

Keeping it simple amidst complexity: tips to improve your wellbeing.

Going full circle and a call for action

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NOTE: This is the introduction to a series of modules exploring strategies to enhance well-being by effectively managing stress - and the science behind them. You can find the whole series here: [HETI Wellbeing Resource Corner | HETI Higher Education \(https://heti.edu.au/resources-and-links/heti-wellbeing-resource-corner \)](https://heti.edu.au/resources-and-links/heti-wellbeing-resource-corner)

Research is providing some useful insights and understanding of the elegant and complex processes involved in how we response to stress. These modules have given an oversight on some of this, with a concentration on the role of our autonomic nervous system (and heart rate variability or HRV).

Whether you want to

- Look after your chromosomes (and slow down cellular ageing)
- Deal well with stress
- Improve cardiovascular risk factors, fitness
- Improve HRV and vagal tone
- Improve general health and wellbeing
- Improve concentration and ability to study effectively
- Improve emotional regulation and interpersonal effectiveness...

... the end result is that by using some simple strategies, you can go a long way to achieving any and all of these.

Rather than saying, 'yes, I know all this', these modules are intended to give you some insights into HOW important these simple strategies are and give you a nudge where needed.

It is also important to step out of your comfort zone and try things you may not have considered. You may be surprised and will be much more convincing in teaching/counselling/suggesting to others if you have tried them yourself.

Over the page, is a list of simple strategies you are invited to try out or return to.

The important thing is after trying them out and understanding their importance, as highlighted in the preceding modules, you consider if and how you can implement them in your life.

There are resources below about making and maintaining the changes that you implement.

The proposed strategies:

1. Slow(abdominal) breathing
2. Eating well (both what and how you eat)
3. Self-paced exercise (your choice)
4. Mindful attention
5. Savouring and gratitude
6. Night journalling (a brief version for nightly use)
7. Goal setting
8. Spending time in nature (green and blue spaces)
9. Tending your social networks

Here are some resources that may help with creating new habits.

1. [Apps | Healthy Habits \(racgp.org.au\)](https://www.racgp.org.au/healthy-habits/apps)
2. [What Does It Really Take to Build a New Habit? \(hbr.org\)](https://hbr.org/what-does-it-really-take-to-build-a-new-habit)
3. [Judson Brewer: A simple way to break a bad habit | TED Talk](https://www.ted.com/talks/judson-brewer-a-simple-way-to-break-a-bad-habit)
4. [Christine Carter: The 1-minute secret to forming a new habit | TED Talk](https://www.ted.com/talks/christine-carter-the-1-minute-secret-to-forming-a-new-habit)

Mosely M, 2022 Just One Thing: How simple changes can transform your life. Hachette Australia.

Duhigg C. 2012. The Power of Habit. rh Books