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Thank you





From Me To We To Us

Building our own
Wellbeing Ecosystem
North East
Neighbourhood House
Network
July 2021



Heliotropia... Turn Towards The Sun

Lisa Barker – Director and Facilitator



In nature and in psychology, the *heliotropic effect* is the tendency for all living systems including humans to turn towards what enables life and away from what depletes it...

If we do it enough, we thrive...

DipT, BEd, GDip(Jap), ProfCertEd(PosEd),
MAppPosPsych
GradCertOrgCoaching (in progress)
Theory U Practitioner
Accredited Mental Health First Aid



Wominjeka!

Banyule
Darebin
Nillumbik
Yarra
Whittlesea



Image credit: whittlesea.vic.gov.au



Image credit: yarracity.vic.gov.au



Image credit: Nillumbik Reconciliation Group



Image credit: darebin spiritual healing trail



Image credit: banyule.vic.gov.au

<https://youtu.be/CzLbdw3d7UU>


heliotropia
wellbeing



Merri Creek by Charles Troedel, 1864



Acknowledgement
of
Country

Qi Gong – Life Energy Cultivation



Intention Setting...

Wherever we decide to place our attention, that is where our energy will flow....

Aligning attention and intention is powerful



Wellbeing...up close and personal



I worked out early in my career that it was critically important to create a healthy environment in which these young people and their families could grow and flourish....



Activity...

Think of a healthy ecosystem you are/have been part of/witnessed...it may be when you were younger or more recently.

It may have been at work, with friends, with a group you belong to or with some of your family members.

It may include non-human participants.

What do you see, hear, feel, experience when you are in a healthy ecosystem?



Neighbourhood houses are the heart of our communities. They bring people together to connect, learn and contribute to their local community through social, educational, recreational and support activities.

Also commonly known as community centres, learning centres, community houses or neighbourhood centres, these inclusive community-based organisations welcome people of all ages, abilities and walks of life, creating opportunities for people to enrich their lives through connections they might not otherwise make.



“In short, Neighbourhood Houses are the key to one’s local community”.



Photo by [Sixteen Miles Out](#) on [Unsplash](#)

A portal or doorway

A key to connection

Safety and support

Unlock community potential

A place to feel free

A gathering place

Opportunities to learn and grow

Places of harmony and equality

A place of beginnings

Creativity hubs

Places that celebrate meaning and purpose

“Wow, it must take such a special soul to coordinate such a place...”

“Wow, nurturing that soul matters...”





Today's Aim...

*This session is for and about you.
How can we as community leaders
prioritise our personal wellbeing
for the good of the whole, especially during times of
challenge and stress?*

***Putting ourselves last compromises the wellbeing
of the whole.***

*In establishing our **own personal wellbeing
routines**, we can begin to shape a healthy landscape
for the people around us who are watching and
learning from us everyday.*

*As colleagues, we can also support one another
through **the shared understanding that our
personal wellbeing has an impact on the whole
group** and therefore a powerful opportunity to create
a healthy ecosystem of wellbeing exists.*





Tree as Metaphor

Defining 'Wellbeing' is tricky....

- Our personal wellbeing is determined by many factors: social class, childhood experiences, gender, age, race, health, equality, access to services, level of education, a global pandemic, the state of the world...
- Building an ecosystem of wellbeing in an unjust society is really hard
- The digital age has made things MUCH more complex
- Wellbeing is NOT being 'positive' all the time
- We DO need to actively construct our own wellbeing everyday and it then ripples out





Maslow's Hierarchy of Needs



verywell

wellbeing

Image credit: verywellminds.com



“Wellbeing is a state of being with others and the natural environment that arises where human needs are met, where individuals and groups can act meaningfully to pursue their goals, and where they are satisfied with their way of life.”

adapted from
J Allistair McGregor PhD, 2008





Activity...

Think, Pair, Share

What does 'wellbeing' look and feel like to you?

List a few words that can become part of a personal definition to be revisited frequently...



2020, 2021 and beyond...

When did the 'penny drop' for
you...

What strengths have you
called upon...

Where have you most
surprised yourself...





Burnout...



