

## The Wellbeing Tower

### Identifying Triggers & Wellness Tools



If you imagine this tower represents your wellbeing, the aim is to keep the tower from falling. You are trying to always keep it as sturdy as possible.

However, life events and triggers will come along and push blocks out of your tower, making it feel less secure & more wobbly, making your wellbeing feel less resilient.

As each stressor or trigger happens, a block gets pushed out leaving the rest balancing around it:

These might be small or medium sized issues like running out of milk; forgetting to put the washing machine on; burning the dinner, being late for an event, having an argument with a loved one or your pet eating something it shouldn't. But each time you don't pay attention to those blocks, your wellbeing tower weakens.



Can you list 5 small/medium triggers or stressors that you have experienced this last week? What, if anything, did you do about them?

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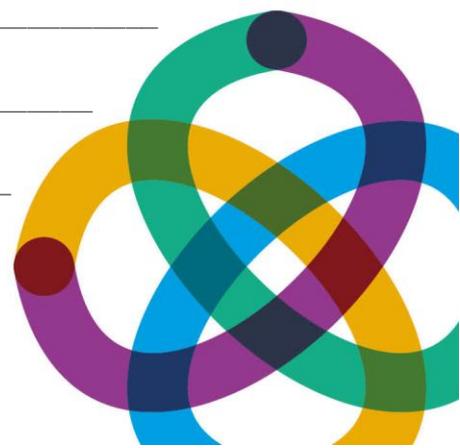
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Larger triggers and stressors are easier to spot and can take more blocks away at the one time. This may be to do with your physical health, like attending appointments, going for treatment or dealing with the side effects of treatment. It could be that you are in pain or suffering from fatigue, you might be feeling helpless to help a loved one who is ill, or financial issues or problems at work.

As you can see, the tower is balancing precariously now, and one more even minor stressor makes you feel like everything is going to fall. It is at this point where things start feeling out of our control, this adds to the stress we are already under.



Looking after your wellness tower is not always about stopping the stressful events happening in the first place, it's about taking control of how strong your tower is to help **you** feel stronger and more resilient.



Sometimes you can attend to or fix the issue & you can replace the blocks of your tower. However other stressors may not have a solution, and this is where you can use all your wellbeing tools – those tools and techniques that you know help you, to fill in some of the gaps to make your tower feel that little bit stronger and secure, which in turn will make you more resilient and able to ride out the difficult times.

These wellbeing tools don't have to be big things, it could be doing a one-minute meditation; going for a walk; watching your favourite tv programme; talking to a friend or someone supportive or going for a massage – it all adds up & helps your wellbeing tower to remain as strong as possible during stressful times. The key is knowing what works for you.

Can you make a list of some of your wellbeing tools below? Think about how it might feel to use these a bit more or do more of what you enjoy and makes you happy. When you are having a tough day, look at your list & choose a couple of these things to do for yourself as this can help life to feel more manageable.

My list of wellbeing tools: - \_\_\_\_\_

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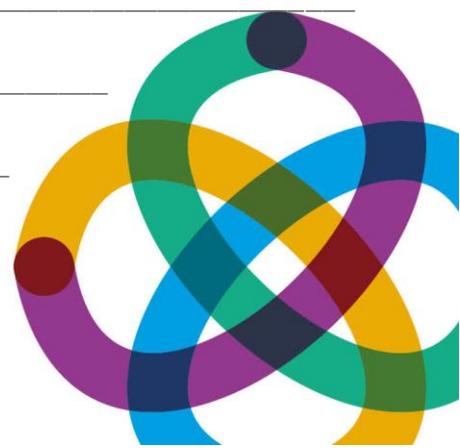
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If despite your best efforts at caring for yourself and working with others, your wellbeing tower falls; this does not mean you have failed or cannot improve your wellbeing. It can be helpful to reflect on what has happened to you and allow yourself to learn from it. Some can do this alone; others find it useful having someone to talk it over with.

Then, when you are ready, you can start to build your wellbeing tower again, block by block; using all the wellbeing tools and techniques you know that work, perhaps leaving out the tools that no longer work for you; building yourself back up to be a more resilient version of yourself.

