

**Wake Up!
You're Here!**

Shane Martin

1. Watch how you think!

**When emotional we
cannot think straight**

Pressing 'pause'

Know-all-ism

Questioning

Consulting

3 GOOD QUESTIONS

1. Is it helpful?
2. Is it fair?
3. Is it true?

2. Don't be helpless!

**Nothing worthwhile is
achieved without effort**

Helplessness is when we do not try

Often we don't try because we are
afraid to fail

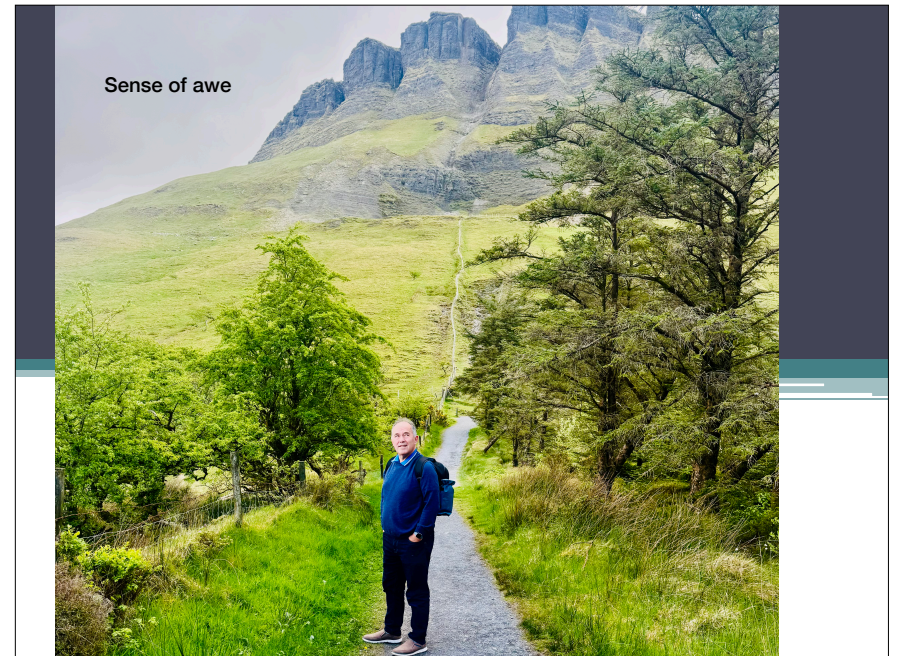
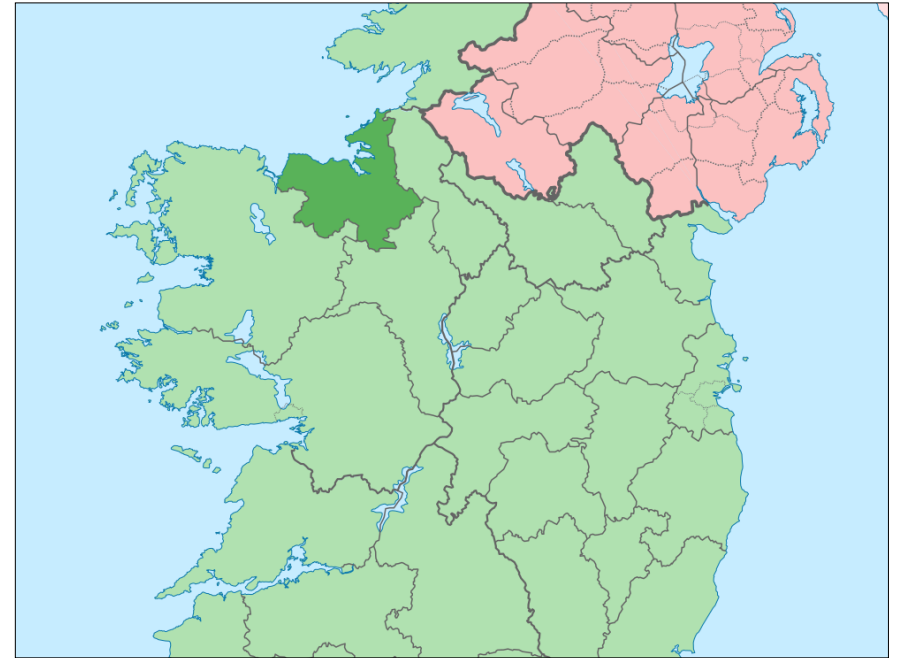
Obsession with success