Photo by [Hilde Buyse](#) on [Unsplash](#)

The flame of energy, efficacy and enthusiasm
dims and goes out



-energy depletion or exhaustion

-reduced professional efficacy

-increased feelings of negativism and cynicism towards one's work

The Impact of Stress

Some is essential,
a lot is catastrophic...

“Stress is defined as a *perceived* inability to cope when the demands of a situation threaten to exceed the resources of the individual.”

Lazarus & Folk, 1984





Activity...

We all have adaptive and non-adaptive ways to deal with stress....

Make a list of adaptive strategies that worked for you in 2020...





What may no longer be serving me...
what am I willing to let go of so I can let come?



An Ecosystem of Wellbeing...

We *are* a living system and rely on feedback, reflection and action

We *can* create our own reality

We are not simply observers...we are the system

We *can* choose how we create our ecosystem however we must be honest with ourselves about what is best for us

Maturana & Varela, 1980





If I change myself, will the world change around me?

- Personal transformation is possible
- It happens in tiny, deliberate steps
- Self awareness is life giving
- Caring for ourselves is a deliberate activity that strengthens an entire ecosystem
- It is not selfish
- Its counterpart is self sabotage



Image credit: [selfcompassion.org](https://www.selfcompassion.org)

Turn towards the sun...



Helio
Self
Care

Health – my physical care

Engagement – my psychological care

Learning – my personal growth

Interconnection – my relationship care

Optimism – my emotional care

Five Daily Questions...

health

how am I and what does my body need today?

engagement

how will I engage my strengths today?

learning

how will I create learning in my life today?

interconnection

how can I be in right relationship today?

optimism

how will I infuse positive emotion into this day?



My Health

How am I and what does my body need today?

- Nutrition
- Exercise
- Sleep





Image credit: <https://www.cbhs.com.au/health-well-being-blog>

Our Vagus Superhighway ensures that gut and mental health are entwined...



Image credit: yogainternational.com

NOVA 1,2,3,4

A REALLY important development in FOOD identification



Group 1 - Unprocessed or minimally processed foods

Group 2 - Processed culinary ingredients

Group 3 - Processed foods

Group 4 - Ultra-processed food and drink products



Image credit: teenlife.com



We sit, on average for nine hours a day....

‘Sitting Disease’

Respect our DNA – we are
a species who thrives
outside...



Why we sleep....



Image credit: Magnus Wennman@NationalGeographic

Sleep is a
necessary
period of
sensory
isolation...

Sleep and Quality of Life

We tend to become much more sensitive emotionally and socially when we are sleep deprived leading to psychological distress...



Image credit: pbs.org



Our Sleep Essentials...

Absolutely no screens, TVs, phones, ipads

A regular bed and wake time (circadian rhythm)

Avoid stimulants after lunch (caffeine and tobacco)

Exercise is essential (morning better than evening)

A healthy diet (2+ hours before sleep)

Limit alcohol - 'one two rule' - one drink two hours before bed

No threat stress, especially late in the day

Passive, not active evening screen-time - look don't comment

A quiet, dark, cool room

A comfortable bed no more than 10 years old

1 hour unwind - book, bath, journal, draw, stretch, meditate, pray



Activity...



...is my three
legged stool
currently
stable?

My Engagement



How will I engage my strengths today?

- Knowing strengths
- Mindful awareness
- Flow

What are my strengths...

