



Episode 155: The ONE Thing to Do for Your Wellbeing

As we get busier and busier at work, the more difficult it can be to look after our well-being. To make space for our busy schedules, the first thing we remove is often the one thing we need for our physical and mental health. We don't realise that by doing this, we get sucked into the vortex of busyness.

Here's the thing: it doesn't need to be this way. You can still be productive without setting yourself up for a lifetime of stress. You know what to do. What you need to work on is how to make time for it.

This workbook will help you create time for the one thing you need for your well-being as you manage your busy life. It will challenge you to actively make time for the things that make you feel happy and well. If you struggle with prioritising your well-being amidst a busy schedule, this workbook will teach you what to do to steer clear of burnout.

Podcast links

[5 Steps to Mental Well-being](#)

[TED Talk: The new era of positive psychology | Martin Seligman](#)

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Quote to remember:

“If you need to cut something out of your diary, to make room for other stuff that's happening, it may not be your well-being — it may not be those things that you need to do to be happy and to be well.”

What You Will Learn

The biggest barrier to wellness is not a lack of understanding of what to do. In fact, we all know what to do to take care of our well-being. The problem is that while we know what to do, we often don't have the time and headspace to do it. The status quo tells us that we have more important things to do that we make a priority.

But our well-being is not something optional in our life – it is non-negotiable — a requirement for living a meaningful, productive, and happy life. After all, it's impossible to perform and show up well at work if you feel perpetually empty and exhausted. So start to change how you see it.

While going through this exercise, you will get in touch with your own personal ways of caring for your well-being. You will learn the ONE thing you can do for your well-being and how to make it a sacred and regular part of your life. Remember: prevention is better than cure. Don't set yourself up for a lifetime of burnout. Start prioritising what makes your life happier and more fulfilling.

Activity: Reclaiming Your Health & Happiness

Q1. Growing up, how were you taught to take care of your health and well-being? Do you still get to apply these things in your life? Why or why not?



Q2. What does a normal work week look like for you? Write all the tasks and activities you do in and out of working hours.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Morning							

Afternoon							
Evening							

Q3. Based on the schedule you've written down, do you have time to do things that benefit your physical and mental well-being? If not, what's eating into that time?



Q4. Consider the symptoms of burnout. Are you experiencing any of them right now?

Q5. In the episode, we identified eight different ways to well-being. How do you fulfil and fit them into your life?

How I Fulfil the 8 Ways to Well-Being	
1. Connecting	
2. Giving	
3. Learning and Playing	
4. Being Active	
5. Noticing	



6. Eating	
7. Sleeping	
8. Setting Boundaries	

Q6. Living a meaningful life means regularly giving and contributing to something outside yourself. Describe how you can live a meaningful life without neglecting your well-being.

Q7. Making room for other things that come up in your life should not be at the expense of your well-being. Complete the phrases below to plan how you will prioritise your health and wellness amidst your busy schedule.



The ONE Thing You Can Do Right Now for Your Well-Being

The first thing I give up to make time for extra work is...

I feel the need to do so because...

On a scale of 1 to 3, with 1 as not particularly important and 3 being vitally important, I rate it ___ based on how important it is for my physical and mental health. This is because...

I will start prioritising my well-being by keeping this in my life. For accountability, I will tell _____ about how and when I'm going to do it. That is through...

I will treat it as a sacred time by...

CPD time claimed:

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