

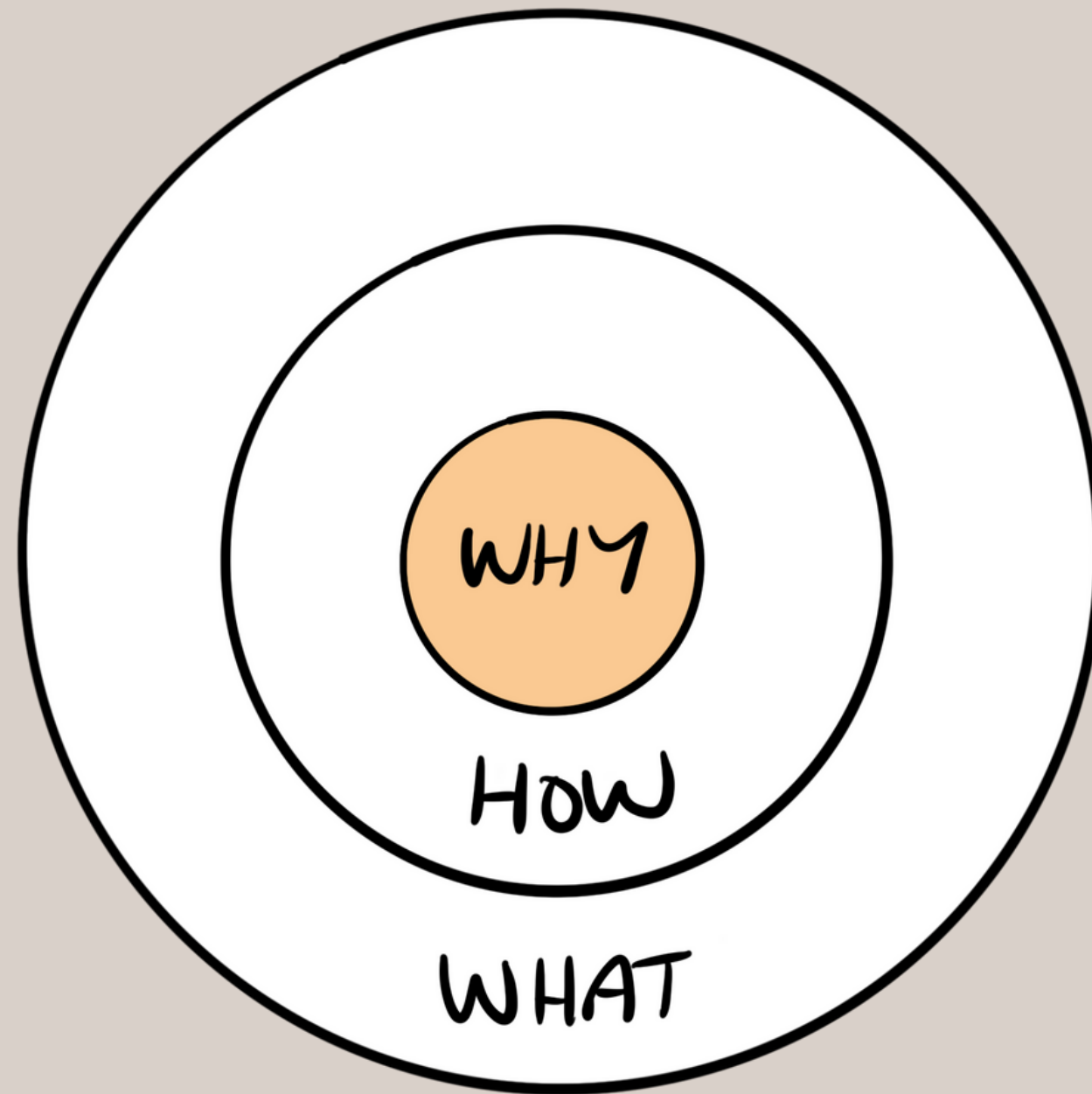
# Balance and Well-Being

PMA Workshop

Thursday 18th April 2024



**NMS.COACHiNG**

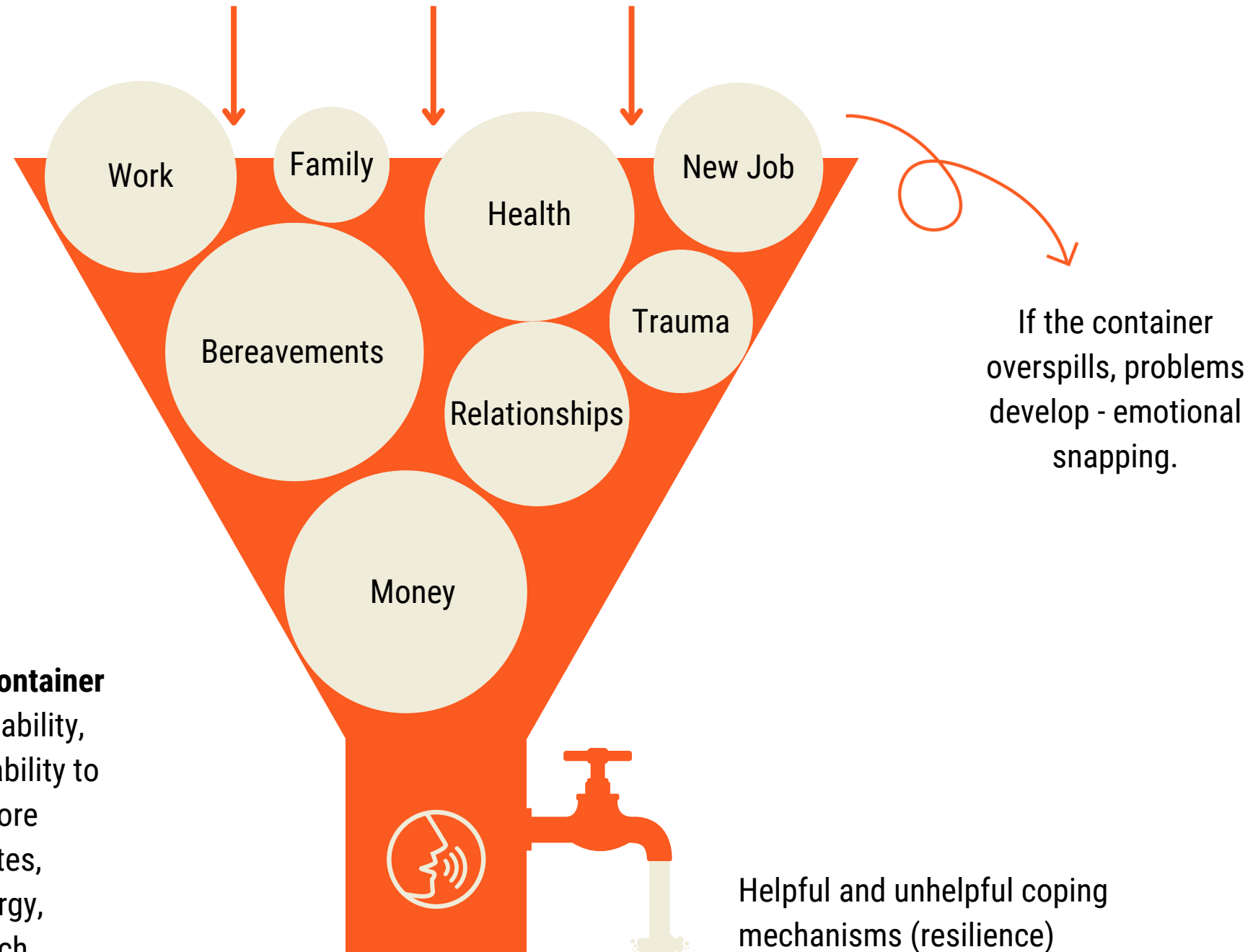


# The Golden Circle

How Great Leaders Inspire Action  
Simon Sinek TED Talk 2009

# Overwhelm

Stress Flows into the container



**Some common signs our container is overflowing include:** Irritability, Tearfulness, Indecision, Inability to concentrate, Consuming more alcohol, caffeine or cigarettes, Frequent tiredness or lethargy, Headaches or upset stomach.