COURAGE

Bravery
Honesty
Perseverance
Zest

JUSTICE

Teamwork
Fairness
Leadership

TEMPERANCE

Forgiveness
Humility
Prudence
Self-regulation

WISDOM

Creativity
Curiosity
Love of Learning
Judgement
Perspective

TRANSCENDENCE

Appreciation
Gratitude
Spirituality
Hope
Humor

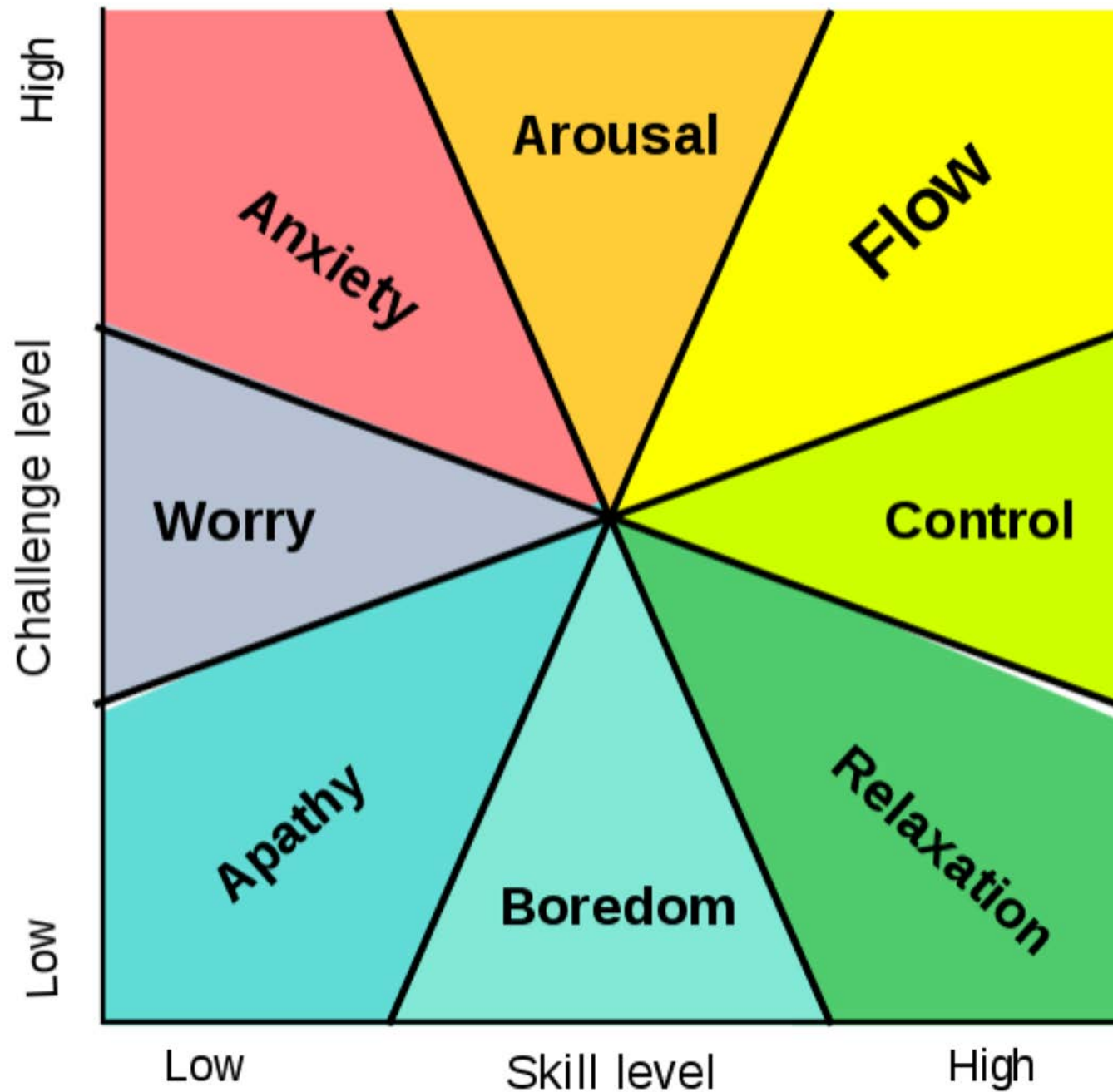
HUMANITY

Kindness
Love
Social Intelligence





What jumps out for you here?

