

What about Wellbeing?

This article takes a general look at wellbeing and how we can help ourselves recognise what obstacles we, albeit unintentionally, may put in its way.



As a concept or buzz-word 'Wellbeing' has become more popular and pervasive today than ever. Some universities offer wellbeing weeks to new students ¹, some housing associations are making plans to help improve their resident's wellbeing² and even mobile apps claim to be able to strengthen your wellbeing ³. The Japanese government has started to use indicators such as Gross National Happiness alongside the tradition GDP to show the value they are putting on their resident's happiness ⁴. Personally I have myself previously enjoyed working with a learning disabled client group at a local Wellbeing group teaching about subjects ranging from mindfulness to fun with food.

The dictionary defines wellbeing as, 'a state of being contented and healthy: *a sense of wellbeing*.'⁵

This definition can obviously mean a lot of things to a lot of people! There do seem to be some generally accepted ideas on what can add to and take away from wellbeing. Studies have shown that suffering from a chronic illness ⁶ or being sleep deprived ⁷ can have a huge knock on effect in taking wellbeing away. However research has shown that activities such as being more eco-friendly⁸, creating or joining a group ⁹ or noticing nature in our daily routine ¹⁰ can promote a boost in general wellbeing.

Yet what about us personally? What can we do to help keep our own personal flow of wellbeing going? This is a time of year where we are often encouraged to think about the greater wellbeing of others either by giving gifts, being charitable or attending several social functions (even when we would rather than just putting our feet up). So it can be easy to assume that wellbeing is out there and or lives within other people and all I need to do is just go out and find it somehow or give more. Then following on from this logic in January we have the inevitable 'blue Monday' the apparently most depressing day of the year as part of the aftermath.

As Sydney J Harris said, "Happiness is a direction not a place." Taking control of our personal wellbeing starts with understanding the parts of ourselves that, albeit unintentionally, sabotage our wellbeing. The following concepts, that are central concepts in Block Clearance Therapy, are major players in this regard:

- Taking a Balanced Responsibility
- Marking Achievements
- Patience and Trusting the Process of Life

With the examples I gave about the time of year we are in it is easy to run our own fuel tank of energy or positive emotion to run dry with the business of life. When our personal fuel tank is high then we can really go the distance for ourselves and for others. It is more often the case than not though, especially at this time of year, that we end up in a state of imbalanced-responsibility. Imbalanced-responsibility is where our internal sense of responsibility swings back and forth. This usually presents in someone as them giving their all to others and taking too much responsibility for them and then forgetting to look after their own needs and therefore not being self-responsible. When we have let our fuel gauge run low and not found the time for self we can become tired, irritable and ultimately resentful. This is not just a thief of joy but then then leads us to a secondary problem....

Thankfulness has been touted a real boost to wellbeing and success in a recent study¹¹. However it is hard to try and adopt an attitude of gratitude if we are fast becoming tired, irritable and resentful via imbalanced-responsibility. Thankfulness and gratitude does serve another important purpose for our mind, it helps us to recognise what is already working in our life. In Block Clearance Therapy we encourage people to celebrate their achievements as by doing this it effectively marks where we have been and what we have accomplished or learnt. To our subconscious we are saying, 'Yeah, I got that!' When we don't mark what we have achieved, then we are sending out a signal that we haven't learnt enough and this then risks attracting something we don't want to keep us learning. Sometimes mistakes we, or others, have made can get us stuck in the energy of the mistake and not the learning of the lesson. There is always something to learn about a situation even if we don't like it. By ignoring the pearl gained (or the wisdom) and only seeing the grit (or the dark part) we take away our achievement's in life. Perhaps we aren't in the country pile we've always wanted or driving the car of our dreams but if we have health, food and love then we are often richer than most can dream of.

Another barrier to our progression to internal wellbeing can be our patience at the process of life. In practical terms gaining happiness and emotional wellbeing can happen in instalments throughout the course of a lifetime. Instead of seeing it as something to be acquired quickly like a purchase it can be easier to see it as something to break it down in to steps. It could be that this month you decide to set aside time to read a novel or learn to use a meditation app. Life is an on-going process of acquiring knowledge, self-awareness and then positively putting things in to practise.

One thing that often pops up in Block clearance Therapy is Trust. Often people want to have their life and direction figured out all the time. Perhaps they think this will help them feel safe or in control. Sometimes to sit in confusion or wait in limbo can seem alien. Yet by allowing this for ourselves means we are sitting in the flow (or lack of it) and then often that then allows the energy to change and find its direction.

Inevitably however some issues do take longer and take more of our time and energy. It's very human to get frustrated when we have tried hard to change or manifest something and yet, despite the self-help articles or whatever we are using, it does not appear to be on the horizon. Sometimes it may even seem that the light at the end of the tunnel is an oncoming train. This can knock our trust in the process of life. Some books, articles and motivational speakers suggest that thinking alone will create anything we want in life. However they seem to have forgotten that we all have an individual subconscious system that deems some areas as 'safe' and some areas as 'not safe' and this was set up in childhood. Sometimes things don't flow as we'd like as it is not where our internal GPS was set up to flow to and until we look at its programming it will continue to do so. Another barrier can be that we are asking for flow in a light and positive manner and yet light cannot go where there is darkness. We all have a shadow side to our personality. This is where our fears, frustration, anger and sense of lack dwell. Sometimes it may seem that this darker side seems to win out. When can learn to stand back and appreciate that our mind, body and spirit are indivisible we can then learn to work with all

parts of our being. Working to find inner harmony means accepting and learning to nurture ourselves in all the parts of our being. Within us we all hold the knowledge of how to catalyse our light to triumph in dispersing the darkness. Some of us just need to be reminded of where we hid the key.