships. What has worked in the past or what could I try now to manage these situations better?	• Mindfulness or meditation • Deep breathing exercises • Establish boundaries • Delegate tasks • Take regular breaks • Engage in hobbies or activities that bring joy and relaxation	1. HUG MY DOG 2. BE NEAR WATER 3. STEP AWAY FROM THE PROBLEM 4.
Eating Well 	What makes it hard to eat well and make healthy choices at the moment? What solutions could help me eat better?	• Plan and prepare healthy meals in advance • Enjoy a variety of fruits and vegetables daily • Limit processed foods and excess sugar • Stay hydrated • Practice mindful eating	

Ask for help

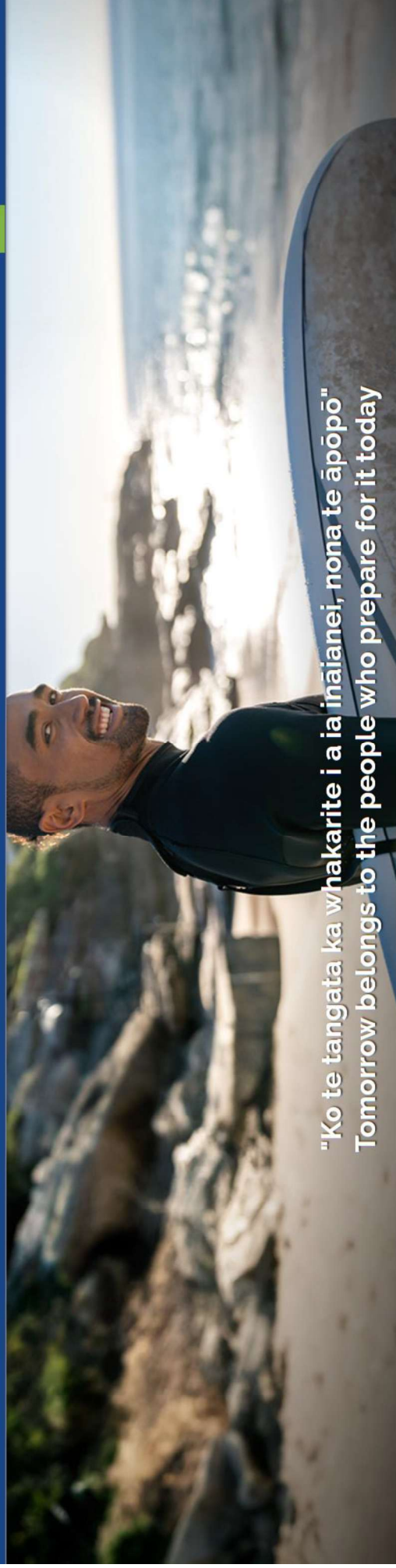
Key take aways

1. Practicing daily wellbeing

2. Work on being more self-aware

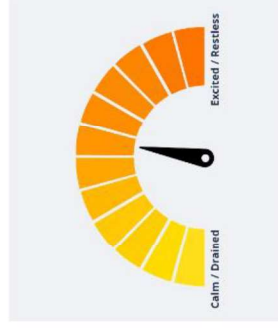
3. Match wellbeing strategies to current wellbeing needs

4. Seek help



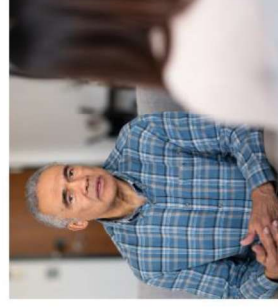
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feel better**



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Sign up now and go in the draw to win 1 of 2 prize packs worth \$150!

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The more people who sign up, the more clients Christine at Debtfix will be able to gift free access to!

Scan the QR to sign up

To go in the draw you must make payment by 15 September.

