

Wellbeing
With
Cari



Welcome to the
Webinar -
Manor Royal BID

Introducing Cari

- May we introduce Cari your **Confidential** Wellbeing Super Assistant

- Have you had your Cari Consultation yet?

Free of charge to Manor Royal BID members

- Cari's 21 day Happiness programme, all these things and more, in only 2 minutes per day!!

Free of charge to Manor Royal BID members





The Cari PEP Talks

Mental Health and Wellbeing Awareness and Action

We will cover:

- How 'stigma' and 'shame' can undermine us, and how we can use our awareness of this to create real courage and inner strength.
- The five ways to wellbeing and how each of these can be adopted easily and quickly in our day to day lives.
- The science that allows us to change our emotions.
- The amazing service currently being offered FREE of charge by Manor Royal through CARI our AI enabled Wellbeing Super Assistant





Self reflection Poll

In 3 words - how do you feel right now?

“Shame needs three things to grow exponentially in our lives: secrecy, silence, and judgment.”

– Brené Brown

Stigma:
A badge of
'dishonour'
and shame.



What do we want?

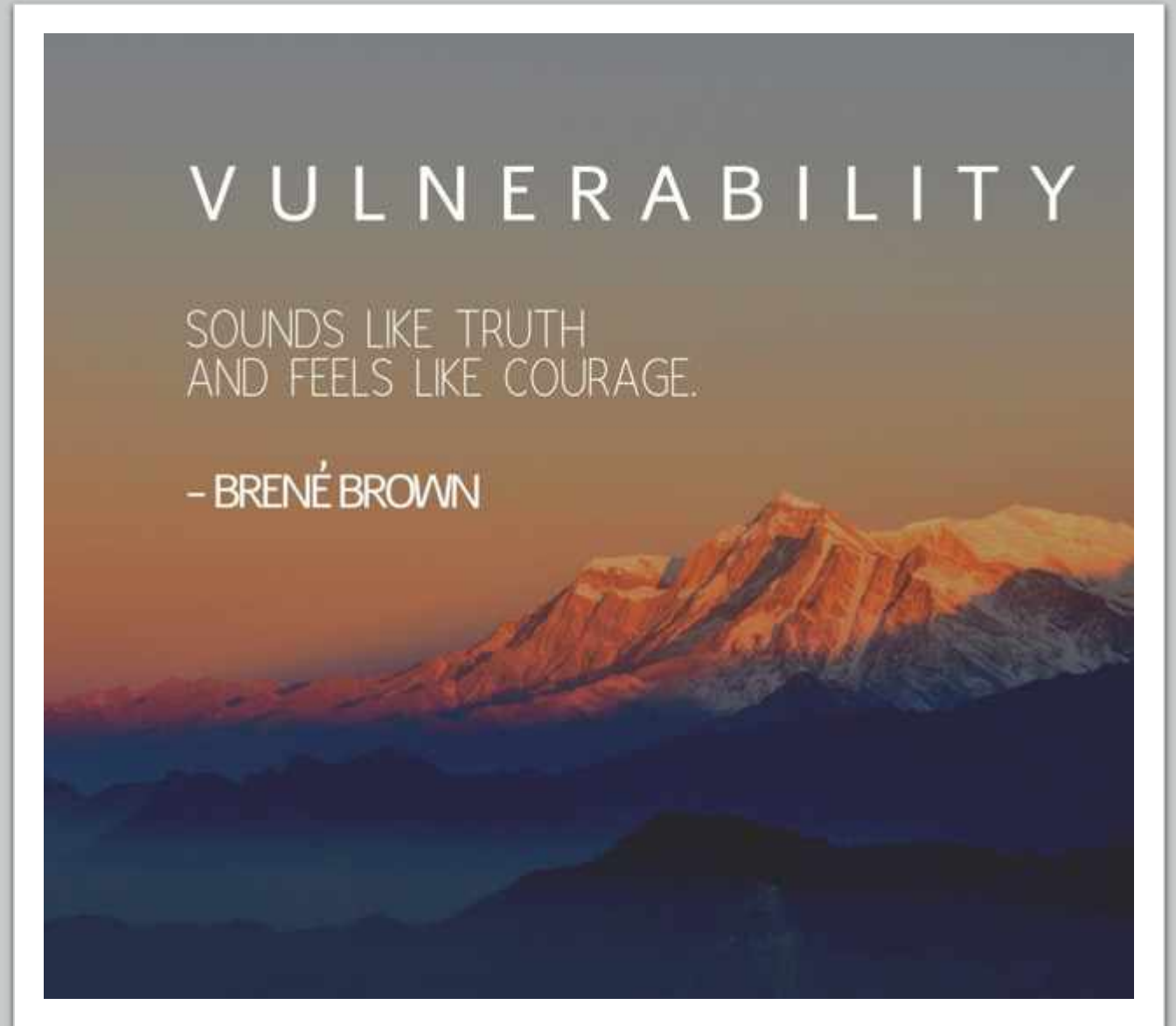
- Health
- Love or Friendship
- Promotion or Job Success
- Security
- Happiness
- Self - Empowerment



