

# How To Improve Your Mental Wellness and Protect Your Mental and Physical Health



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# W I S E

## W E L L N E S S P R O G R A M M E

The 8 Wise programme is a Therapeutic Coaching programme that combines the concepts of psychotherapy and coaching for an effective, end to end, holistic approach for improving your overall wellness and wellbeing through eight focus areas:



EMOTIONAL



INTELLECTUAL



FINANCIAL



OCCUPATIONAL



SOCIAL



ENVIRONMENTAL



PHYSICAL



SPIRITUAL

The 8 Wise programme can help you to assess yourself against each focus area, set realistic goals and create an action plan for improving your wellness and wellbeing, giving you the tools to manage your stress levels long term, protecting both your mental and physical health.

Learning to effectively balance wellness and wellbeing, alongside learning to manage and problem solve the challenges in your life, reduces your stress related issues. This approach is what lies at the core of the 8 Wise Wellness approach for managing mental wellness.



The 8 Wise Wellness programme leads you to a more satisfying life through the process of;

- identifying the emotional triggers and traumas, linked to life events and transitions, that impact your mental wellness
- implementing an eight stage solution focussed approach to managing those emotional triggers
- developing an eight stage problem solving plan for managing any current or future life events, traumas and transitions .

Through the 8 Wise Programme you will:

- Reduce stress, anxiety and depression
- Prevent Burnout
- Improve Low self esteem
- Remove negative thinking patterns
- Problem solve life transitions and traumas

The approach is simple but incredibly effective using techniques from: Psychotherapy, Emotional Intelligence, Positive Psychology and Coaching



# THE 8 WISE FOCUS AREAS?



## **Emotional Wellness**

Developing a positive attitude, high self-esteem, a strong sense of self, and the ability to recognise and share a wide range of feelings with others in a constructive way.



## **Physical Wellness**

Learning to take care of your body effectively and consistently for optimal health and functioning.



## **Spiritual Wellness**

Finding purpose and meaning in life events, leading to a clear identity and life that reflects your values and beliefs.



## **Intellectual Wellness**

Seeking personal growth and learning to be open to new ideas, creativity, critical thinking and seek out new challenges.



### **Environmental Wellness**

Improve awareness of interactions between the environment, community and self, and develop behaviours that demonstrate care and sustainment for each of these areas responsibly.



### **Social Wellness**

Build healthy relationships with others, deal with conflict appropriately, connect to a positive social network and let go of toxic relationships.



### **Occupational Wellness**

Seek to have a career that is interesting, enjoyable, meaningful and that contributes to your wider life.



### **Financial Wellness**

Understand the importance of money to you, live within your means and learn to manage your finances for the short and long term.

# SELF-ASSESSMENT

No matter what your issue, problem or challenge is, it will be having an effect across all eight focus areas, leading to unbalanced wellness, effecting your overall wellbeing. By using the 8 Wise Wellness approach you can limit the damage and impact on your life and the people in it.

Look at each focus area and assess yourself honestly against it, to identify what your current wellness level is.