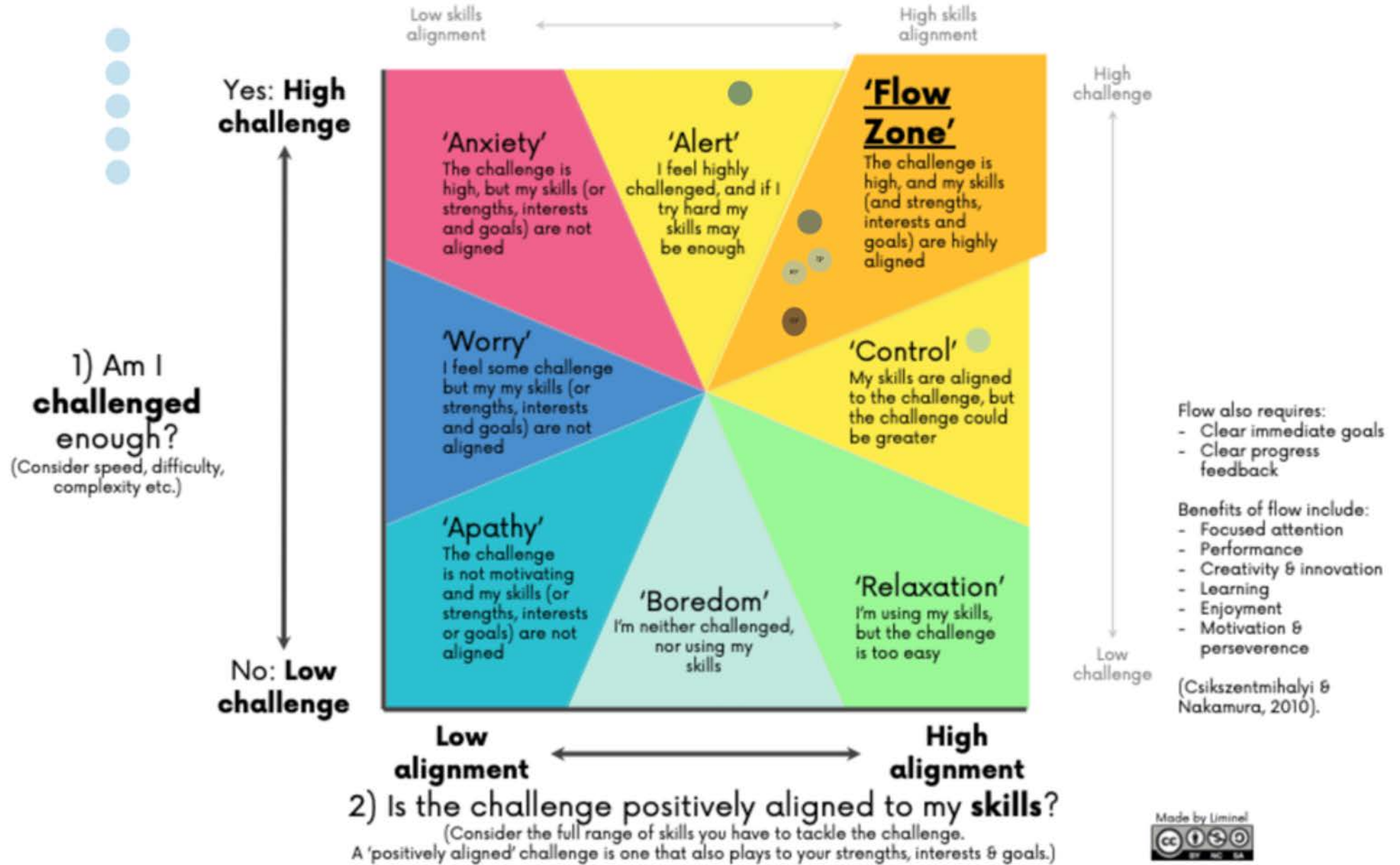


Engagement
leads
to
Flow

Mihaly Csikszentmihalyi



Flow-ometer





Essential Elements of FLOW:

An activity that requires *active* participation

A balance of challenge AND skill

Complete concentration in task

A sense of control (no ego/doubt)

Transformation of Time (fast or slow)

Activity for the sake of it (not for a reward)

FLOW is very, very good for our wellbeing!





Activity...

Think of a time when you were last in a flow state....

Share your recollection with a partner...

How can you make this happen more often?

(hint: non-work hobbies help)



My Learning

How will I create learning in my life today?