Poll Results

- Have you had any of these vulnerable experiences?
- Did you feel shamed by them?

Stigma
vs
the courage
to be
vulnerable



Five ways to Wellbeing

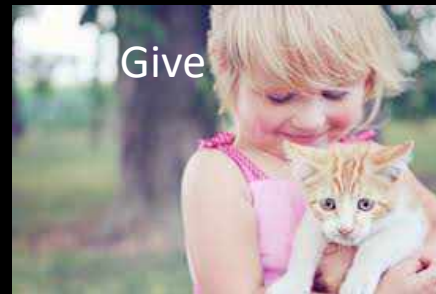
1. Be Active - Do what you can, enjoy what you do, move your mood
2. Connect - talk and listen - be there - feel connected
3. Take Notice - remember the simple things that give you joy
4. Keep Learning - embrace new opportunities - see opportunities, surprise yourself
5. Give - your time - your words - your presence



Take Notice



Connect



Give

Keep Learning



Be Active

1. Be Active - Move your mood



BENDs

Change your body to
change your brain

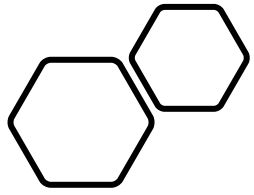
Brief

Emotional

Nonverbal

Displays

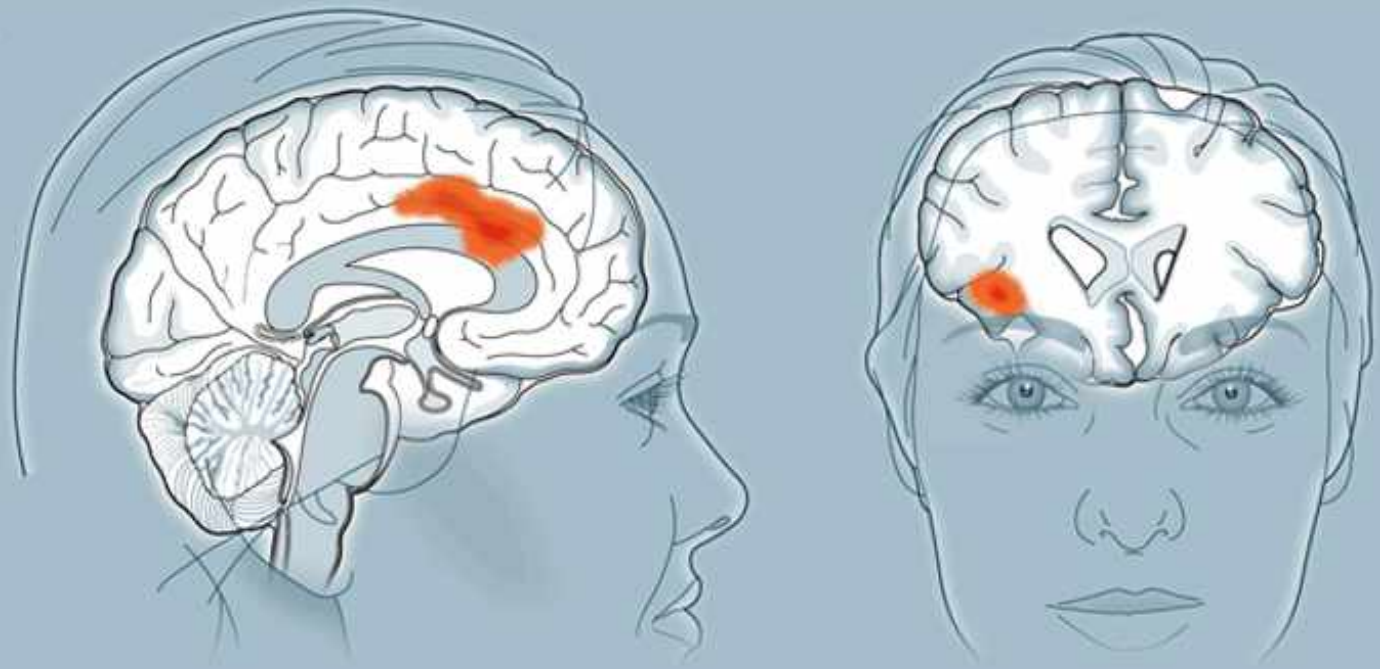
<https://www.cariwellbeing.co.uk/cari-BENDS.html>



