

## 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 heel of the unweighted heel – 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