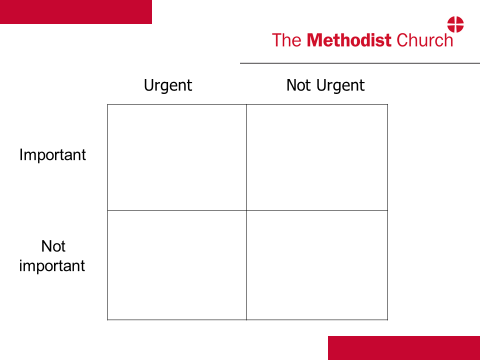
## **Managing self, time and your own wellbeing**

**A model for managing our work**



The aim is to work in the important, not-urgent quadrant, rather than always being driven by urgent requirements.

**The importance of balance in our lives**

*‘Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some’ Robert Fulghum, 1937- (author and painter)*

*‘Happiness is not a matter of intensity but of balance, order, rhythm and harmony’*

*Thomas Merton, 1915-1968 (Trappist Monk)*

**A model of learning from reflection** (Gibbs 1988)



What would help you be more intentional about this cycle?

Break out of common cycles of behaviour?

How do we learn from experiences and not just repeat?

***“You don’t learn from experience you learn***

***from reflecting on experience”***

**Well-being**

* **Connect:** with people around you, family friends, neighbours, your community
* **Be active:** discover a physical activity you enjoy and make time for it. Exercise makes us feel good.
* **Take notice and live in the moment:** Be curious. Take time to notice the beautiful, the unusual, the changing seasons. Savour the moment. Reflect on your experiences to learn what matters most to you.
* **Keep learning:** Try something new. Set yourself a challenge. Rediscover an old interest.
* **Give:** this is about looking out as well as in. Do something nice for someone, or the community. Smile. Thank people. But balance the giving with the taking in. You are important too!

*This comes from The New Economics Foundation, available for sharing if acknowledged*.

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