

An oil painting depicting a person in mid-air, jumping joyfully in a grassy field under a bright, cloudy sky. The person is wearing a blue shirt and dark pants. A large cluster of colorful balloons (red, yellow, blue, purple, orange) is floating in the air, attached to the person by a string. The overall mood is one of happiness and freedom.

HEALTH

&

WELLBEING



Wellbeing and Stress

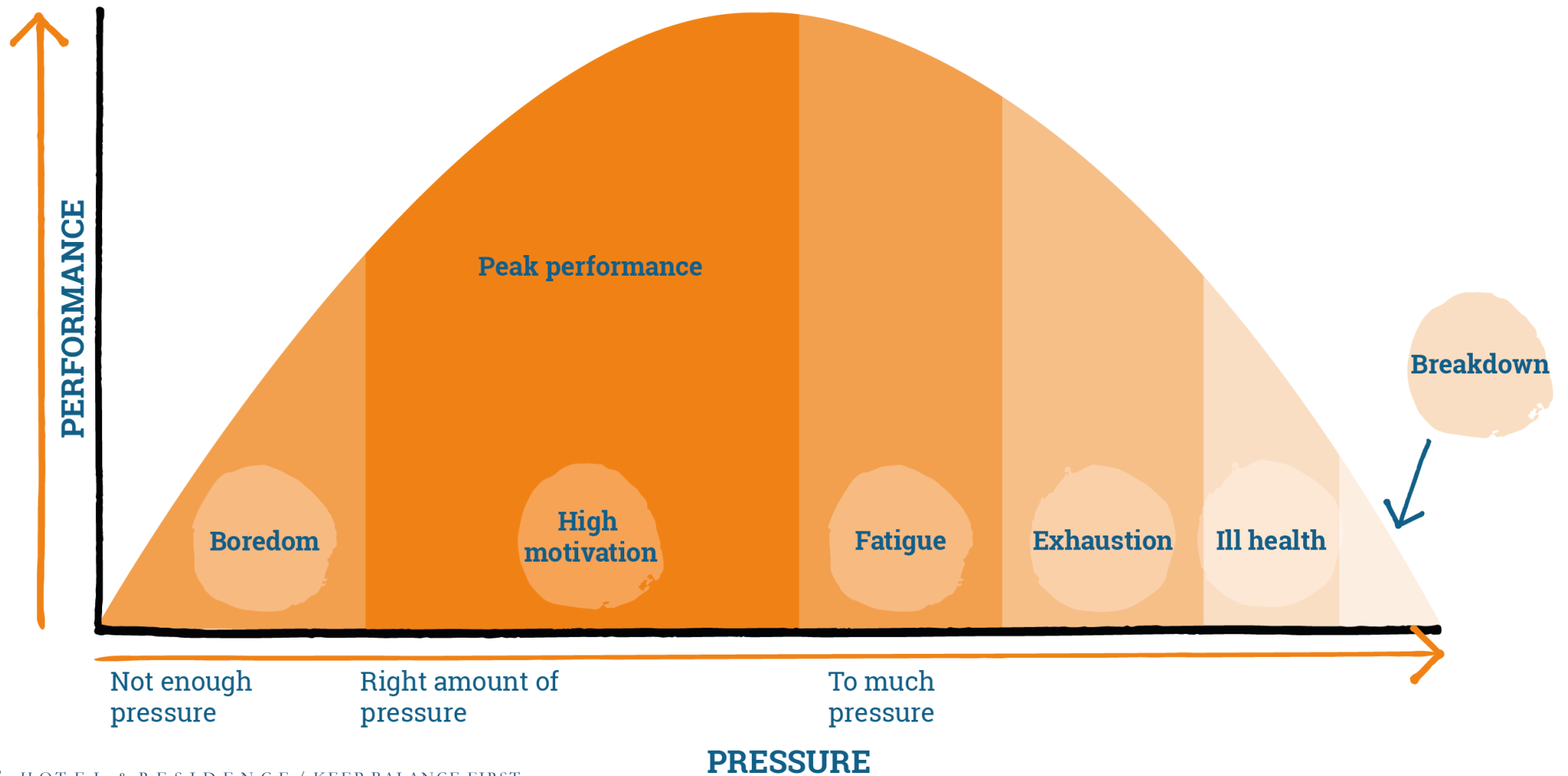
Wellbeing

is about feeling good and functioning well.

