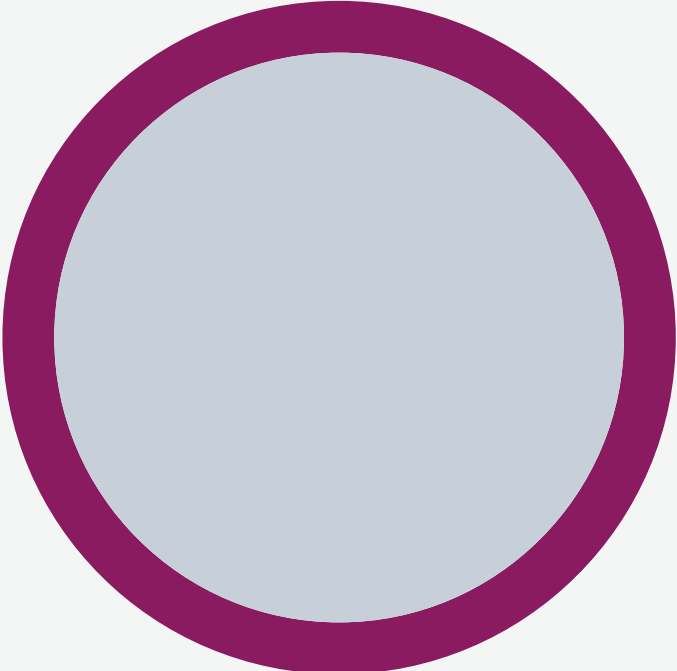
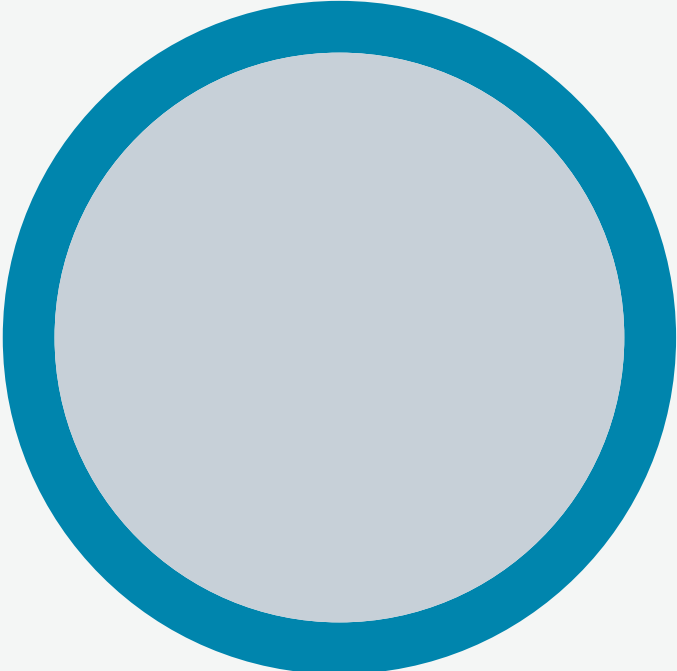


The Four Wellsprings of Wellbeing

Looking after our health, fitness, diet, sleep and energy levels so we feel physically able to cope

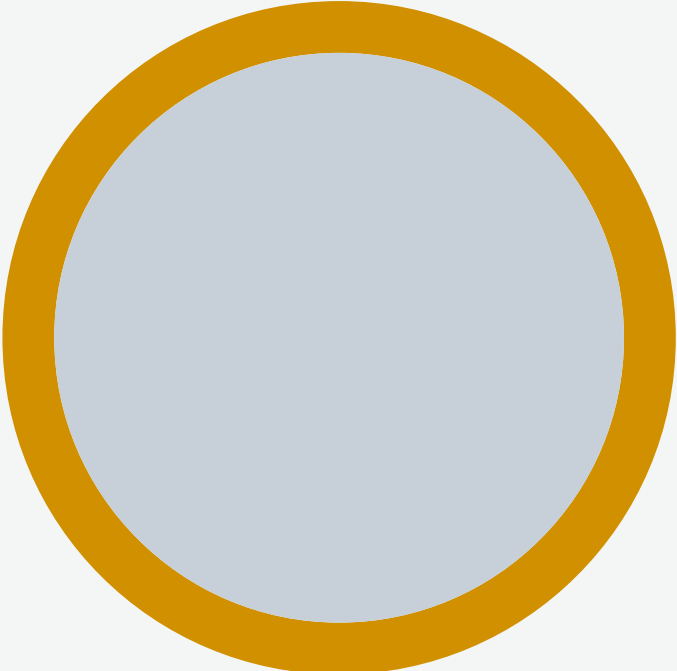


Physical

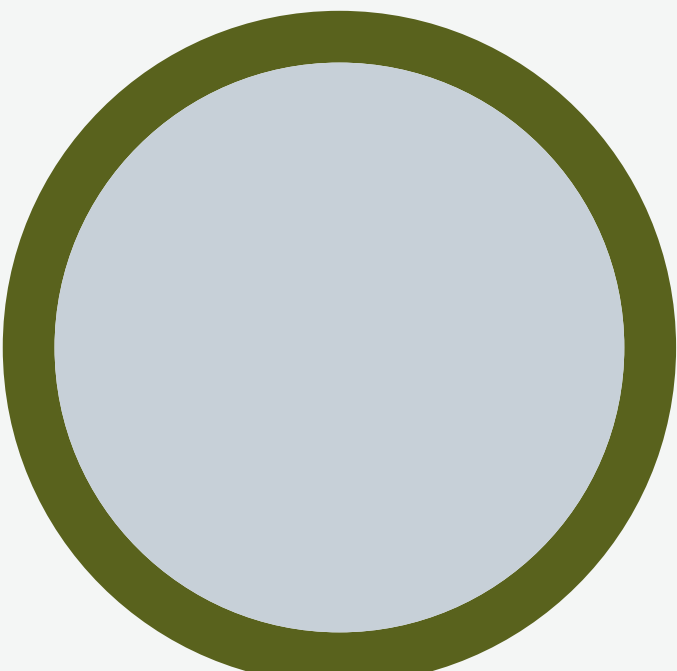


Mental

Managing our choices and reactions to situations, challenges and adversity



Emotional



Purposeful

Finding ways to look for the positive in all of the challenges life throws at us

Getting clear on what really matters to us, and connecting this to all that we do