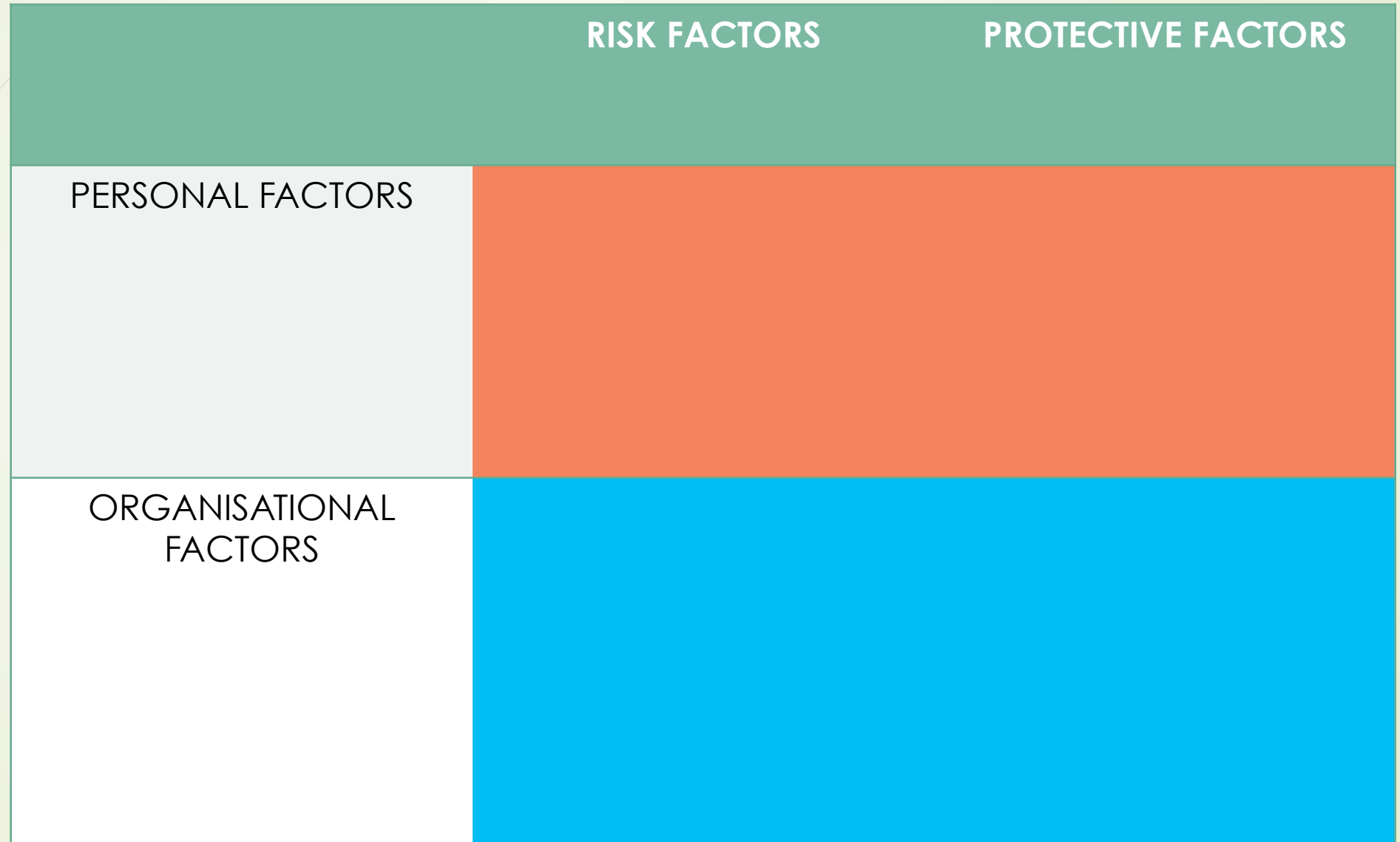





# W I S A Wellbeing Conference

August 2015

# Improving Wellbeing:







These are some basic human conditions:

Fallibility

Habituation

Fear





A major barrier to our wellbeing is when we fear fallibility and then make a habit of it.



