

There's a hole in my bucket...

There are actually six 'buckets' of health and wellbeing, as follows;

PHYSICAL:

fitness, diet/nutrition, energy levels, restful sleep, stress, illness, injury, activity

MENTAL:

thoughts, irritability, frustration, attention span, concentration, goal setting, skills, intelligence

SOCIAL:

quality time with friends/family, support network, mentors, confidence, new relationships



EMOTIONAL:

overwhelm, self-doubt, worry, anxiety, fear, confidence, self-talk, feelings, resilience, agility

SPIRITUAL:

connection with others, hope, faith, life purpose, "why", self-love, gratitude, mindfulness

FINANCIAL:

financial stress, medical costs, dependence/independence, ability to achieve goals, anxiety

© YOLO Coach 2019 – www.yolocoach.com.au

As you can imagine, it is incredibly difficult to fill each bucket if there's a hole that continues to leak and jeopardises our livelihood or wellbeing. In order to fix a hole and stop the leak, it's important to know which tools to use and how to use them. The tools must be designed as an appropriate and practical solution with a step by step formula to avoid additional damage. Our buckets are precious. Our wellbeing is precious! Sometimes, we just need to learn better ways to nurture ourselves with practical solutions to alleviate our problems. When something is damaged or broken, it can often be fixed with a bit of focus and the right tools.

With the rising epidemic of mental health concerns in Australia, it's time that we focused on proactive intervention (rather than reactive rehabilitation) and learning the tools to effectively **work through** challenges. We need to empower ourselves and invest in our emotional agility. In order to get the most out of life, we need to focus on emotional intelligence and independence across all six aspects of wellbeing.

It seems that we already subscribe to proactively gathering information/tools to prepare us for crisis situations in the following examples;

- Defensive driving
- First aid
- Self-Defence
- Aeroplane emergency drills
- Building evacuations

All of these examples relate to personal safety and wellbeing, so education for wellness should be equally as proactive. At YOLO Coach, we have identified the benefits of proactive intervention along the wellness journey and developed tools to help people move forward and get back in the 'game'...

= No more leaking buckets!