



Emotional Wellbeing and resilience

Tips to boost your wellbeing – Jo Ham

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The UK charity for **W**aldenstrom's **m**acroglobulinaemia

Top 10 tips to boost your wellbeing

Pay attention to your physical needs

- Try to eat healthy food every day
- Drink Plenty of water
- If possible, try to get at least 30 minutes of exercise five days a week
- Pay attention to your sleep: 7–8 hours is great for a healthy adult. Some people may need a little less, others more

Tune into your body

Noticing where we feel stress or anxiety in the body can be helpful as a way of starting to take control and stay calm

Work towards getting your emotional needs met in some kind of balance

- Feeling safe
- A sense of control
- Feeling valued (status)
- A sense of privacy
- Intimacy: feeling accepted for who I am
- Community: Connecting with friends family
- A sense of achievement
- Meaning and purpose

Breathe and relax

We can use our breathing as a great way to calm down. Lengthening the out-breath and breathing slowly makes all the difference

Make time to relax

Scheduling time to relax and using mindfulness can be extremely helpful, especially when used regularly.

Top 10 tips to boost your wellbeing

Balance, not perfection

We're not looking for perfection, just a healthy balance as much as possible

Keep on practising

Keep on practising, and be kind to yourself. All of these techniques boost our resilience and our wellbeing

How to worry well

Another way to manage worries is to take control of them by scheduling worry time and using [How to worry well](#) (on the next page)

Get mindful

Regular mindfulness helps – see you soon, at the next online WM mindfulness session!

Find out more about looking after your mental health...

You'll find lots more info about [Living Well with WM](#) on our website, as well as the latest dates for any forthcoming Mindfulness sessions. If you need more support, you can always contact our Support Line (details on the next page).

How to worry well

Follow these 5 steps to take control of worries.

Set aside 15 minutes a day for all your worrying (middle of the day, not late at night). Add any worries that crop up during the day or night to your worry list. Keep them for the worry time. Then take each worry and follow these steps:

1. "I am worried about..."
2. "The worst that could happen is..."
3. "The best that could happen is..."
4. "Things I can do now are..."
5. "Other factors to remember..."

As you practise this you may find you don't need the full 15 minutes to do your worrying.

How long do you really need?



Ladder of Human Needs

This relates to the recording of the Emotional Wellbeing and resilience [webinar](#)





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