# Levels of Perspective

(Daniel Kim)

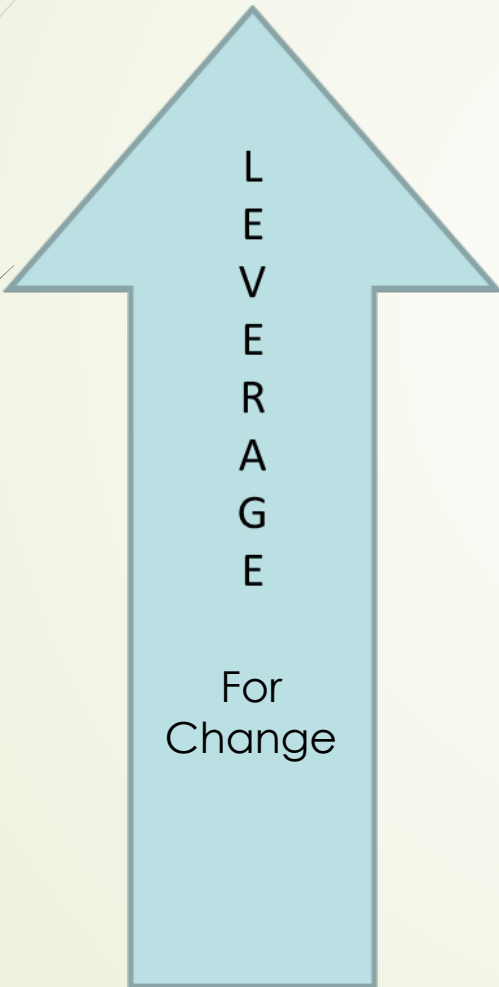
Vision

Mental Models  
(Attitudes, Beliefs, Values)

