

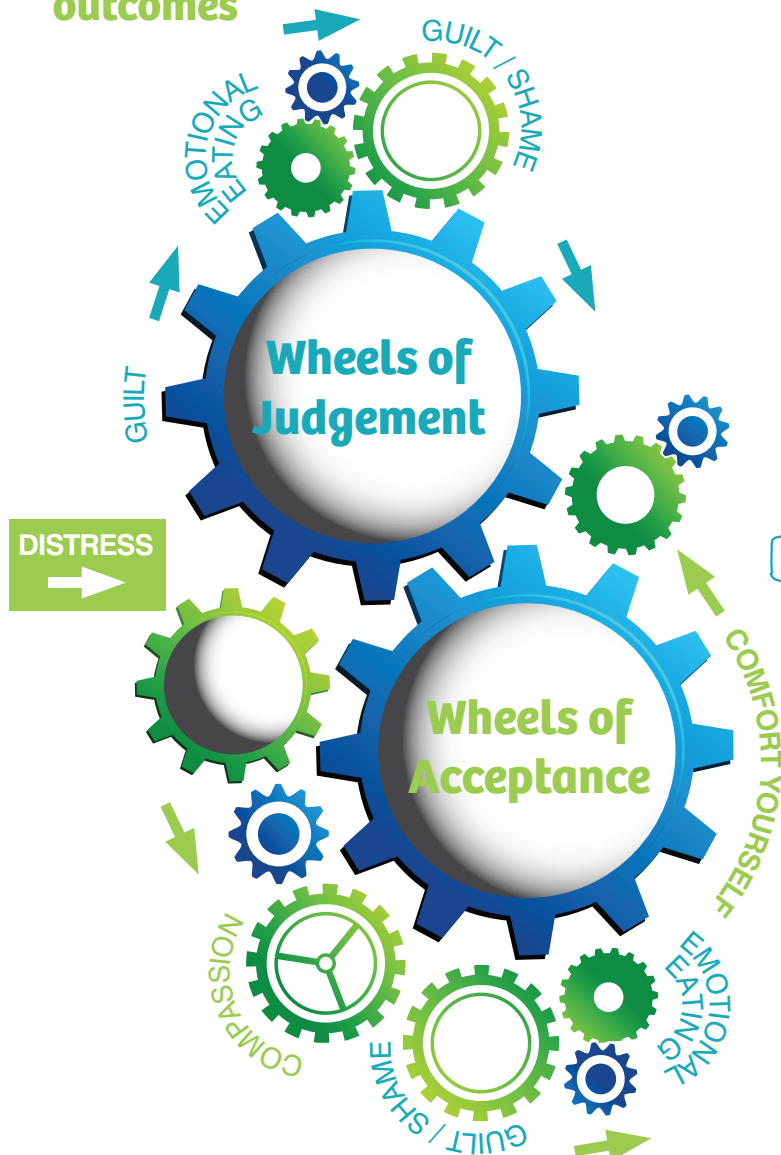
WellNow!

Better health for everybody

Session 3:

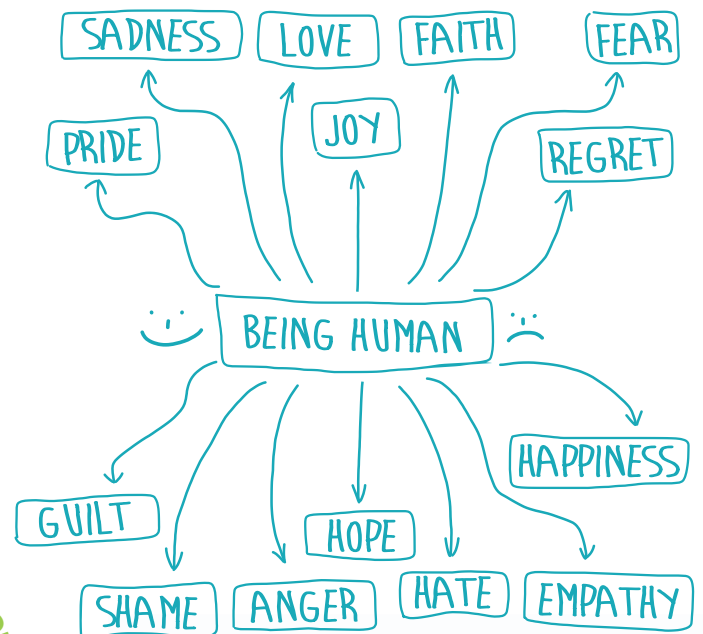
Mood and food - Part two

Becoming aware of cycles of thought gives us choices and allows new outcomes



Understanding Emotional Energy

Many emotions make us whole. Trying to avoid feeling an emotion backfires and makes it harder for us to move on from it.





Eight A's of Well Now

- awareness
- acknowledgement
- acceptance
- allowance
- appreciation
- agency
- all about compassion
- approach with curiosity

The New Deal - take it or leave it



What's eating you?

Understanding your hungers and emotions...



Appreciation

- 1 Friends having cup of tea
- 2 Watching TV
- 3 Walking the dog
- 4 Sunrise
- 5 Wind in my hair
- 6
- 7