

# Welcome!

First of all, congratulations on investing in The Mental Wellbeing Toolkit. Allow this to represent the start of an exciting new chapter for you – a period of sustained personal growth.

We understand that the idea of taking steps to address your mental wellbeing can feel overwhelming. Try to keep your focus small, focusing on just one step at a time.

Keep reading to discover our suggested step-by-step guide to using this tool.



## STEP 1. LEARN THE THINKING SLOW METHOD

The Thinking Slow Method is a 3-step system to help you reduce overthinking (referred to by psychologists as ‘rumination’), deal with challenging emotions, and cope with uncomfortable physical sensations.

Research suggests that rumination plays a large role in the experience of poor mental health. That’s why we suggest making it the first step on your mental wellbeing journey.

Have the following printed and ready before reading the guide:

- *The Flashcards (page 27)*
- *The Deconstruct Worksheets (pages 28-30)*

Once you’ve finished reading the guide, insert the phone reminders that are the most relevant to you as attachments in an email and save them to your phone for quick and easy reference on the go.

## STEP 2. GET STARTED WITH THE LASTING HABITS SYSTEM

So much of improving your mental wellbeing comes down to building new habits – and behaviour change is difficult. The Lasting Habits System outlines a science-based process to help make it easier for you. Review the six habits for optimal mental wellbeing and focus on building just one new habit at a time.

Remember that we suggest aiming for a 80% success rate when it comes to completing your new habit. Try to be kind to yourself when you do slip up, and use the Learning From Lapses sheet to explore ways to become more consistent if you drop below 80% for a sustained period.

## STEP 3. BEGIN YOUR POSITIVE EMOTIONS JOURNALING PRACTICE

Whereas The Thinking Slow Method helps you reduce distress, positive emotions journaling helps you cultivate joy, hope, and more. Importantly, it also contains prompts to help reinforce your learning from the rest of the toolkit. In addition, this practice aims to help you strengthen your sense of identity through increased self-focus and self-reflection.

Within the phone reminders, you’ll find a set of images to store on your phone for times when writing things down isn’t convenient and you’d prefer to do the practice mentally.

## STEP 4. CREATE YOUR BETTER SLEEP PLAN

Sleep quality is strongly associated with mental (and physical) wellbeing. Read this comprehensive yet concise guide and create your plan to sleeping well – investing in sleep will help you boost your mood and energy and reduce stress and anxiety.

## STEP 5. USE THE SELF-COACHING AND PROBLEM-SOLVING PLANNER

If you currently feel very stressed and overwhelmed by problems, you might wish to start your journey with The Self-Coaching and Problem-Solving Planner.

Otherwise, this tool is designed to help stimulate insights into yourself and your life, helping you improve your life satisfaction. Put together your self-coaching plan and set timelines to check in with your progress using the Progress Journal Worksheet.

## BE PATIENT AND PERSISTENT

Improving your mental wellbeing is a slow, gradual process. It often requires an accumulation of cognitive and behavioural changes before you to experience a significant change in how you feel. Try your very best to complete all the steps. This process could be anywhere from 3 months to a year. As Confucius said, "It does not matter how slowly you go as long as you do not stop."

Be mindful that you may feel worse before you feel better. This is a consequence of allowing difficult emotions to surface and be processed. Tackling problems might also make you feel more stressed before you start to feel better.

If at any point you start to feel too overwhelmed emotionally or physiologically, we strongly encourage you to seek the [support of a trained professional](#).

Wishing you the very best on your mental wellbeing journey,

*The Wellness Society*

## REFERENCES

*Aldao, A., Nolen-Hoeksema, S., & Schweizer, S. (2010). Emotion-regulation strategies across psychopathology: A meta-analytic review. Clinical Psychology Review, 30, 217–237.*

*Ben Simon, E., Rossi, A., Harvey, A.G. et al. Overanxious and underslept. Nat Hum Behav (2019) doi:10.1038/s41562-019-0754-8*

*For a full list of references, please email [hello@thewellnesssociety.org](mailto:hello@thewellnesssociety.org).*

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