Systemic Structures

Patterns of Behaviour

Events/Actions



L  
E  
V  
E  
R  
A  
G  
E

For  
Change





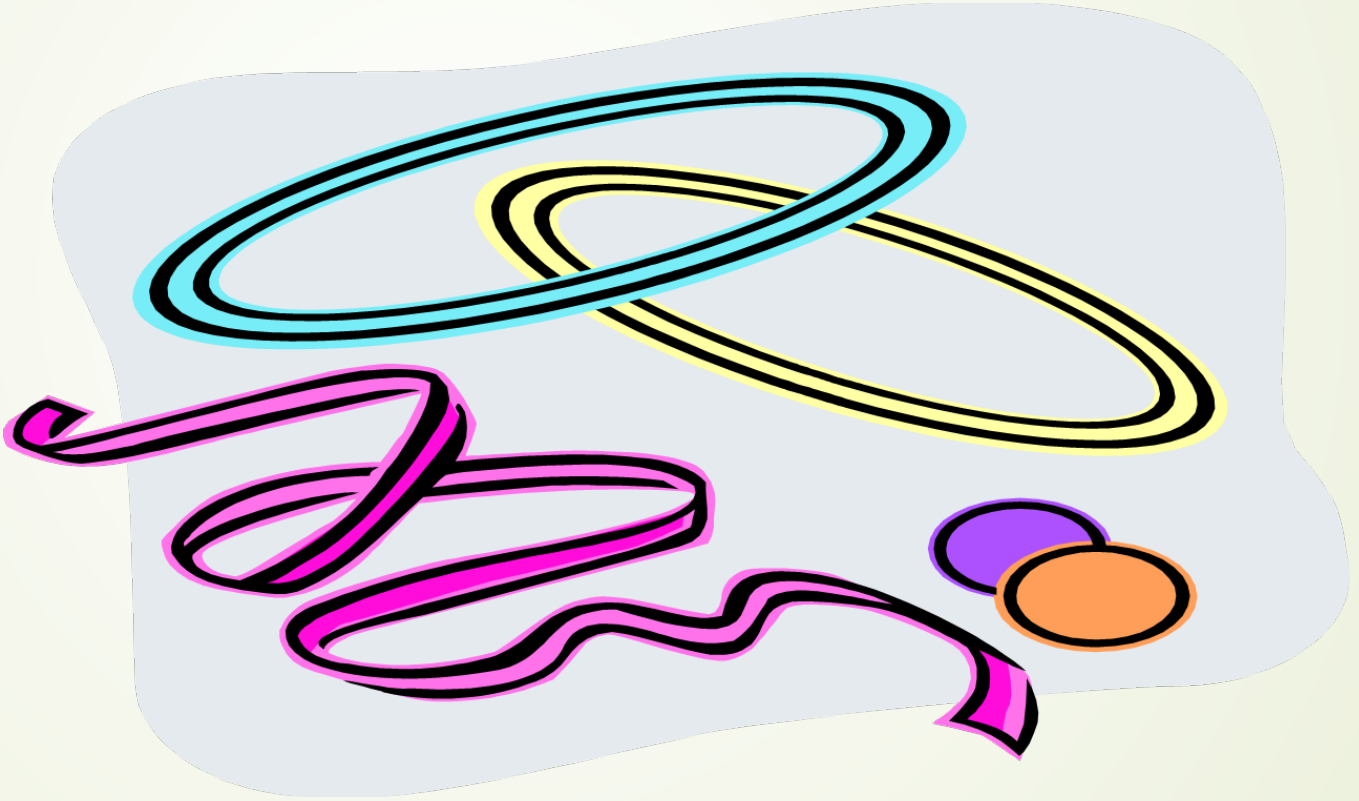
**Events**

The image shows a large iceberg floating in the ocean. The tip of the iceberg, which is visible above the water, is labeled 'Events'. The much larger part of the iceberg, which is submerged below the water, is divided into three horizontal layers. The top layer is labeled 'Patterns of behaviour', the middle layer is labeled 'Systemic Structures', and the bottom layer is labeled 'Mental Models'. The water is a deep blue, and the sky is a lighter blue with some clouds. On the left side of the image, there is a vertical orange arrow pointing to the right, and some faint, stylized lines representing grass or reeds.

**Patterns of behaviour**

**Systemic Structures**

**Mental  
Models**





# Lowering Stress

1. It requires team work – everyone contributes
2. Palm down with just your forefinger sticking out
3. The goal is to lower stress
4. At no stage may any individual loose contact with the hoop. (The paper will drop out when this happens)

How long will it take to achieve success?





# What Happened?

Did we achieve our goal?

Was the goal clear?


Were the instructions clear?

Were the participants motivated to achieve the task?

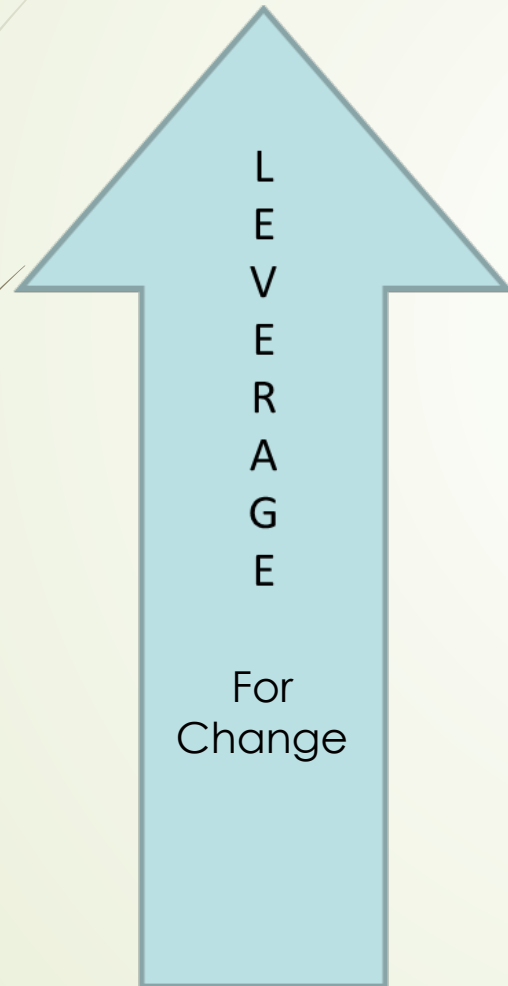
How long did we think it would take to achieve success?

So what went wrong?





# Levels of Perspective (Daniel Kim)



Vision

Mental Models

(Attitudes, Beliefs, Values)

Systemic Structures

Patterns of Behaviour

Events/Actions



# Coping Scale for Adults: Non-Productive Strategies.

N = 51	Usage	Helpfulness
Worry	65%	40%
Self-Blame	61%	39%
Dwell on the negative	41%	32%



## Beliefs associated with stress:

I must be liked (It's terrible to be thought badly of) 67%

Conflict is best avoided 67%


I must be perfect 60%

I am driven to be the best 50%





# ASPECTS OF DYSFUNCTIONAL BELIEFS

1. **(Demanding) Dogmatism**
  2. **Awfulizing**
  3. **Low Frustration Tolerance**
  4. **Over-generalizing and Exaggeration**
  5. **Condemnation**
- 



# Four Helpful Principles that Facilitate

**Wellbeing:** (Adapted from “The Four Agreements” D M Ruiz)

1. Don't take things personally.
  2. Check your assumptions.
  3. Mind your talk (especially self-talk)
  4. Just do your best.
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