

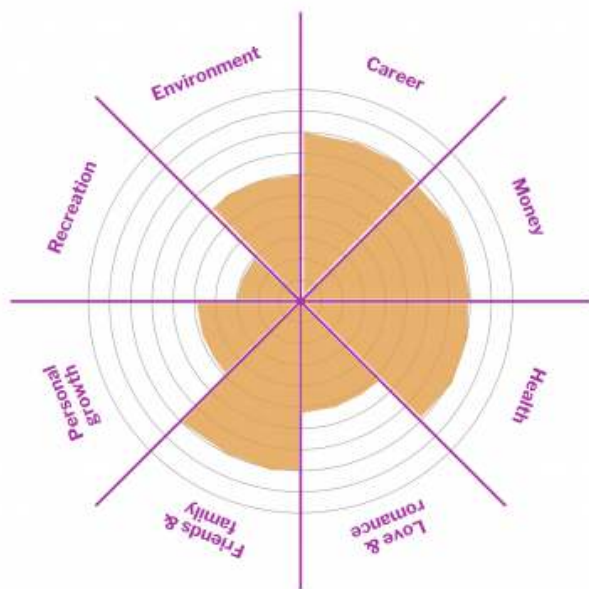


Welcome back to the **MindGym**, a new wellbeing resource!

A healthy place to give your mental health or mind even – a healthy workout for strength and endurance.



Tim Skene - Birmingham Wellbeing Alliance



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As we draw near to the end of 2021, I always find it helpful to do a little reflection. That can be done in a number of ways. We hear a lot about the importance of having a good work/life balance. The **wheel of life** is a simple visual way of quickly assessing where we feel that we might be at in the key areas of our lives.

Simply, you might like to draw a wheel on a piece of paper (similar to the one opposite) listing what might be the key areas that make up your life. Make an assessment of each area from 1-10 on how much you feel that you are filling this part of your life. 1 representing a small part of your life and 10 a big part of your life.

Make sure to be honest, and score according to where you're really at and not where you think you should be.

We can then step back from our wheel and see what comes up for us. You may want to ask yourself questions like: What response is coming up for me as I look at this exercise?



You may well find yourself being pleasantly surprised, like I was recently when I did the exercise, that I am in good balance in all the areas of my life.

Or you may think, mmm...I need to do some more work on this particular area. How am I going to go about doing that?

And then you might think – yes but there’s this and this that stops from me from doing that...so what can I do going forward? It might bring up some unhelpful beliefs that you have about yourself. The good thing about beliefs is that you can change them...although it can take some persistent work to do so.

I mentioned getting naked in the last newsletter...I bet you were wondering when I was going to return to that one! Well, just like it’s helpful to remove clothes that hinder our ability to work out physically, it’s also useful to begin removing the clothes or coverings from our minds that prevent us from mentally working out more effectively.

Exercises like the wheel of life can be ways of allowing ourselves to begin to remove some of the clothing or things that cover up and restrict our perspectives or ways of seeing things. The way we see and understand or perceive things may affect the way we behave or do things.



Curious reflection and questioning about our lives may help us to begin to notice or become aware of things from different perspectives. This new awareness may even help us to start changing things so that we can live a better quality of life.

You may also like to do this simple exercise with a work colleague or your partner and see what comes up for them.

We'll enjoy your Christmas break, hopefully without too many Covid restrictions and I look forward to our next **Mind Gym** edition in January about vision!

We're launching some new wellbeing workshops in January. The first one 'The Wheel of Life' is on Monday 31 January 12.30-13.30 - put the date in your diary. More details to follow.

SAVE THE DATE

**To find out more the Birmingham Wellbeing Alliance contact Project Manager Tim Skene:
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