It is about feeling good and functioning well. It encompasses a person's experience of their life, and a judgment of their circumstances compared with social standards and ideals

Stress can be defined as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Stress





Stress

Initially, increased stress produces increased performance. Yet, once the person passes a certain point, any more stress results in decreased performance. So, trying harder at this point is unproductive or even counterproductive. The only sensible thing to do is to take a break. People need a certain amount of stress to function well, sometimes called healthy tension or eustress (good stress). However, stress becomes harmful (distress) when there is too much, when it lasts too long or when it occurs too often. One of the first symptoms of distress is fatigue, which is often ignored. If a person reports fatigue, then they should be advised to do something about it before it becomes exhaustion.

Stay in wellbeing CREDIT



Commit to developing your own mental wellbeing toolbox



Recognise your needs are as important as your family, loved ones, colleagues etc.



Experiment and find the best coping strategies for you at home and at work



Develop skills to maintain your mental wellbeing



Identify where your stressors may be and take action to address these



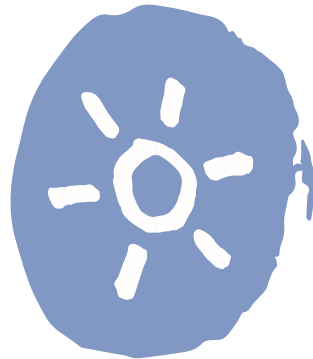
Talk to someone early on if you need to

The Five Ways of Wellbeing

Connect



Be active



Keep learning



Give to others



Take notice





Mindfulness

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Mindfulness has been shown to have huge benefits for everyone,

Increase focus and attention

Improve learning capacity

Stay calm under stress

Improved listening skills

Improved patience

Feel happier and are more capable of enjoying things

Nutrition Tips For Wellness

Whole Grains Over Refined

Choose whole grains such as brown rice, quinoa, and whole wheat bread instead of refined grains to maintain higher energy levels throughout the day.



Nutrition Tips For Wellness

Variety of Fruits & Veggies

Incorporate a diverse range of fruits and vegetables into daily meals to ensure you receive essential vitamins and minerals for optimal health.



Nutrition Tips For Wellness

Stay Hydrated

Aim to drink plenty of water throughout the day to keep your body hydrated, which is crucial for overall health and bodily functions.



Nutrition Tips For Wellness

Limit Processed Foods

Reduce the intake of processed foods and sugary snacks to improve your overall health and wellness, promoting a balanced diet.



Be Active

Aim for 30 minutes of exercise

Engaging in at least 30 minutes of moderate exercise daily fosters better health and wellbeing.



Be Active

Group fitness classes encouraged

to join group fitness classes promotes community spirit.



Be Active

Incorporate varied activities

Activities like walking, swimming, or yoga can be enjoyable ways to stay active and enhance fitness.





Be Active

Promote outdoor activities

Encouraging outdoor activities helps connect with nature and can uplift mood and mental health.



Strategies for Stress Relief

Practice deep breathing

Engage in deep breathing exercises to effectively calm the mind and reduce stress levels.



Strategies for Stress Relief

Incorporate short breaks

Encourage taking short breaks throughout the day to help recharge and boost productivity.



Strategies for Stress Relief

Encourage mindfulness

Practice mindfulness and meditation practices to enhance focus and mental clarity



Strategies for Stress Relief

Provide stress management resources

Join access to workshops or classes that focus on stress management techniques and strategies.



