

Zest for APTUK

1-31<sup>st</sup> May 2021

# YOUR DAILY 'PIC' ME UP FOR CREATING BRIGHTER DAYS WHAT COULD YOU ACHIEVE WITH A DAILY POSITIVITY BOOST?

*“Waking up possibility of positivity can make the world of difference. Just seeing a Zest picture lifts my mood before I’ve even read the day’s challenge” Sue*

Zest provides a daily positivity boost and invites you to participate in short activities to promote a healthy physical and mental wellbeing presence.

Perhaps you started this year with a promise to yourself to take care of you more. With the ever changing climate that can feel like quite a challenge. What if you could have some help to support you with your wellbeing?

As care givers we are fantastic at taking care of others and putting our patients and service users first. But what about you? You may have great intentions to focus on your wellbeing. And yet deep down it all feels heavy, burdensome and not achievable because you’re busy right? And there is a huge to do list to be getting on with and people to look after.

Well here’s some news for you...

YOU matter too!

You are your most precious resource!

Just like when you recharge your phone, ipad, laptop etc regularly to ensure it works at optimum level and the battery doesn’t get low – you need to do the same for you!

Zest focuses on the **Five Ways to Wellbeing** which are evidence-based actions that people can do in their daily lives. It is based on a Government Office for Science Foresight Report into Mental Capital and wellbeing published in 2008. They are:

- Connect – investing in relationships and networks
- Give – doing something to help others
- Learn - trying something new, not being afraid to fail
- Take notice – using your senses to see what’s around you
- Be Active – participating in regular exercise that you enjoy

As you engage in the five ways of wellbeing you are give yourself the opportunity to produce “happy hormones”. Happiness is not only in our minds, it is also in our bodies! So what are the happy hormones? The Happy hormones refer to Dopamine, Oxytocin, Serotonin and endorphins. Technically, some of these are neurotransmitters and not hormones, but for the premise of this programme let’s call them hormones.

## **So how does the Zest wellbeing programme work?**

**Daily morning task** - with a picture that invites you to engage in a short activity to support the 5 ways of wellbeing. It means you just get to glance at the Facebook post and don't need to read lots of text. No one needs to be bombarded with lots more to read do they?

**Private Facebook group** – A safe space to feel encouraged and uplifted by each other and feel part of a small community. Conversations and support can be continued throughout the programme.

**Accountability support** - Be inspired and motivated by a community who all want to invite positive intention into their lives and to take action. There will be regular accountability check ins for members to share where they are up to, to ensure that everyone has the support they need to stay on track.

You can find full details of the programme and testimonials from previous cohorts here:  
<https://www.enkindlelifecoaching.com/zest>

**The investment for the programme is £20.00\***

**\*20% discount for APTUK members (£16) by adding APTUKZ after your name when you sign up.**

You can register to join Zest here: <http://eepurl.com/dNbiRI>

**The Zest daily positivity boost starts on Saturday 1st May 2021**

If you're ready to focus on your wellbeing

To take care of you and invite a daily boost of positivity in your life

To be ready to invite connection, giving, learning, noticing and activity in your life

To feel supported and held accountable

Then join Zest and a community who are ready to step forward and invite some zest into their life.

If you have any questions do get in touch.

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