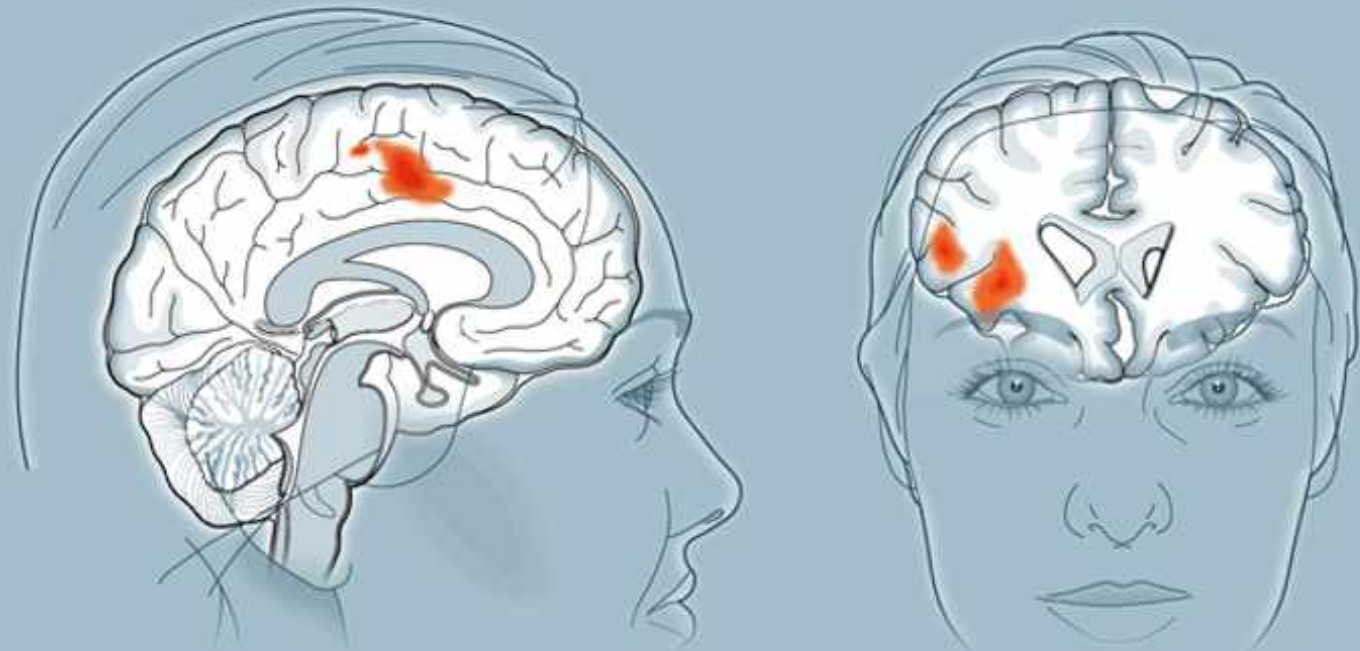
2. Connect

Why does it hurt when we feel disconnected?