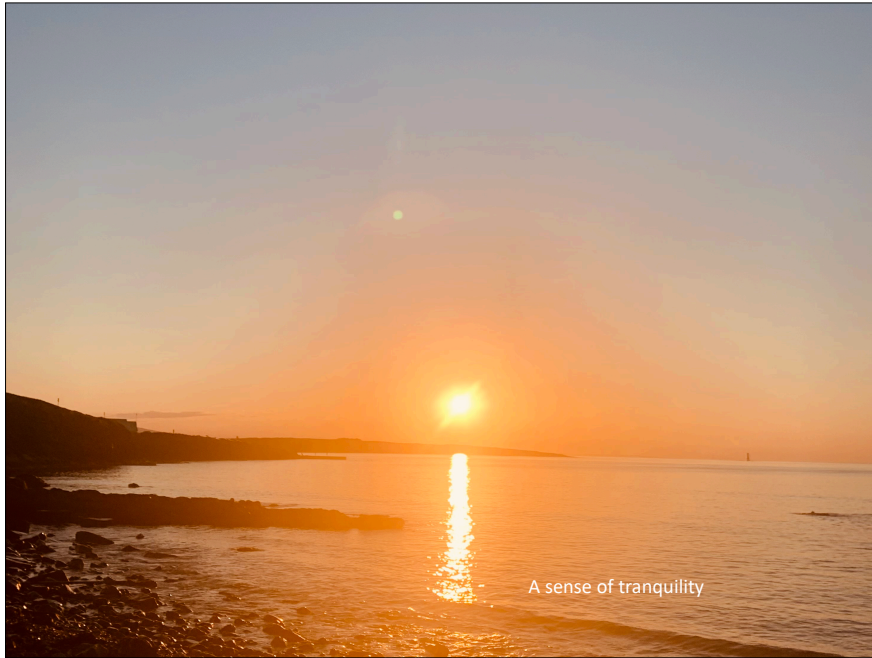
Small wins matter

No harm in seeking help and support

3. Connect with the beauty around you

- New chapter
- Determination to form the habit of daily exercise
- The most challenging of times





A sense of tranquility



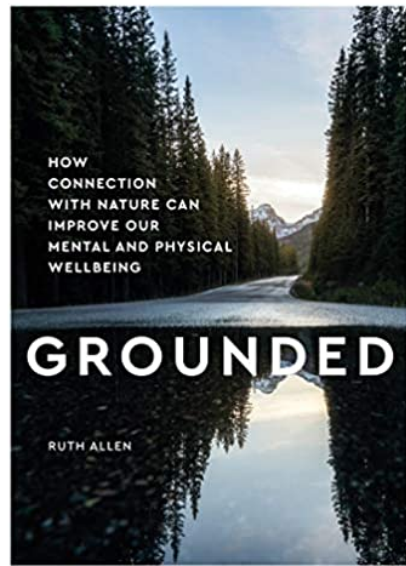
Lifting of tiredness, waking up



Vastness - dismantling of stress



On the edge - prayer and the Divine



- **Growing body of research suggests that nature connectedness has benefits to mental well-being**

(Richardson, M et al. Nature: A new paradigm for Wellbeing and Ergonomics, 2017)

- **Those who are connected to nature tend to experience more positive affect, vitality and life-satisfaction, compared to those less connected to nature**

(Calpaldi C.A. et al. Department of Psychology, Carleton University, Canada, 2014)

How long does it take to get a dose of nature strong enough to make you feel healthy, and have a strong sense of wellbeing?

- **Precisely 120 minutes**
- **Study of 20,000 people**
- **2 hours a week in a green space (either all at once or over several visits)**
- **Participants were substantially more likely to report good health and psychological wellbeing than those who did not experience green space**

• White et al., European Centre for Environment & Human Health, University of Exeter, 2021

**2 HOURS IS A REALISTIC
TARGET FOR YOU**

**Walking and connecting with
nature gives more benefits than
merely walking**

- During the teenage years we fall out of love with nature
- Huge study in Canada (30,000 participants)
- Those adolescents who felt connected to nature were also 25% less likely to experience mental health issues (Piccininni et al, 2018)

- Daily walk (set the minimum target)
- Make a list of places
- Purchase good coat, boots
- And a flask
- Set a time
- Enlist a comrade
- Camera / binoculars
- Journal
- Courses
- Apps

**There's beauty all
around us**

4. Do things you love doing and do new things!

- What do you do that you truly love doing?**
- How often do you do it?**
- Have you tried anything new lately?**

We need flow

Being 'stretched'

The 3 Big Questions

TWO SYNDROMES

SERIOUS BORING PERSON SYNDROME

SERIOUS BUSY PERSON SYNDROME

5. Connect better with the people in your lives

- Being social – staying social
- Keeping friends
- The more friends the better
- Making new friends
- Joining clubs and organisations
- Volunteering

- Psychologists have shown that social ties and increased contact with family and friends are associated with a lower risk of illness
- What's more, a 2010 meta-analysis of 148 studies showed that social connection doesn't just help us survive health problems but the lack of it causes them

(Williams, 2011)

Laughter

“Laughing one hundred times amounts to the same exercise as riding a stationary bike for fifteen minutes. Five minutes of intense laughter can double the heart rate. Three minutes of laughter is equivalent to three minutes on a rowing machine. Laughter stimulates circulation, tones muscles, energises lungs and stimulates endorphins in the immune system.”

Dr William Fry (Stanford University)