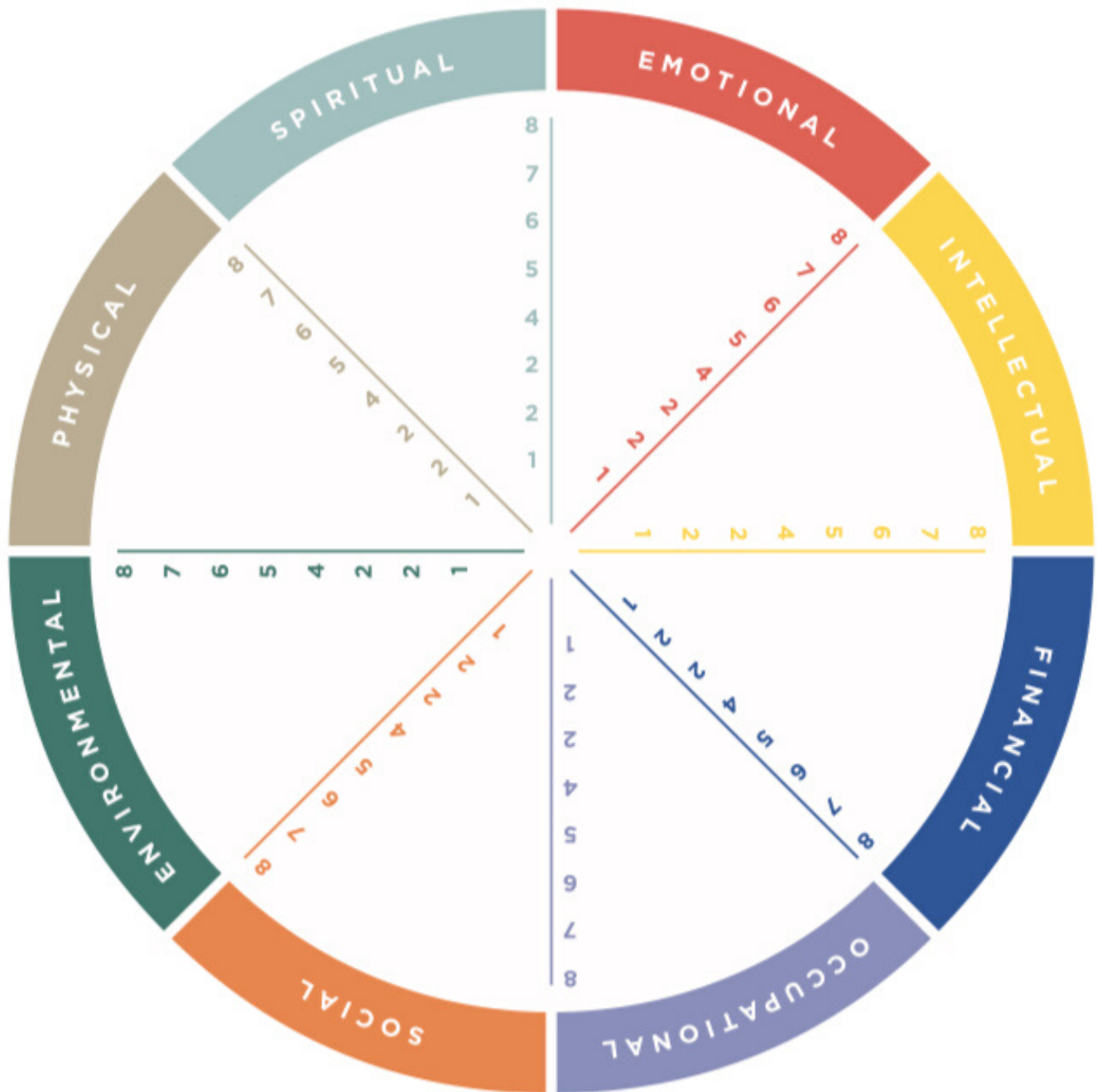
Use the 8 Wise Wellness Wheel on the next page.

From your assessment you will identify your lowest areas, now simply set some goals to improve them.

If you need help with this, get in touch and book onto our 8 Wise Wellness Programme







Rate your current wellness level for each dimension between 1 and 8.

**1-2** = Unsatisfied **3-4** = Limited **5-6** = Average **7-8** = Satisfied

Plot on the wheel your current wellness and wellbeing score for each dimension.



**W I S E**  
WELLNESS PROGRAMME

## Choose your 8 Wise plan

### 8 WISE WORKSHOP

A 2.5 hour introduction to the 8 Wise wellness approach

### 8 WISE DISCOVERY

A 1 day training course to support with developing a tailored 8 Wise action plan for improving wellness and managing life's challenges, traumas and transitions

### 8 WISE PROGRAMME

12 x 2.5 hour workshops, plus 6 x 1 hour, one to one therapeutic coaching sessions. A step by step support system, for overcoming historic issues, and managing current life challenges, traumas and transitions

### 8 WISE COACHING

16 x 1 hour one to one therapeutic coaching sessions to support with implementing an effective 8 Wise action plan





# **dalton wise**

coaching & therapy



## **Contact Us**

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