Strategies for Stress Relief

Daily Walking

Walking can help your mental health. Studies show it can help reduce:

[anxiety](#)

[depression](#)

[negative mood](#)

It can also boost self-esteem and reduce symptoms of social withdrawal.



Strategies for Stress Relief

Create Time For Your Hobbies

Hobbies can be a powerful tool for managing stress and promoting mental well-being. Many hobbies, particularly those that involve creative expression, physical activity, or mental engagement, can help reduce stress and anxiety.



Harnessing the Power of Sleep

Aim for 7-9 hours of sleep

Striving for 7-9 hours of quality sleep each night can significantly enhance overall health and wellbeing.



Harnessing the Power of Sleep

Create a sleep-friendly environment

Ensure your sleeping area is **dark, quiet, and cool** to promote better sleep quality and comfort.



Harnessing the Power of Sleep

Encourage a bedtime routine

Establishing a calming bedtime routine can help signal to your body that it's time to relax and unwind before sleep.



Harnessing the Power of Sleep

Limit screen time before bed

Reducing screen time prior to sleeping can improve sleep quality by minimizing exposure to blue light and distractions.



Integrating Mindfulness Practices

Daily Mindfulness Exercises

Engaging in mindfulness exercises daily can significantly enhance focus and reduce stress levels. Consider incorporating short practices throughout the day.

MINDFULNESS EXERCISES



Mindfulness
Meditation



Body Scan
Practice



Mindful
Walking



Daily Tasks



Mindful
Journaling



Morning
Routine



Relaxing
Hobby



Bedtime
Routine



Decluttering
& Organizing



Mindfulness
Apps



Mindfulness
Books

*Practice
Mindfulness
Everywhere*

Integrating Mindfulness Practices

Journaling and Gratitude

Encouraging journaling or gratitude practices helps to promote positivity and mental clarity



Integrating Mindfulness Practices

Creating Quiet Spaces or Time

Establishing quiet areas or quiet time for yourself allows for reflection and mindfulness activities, encouraging a peaceful mind



Connect

**Spend Time With People
Who Make You Feel Good**



Connect

Connecting new Cultures

offers several physiological benefits. Exposure to diverse cultures can lead to increased empathy, enhanced cognitive flexibility, and greater resilience. It can also improve communication skills and strengthen social connections, leading to a richer understanding of the world and greater personal growth



Connect

Connect with Nature

Nature has played a critical role in our mental health.
You can also join
eco-wellbeing platforms



Connect

Connect with Nature

From a stroll through a city park to a day spent hiking in the wilderness, exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders, and even upticks in empathy and cooperation



Keep Learning

Learning new things is good for your wellbeing as it can exercise your brain, boost your confidence and give you a sense of achievement.



Take Notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savor the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

Reflecting on your experiences will help you appreciate what matters to you.



Give to Others

Giving to others can be a lot of fun, and it can also have a positive impact on your mental health! It can improve mental wellbeing by creating positive feelings and a sense of reward, gives you a feeling of purpose and self-worth, and can help you connect with others!



Give to Others

- Attention
- Time
- Feedback
- Donation



Give to Others

If You Would like to Donate or Volunteer

Global Food Banking (Global)

<https://www.foodbanking.org/>

Tiger (Food Banking Turkey Network):

<https://tider.org/bagis/>

Zero Waste Montenegro (Local)

<https://zerowastemontenegro.me/volunteer/>

<https://zerowastemontenegro.me/donation/>

Help (For Montenegro)

<https://www.help-ev.de/en/donate-montenegro/>

P.S : We do not have any legal, partnership or agreement with the Civil Society Organizations we have mentioned.
We are just trying to do our part to protect our environment and live a sustainable life.

THANK YOU FOR YOUR TIME



Do you would like to check ?
<https://oxfordmindfulness.org/online-sessions-podcasts>



MERIT

Starlit

Hotel & Residence & Casino

BUDVA

KEEP BALANCE FIRST