- Setting personal goals
- Being curious
- Growing a lifelong love of learning



Image credit: Maryane Pidcock





Activity...

Divide your life into decades and consider what you have learnt – try to choose a single big thing for each decade...

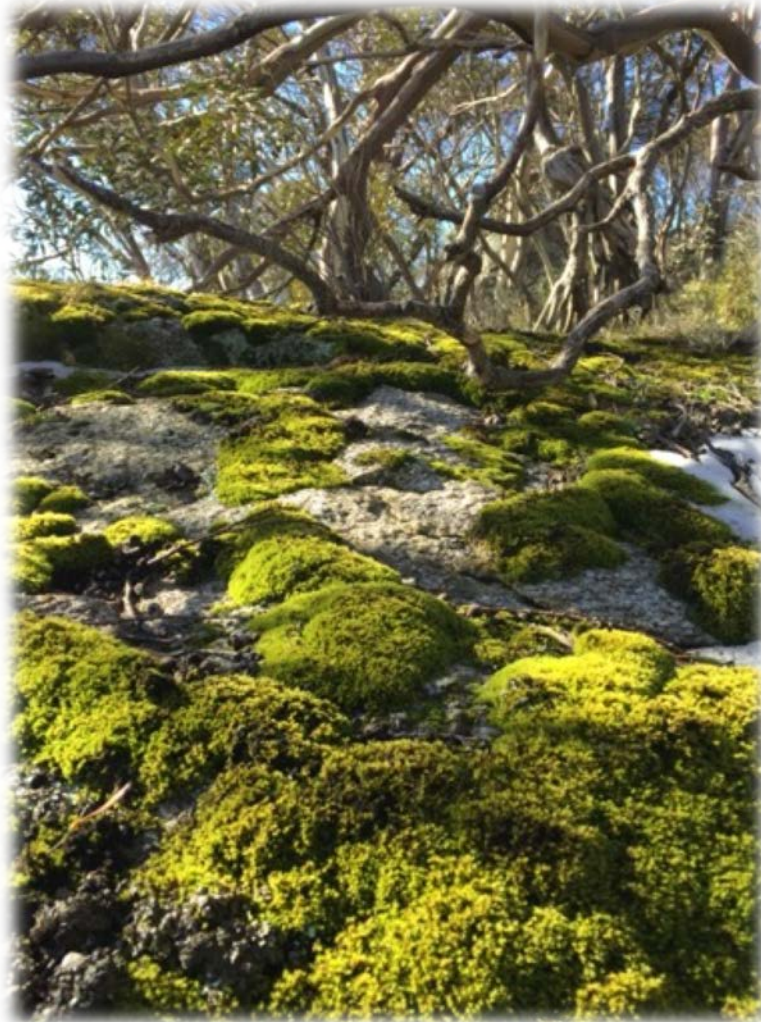
Now project forward into the next two or three decades...what might you consider learning going forward...

Any role models you'd like to mention?



Photo by [Markus Winkler](#) on [Unsplash](#)

My Interconnection



How can I be in right relationship today?

- A need to belong
- Stop – be still - respond
- We co-regulate one another
- Ecosystems of connection



The *single most significant factor* in developing wellbeing across the lifespan is the quality of our relationships

The Grant Study
Harvard University
1938-present





Nurture
relationships and
actively seek new
friendships, making
sure they energise
rather than
drain us of energy...

(hint: how do you feel when
you walk away?)





A question to
discuss...

how am I at
boundary setting?



Activity...



Imagine your own
ecosystems of
connection
at home and at work...



