Ways that Work in Increasing Wellness on the Illness Wellness Continuum

1) Act now on one or more aspects of this list
2) acknowledging others
3) collecting, arranging, and displaying flowers
4) bathing:
   i) in a quiet stream
   ii) in a mountain pool
   iii) in a seaside pool
   iv) in a spa
   v) under a gentle waterfall
5) being playful
6) being spontaneous
7) brainstorming names of all of the nurturers I know - linking them together
8) breath awareness
9) bringing food to share
10) brushing hair
11) candlelit bathing while burning incense
12) candles for mood lighting
13) calling someone and have a chat
14) communal dancing
15) communal food preparing and sharing
16) communal walking:
   i) in formation while carrying candles in the twilight while chanting
   ii) in silence
   iii) in the rain
   iv) while conversing
   v) while humming
   vi) while singing
   vii) while the sun is rising or setting
17) connecting and relating with myself and resonant others
18) creating and taking moments where I may reflect upon and list and use your psychological and emotional resources and healing ways
19) creating healing contexts
20) creating or moving near your favourite food or other smells
21) dancing
22) doing some of the wellbeing enhancing things I know or have heard about
23) doing what I love to do for myself
24) drumming and dancing
25) engaging in cultural healing action
26) enriching possibilities
27) for support, seek self help groups in my area - link with some that interests me
28) gathering celebrations - one to ten day - bring food to share
29) going to an open door way and stand there looking out – sensing inside behind me and outside in front of me as I am standing at the threshold - and sensing different things – the nature of the light – the birds singing, trees and leaves moving – and slightly shifting weight – first on the left leg and then the right leg – and alternating the weight shift – lifting the heal of the unweighted heal – homeopathic walking on the spot
30) grooming my hands and feet
31) group campout
32) group hugs
33) have a go and let each other know
34) having someone wash my hair
35) hugging someone
36) hugging myself
37) imagining doing the things on this list
38) impromptu circles for sharing micro-experiences
39) initiating action on anything in this list
40) inviting a few nurturers to share time, space, and experiences
41) laughing
42) link with volunteer support in my area
43) listing my personal experiences of good times and reflect upon it – helping others do the same
44) listen to and look for all the humour in Jaques Tati’s films – Mr Hulot’s Holiday, Mon Oncle, Playtime, and Traffic
45) listing simple things I do that enhance wellbeing for myself and others
46) listing then using some of my psycho-motional resources
47) low risk respectful massage - clothed back and neck massage
48) meditating
49) music
50) musing on pleasant possible futures
51) noticing how nurturers do things and trying them out myself – sharing these experiences with others
52) overnight campout with natural nurturers
53) preening my environment
54) random acts of kindness to self and others
55) recall of pleasant memories
56) respecting and celebrating diversity
57) self massage
58) share this list with others - get them to do the same and share with me
59) sharing good news
60) shifting awareness slowly around my body with awareness
61) silent time
62) skipping
63) slow moving with awareness
64) small gatherings of nurturers and wellbeing seekers
65) smelling the flowers as I walk and doing this with others
66) smiling
67) spotting nurturers and sharing experiences
68) start self-help groups
69) suddenly stopping and immediately begin doing something completely different (interrupting a state)
70) swapping healing stories
71) taking times to nurturer yourself
72) telling stories of healing action - things that work
73) the Atherton example
74) the Bondi Junction format
75) tidying and enhancing my personal space
76) treating myself and others with profound respect
77) Using:
   i) incense
   ii) any of the micro-experiences in this list in everyday contexts
   iii) threads and exercises from this list with others
   iv) all of the above to evolve local area support groups
78) walking up a hill (sensing how I feel) and walking down again (sensing how I feel) - doing this as a group