

# A to Z Of Wellbeing

C	D	E	F	G	H
C is for Contagion People can catch your positive vibes and spread them to others.	D is for Determination Be committed and determined to achieving something in the long term.	E is for Ease Peace and wellbeing can be achieved when you are at ease with yourself and your circumstances.	F is for Flow Find something you enjoy. Commit to doing it every day. Even if it's just for five minutes.	G is for Gratitude Be grateful for what is in your life rather than what isn't. Gratitude is the fertiliser for...	H is for Happiness We all want more of it. So look for it and let it into your life.
I	J	K	L	M	N
I is for Input Read great books, listen to interesting podcasts and talk to supportive people.	J is for Junk Remove your connection to junk communities where people moan, complain and spread negativity.	K is for Kindness Being kind can lift your mood and the mood of the person you help. Do it more often.	L is for Love Love yourself first. It's the building block for flourishing relationships.	M is Mindset The skill set without the mindset will leave you upset.	N is for Neuroplasticity Practice and repetition can rewire your brain for the positive.
O	P	Q	R	S	T
O is for Outside Being outside and offline will reduce stress and increase happiness.	P is for Perspective Are you having a bad day - or a bad few minutes you can't move on from?	Q is for Quiet A quiet mind is free of stress and worry.	R is for Relationships They recharge you with clean, green and renewable energy.	S is for Slower Slow down and be present. You are only where you are right now. The present. So lap it up.	T is for Thinking Thoughts come and go like the wind. Try to hold on to as many positive ones as possible.
U	V	W	X	Y	Z
U is for Understanding Be compassionate and free of judgement for others.	V is for Values Know what you stand for and stand against. Make sure your actions match.	W is for Words Words shape worlds. Choose and use yours carefully.	X is for X factor You are the best version of you. No one is better at being you than you. You have the X factor already.	Y is for You You matter. You always have and you always will.	Z is for Zip Having zip and spring in your step motivates you to be your best self every day.