My Optimism

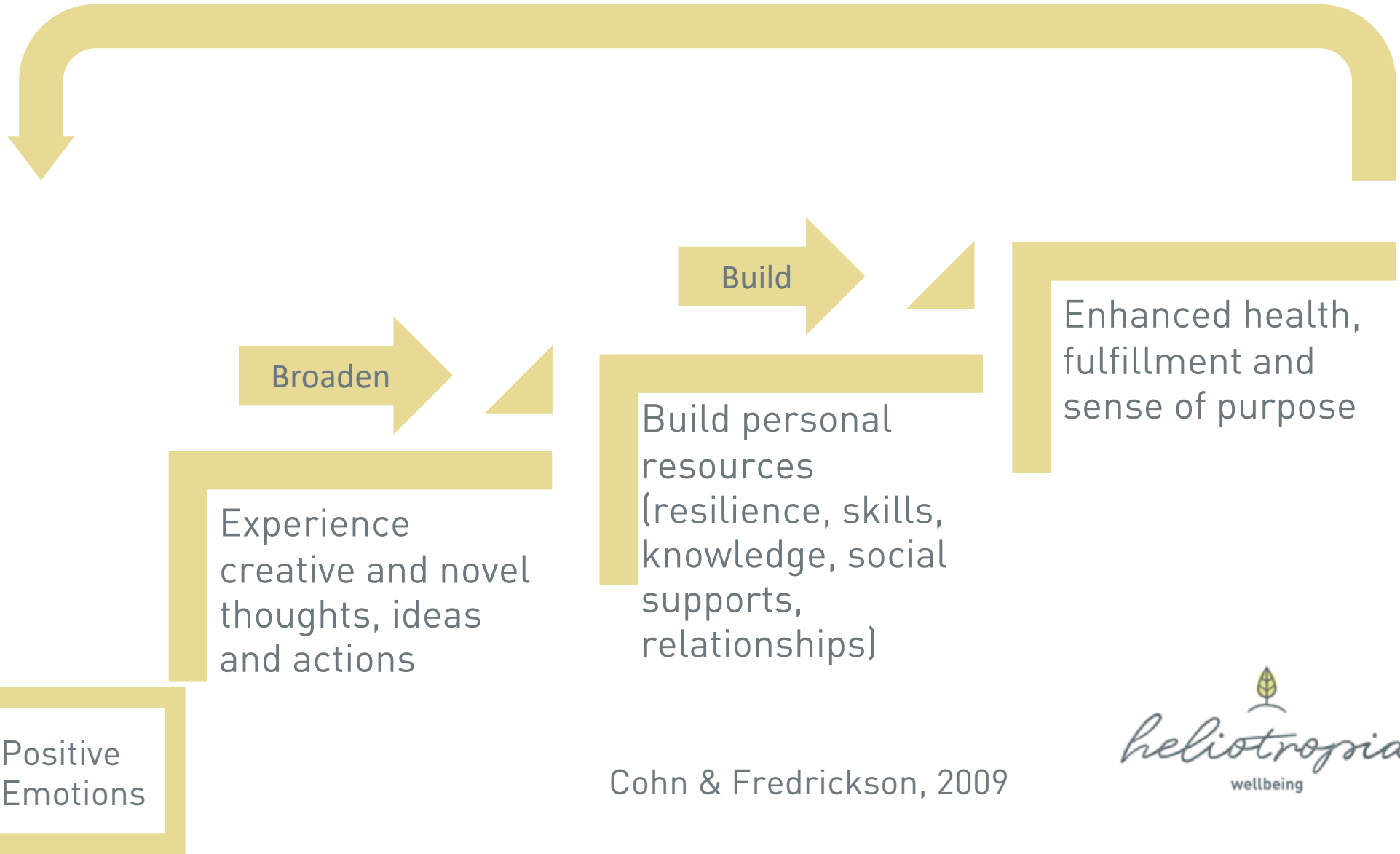
How will I infuse positive emotion into my day today?

- Optimism as success oriented and grounded
- Broaden and Build
- Positive emotion via our senses



Photo credit: Maryanne Pidcock

Positivity Spiral



Start here

Positive Emotions

Experience creative and novel thoughts, ideas and actions

Build personal resources (resilience, skills, knowledge, social supports, relationships)

Enhanced health, fulfillment and sense of purpose

Cohn & Fredrickson, 2009



We can
build
positive
emotion
through our
many
senses....



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Daily HELIO will help you to...



Stop
See
Sense
Reflect
Act...



Heliotropia
is here to
assist...



My website

www.heliotropia.com.au

My Instagram

@heliotropia_

My Facebook page

<https://www.facebook.com/Heliotropia-Wellbeing-297390947544446>

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