MHFA England

## Your Stress Container

**Helpful Coping Mechanisms** mean your tap is working and letting the stress out.

Examples:

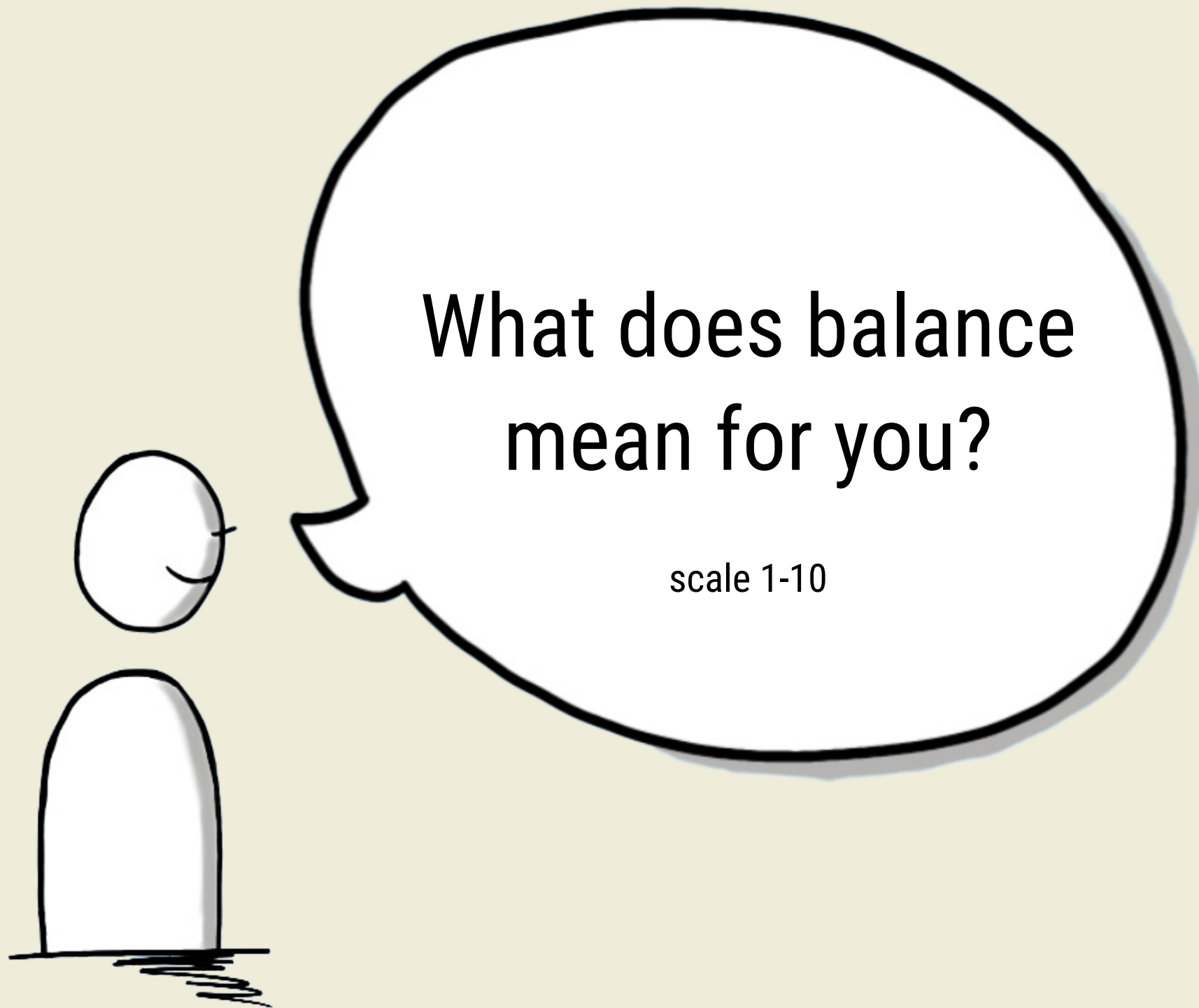
- Being active
- Time for hobbies
- Talking to a friend
- Problem solving

**Unhelpful Coping Mechanisms** mean your tap is blocked, so stress fills the container and may overflow.

Examples:

- Drinking to excess
- Overworking
- Bottle up feelings
- Withdrawing from others