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Account Name: Debtfix Foundation



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Chicken and tomato spaghetti

★★★★★ 4 ratings

NO DAIRY NO EGGS NO GLUTEN LOW FAT LOW CARB HIGH FIBRE HIGH PROTEIN SAVED



SOUPS

Soothing chicken noodle soup

★★★★★ 1 ratings

NO DAIRY NO EGGS NO GLUTEN LOW FAT LOW CARB HIGH FIBRE HIGH PROTEIN SAVED



MAINS

Apricot chicken

★★★★★ 3 ratings

NO DAIRY NO EGGS NO GLUTEN LOW FAT LOW CARB HIGH FIBRE HIGH PROTEIN SAVED



HOMEMADE TAKEAWAYS

Roast chicken with mash, gravy and slaw

★★★★★ 1 ratings

NO DAIRY NO EGGS NO GLUTEN LOW FAT LOW CARB HIGH FIBRE HIGH PROTEIN SAVED

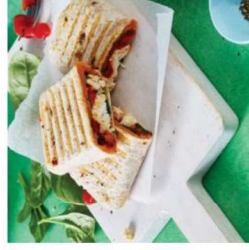


MAINS

Chicken and kale pesto pasta

★★★★★ 2 ratings

NO DAIRY NO EGGS NO GLUTEN LOW FAT LOW CARB HIGH FIBRE HIGH PROTEIN SAVED



MAINS

Spinach, roasted pumpkin and chicken wrap

★★★★★ 4 ratings

NO DAIRY NO EGGS NO GLUTEN LOW FAT LOW CARB HIGH FIBRE HIGH PROTEIN SAVED



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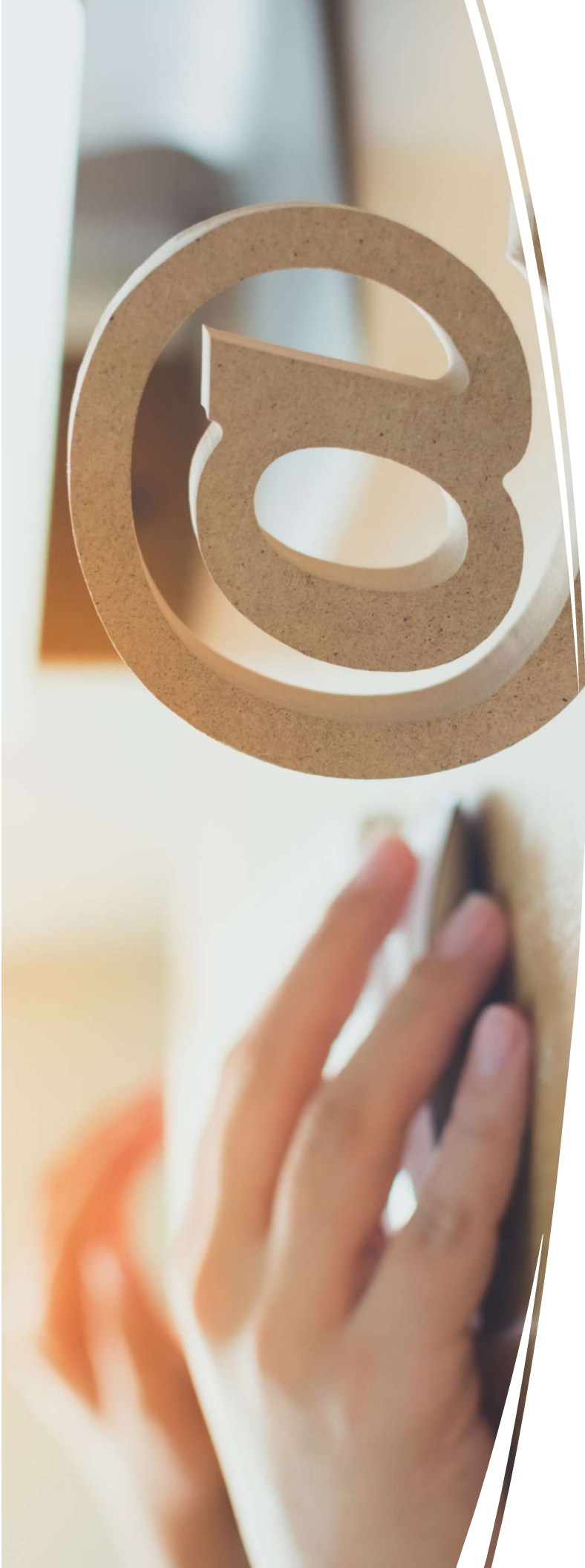
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