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# Well-Being

Language

Mindset

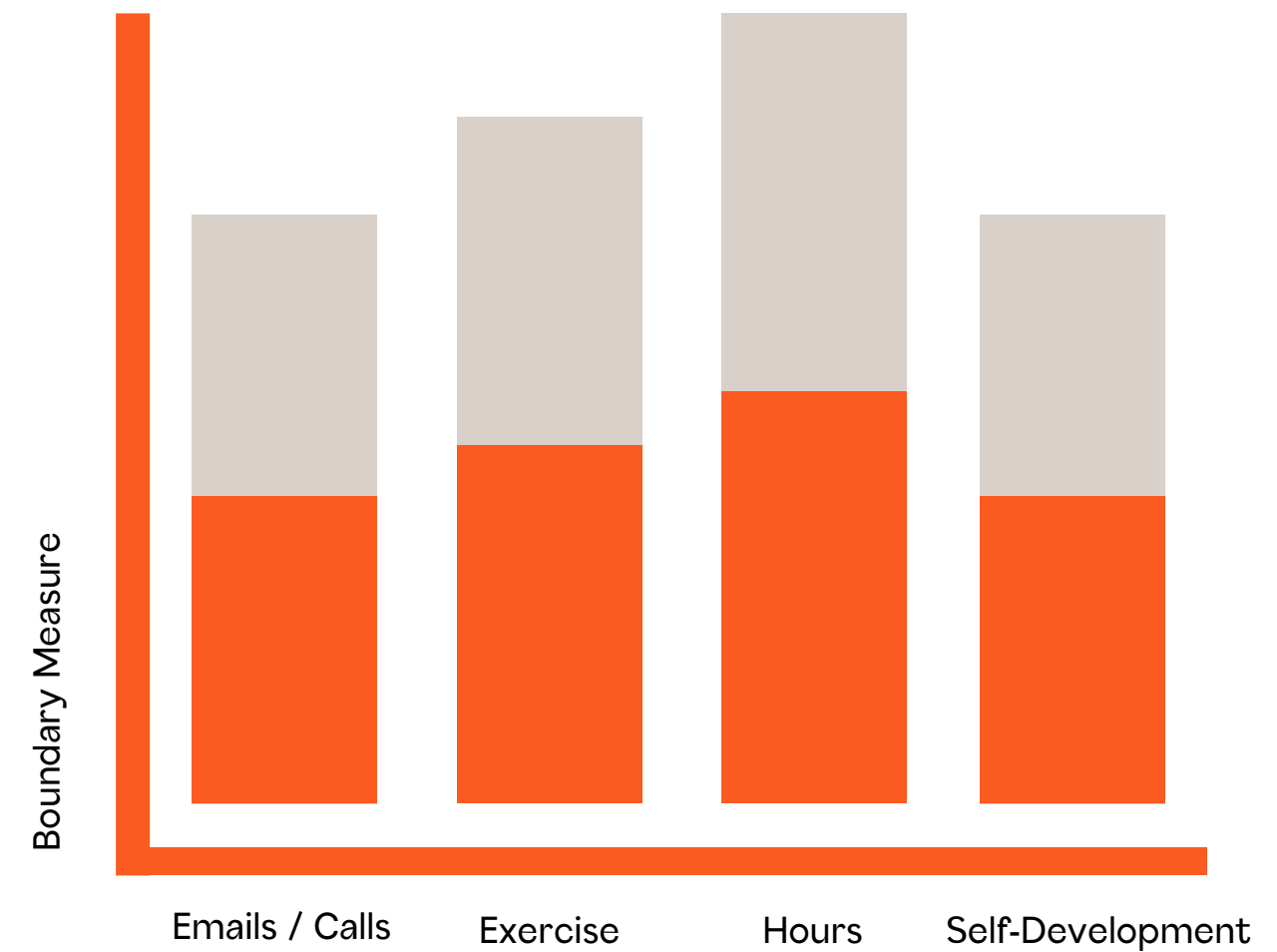
Visualise



# Well-Being and Boundaries



What do you need to help you grow?  
What could you let go of?  
What fruits are you growing?



What are your boundaries like?  
Where do you want them to be?  
What do you need to do to get there?



## Reflection



Overwhelm

Balance

Well-being and Boundaries

- What happens next?
- What has been useful for you?
- What have you learnt about yourself?

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