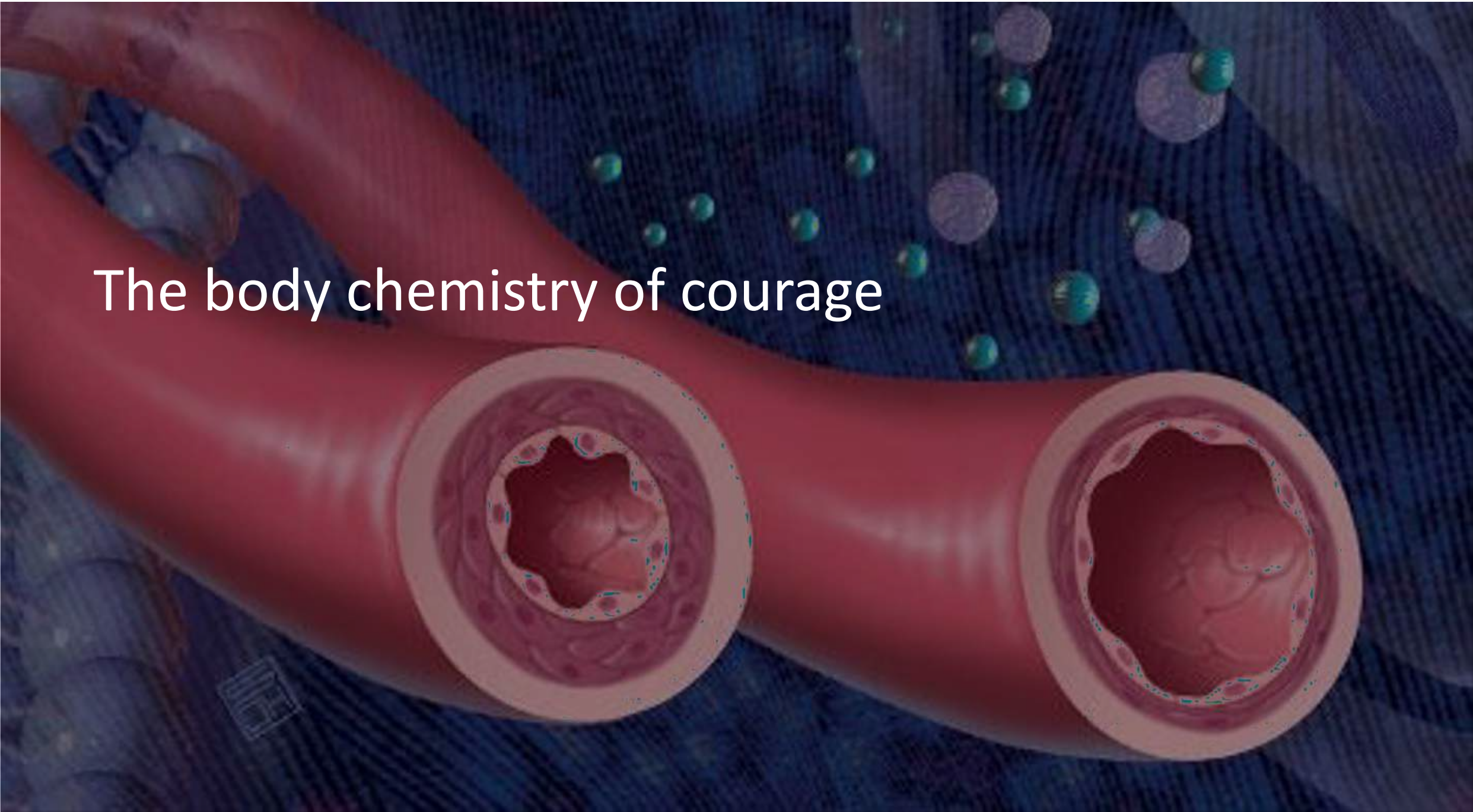
Physical Pain



Social Pain

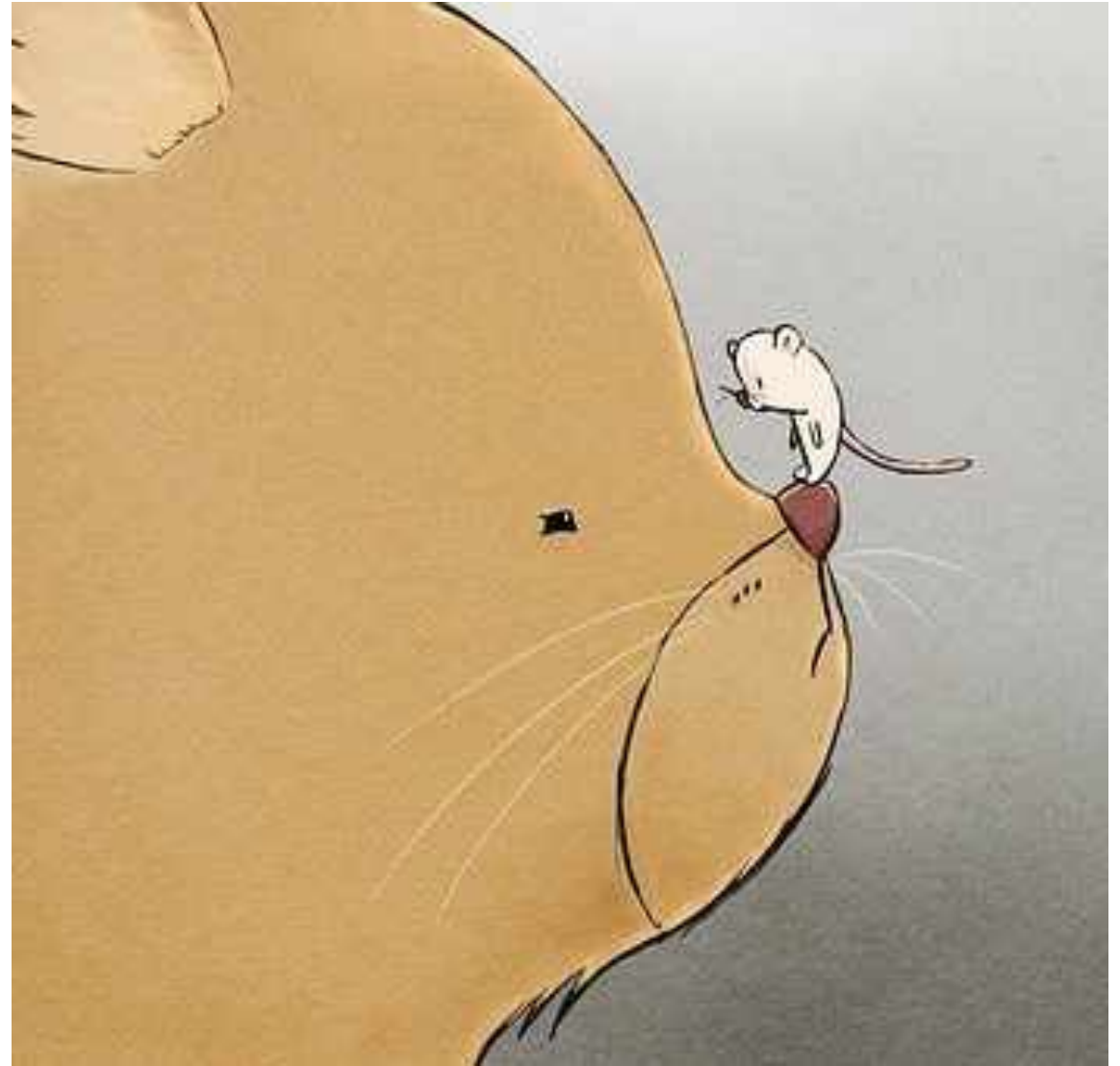


The body chemistry of courage



Connection

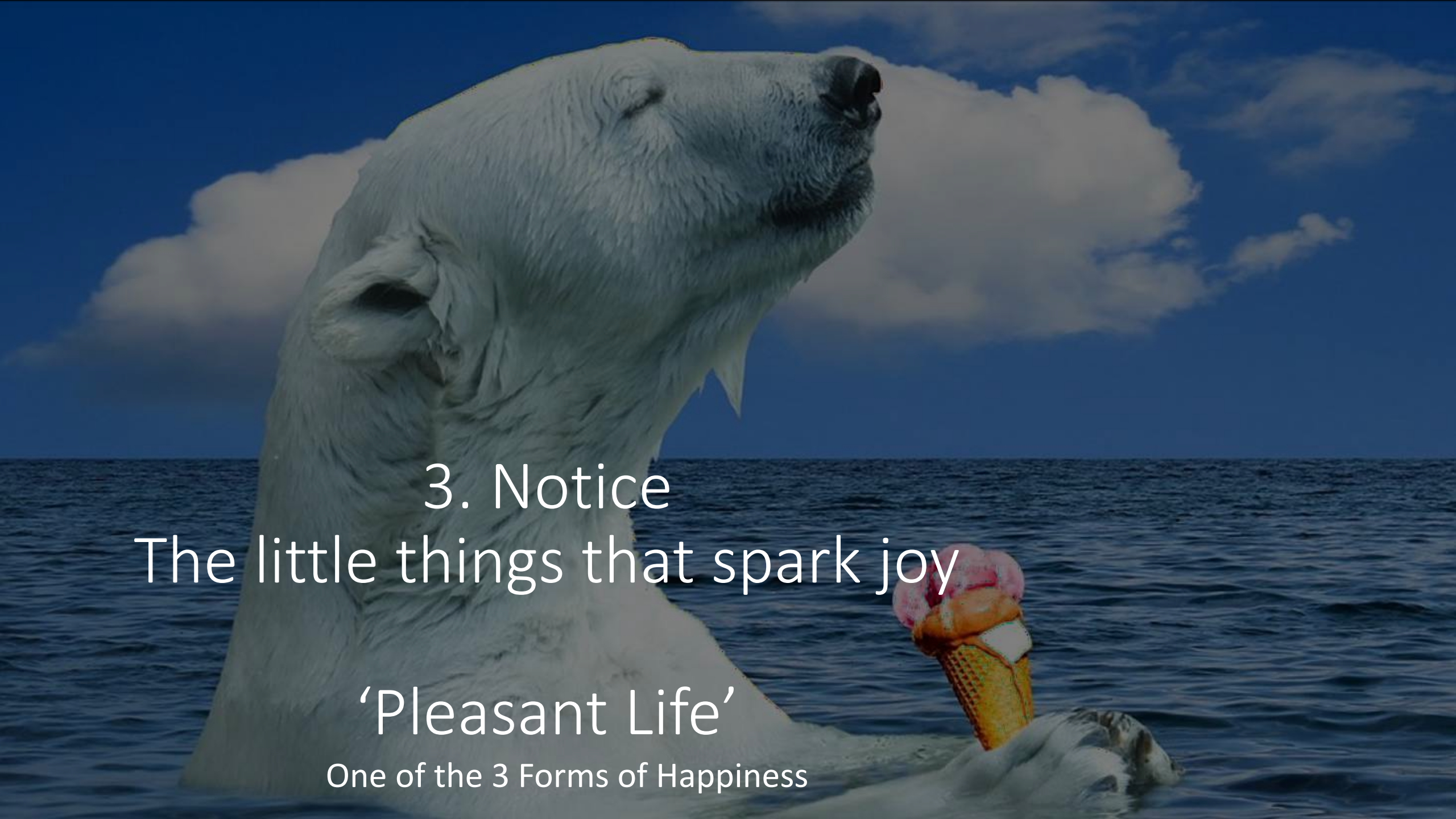
If we can share our story with someone who responds with empathy and understanding, shame can't survive.



What makes
you feel happy?

Share on Chat





3. Notice

The little things that spark joy

‘Pleasant Life’

One of the 3 Forms of Happiness



LAUGHING TRAM MAN

RITUALS...

Take Notice - What are they feeling?



Take Notice - label wisely



It's ok to have butterflies
Just get them flying in
formation

4. Keep Learning - get in the FLOW!!

- Too much challenge = anxiety
- Too little challenge = boredom



4. Keep Learning - get in the FLOW!!

- Intense concentration
- Nothing else matters
- Lose yourself
- Time distortion

‘Flow’

One of the 3 Forms of Happiness



When we see our
mistakes as learning...



optimism

- Improved health outcomes
- Lower stress levels
- Higher motivation
- Better mental Health

5. Give



‘Service’

One of the 3 Forms of Happiness



Hello, I'm Cari.

I'm working with Manor Royal BID to give you free wellbeing support.

92% people rate my consultations accurate.

Boost your brain, and connect to humans.

Feel good - fast, and for free



Online Wellbeing consultation
Confidential, and personal to you



Wellbeing Coaching



Wellbeing Workshops



BENDs with Cari



21 Day Happiness Plan

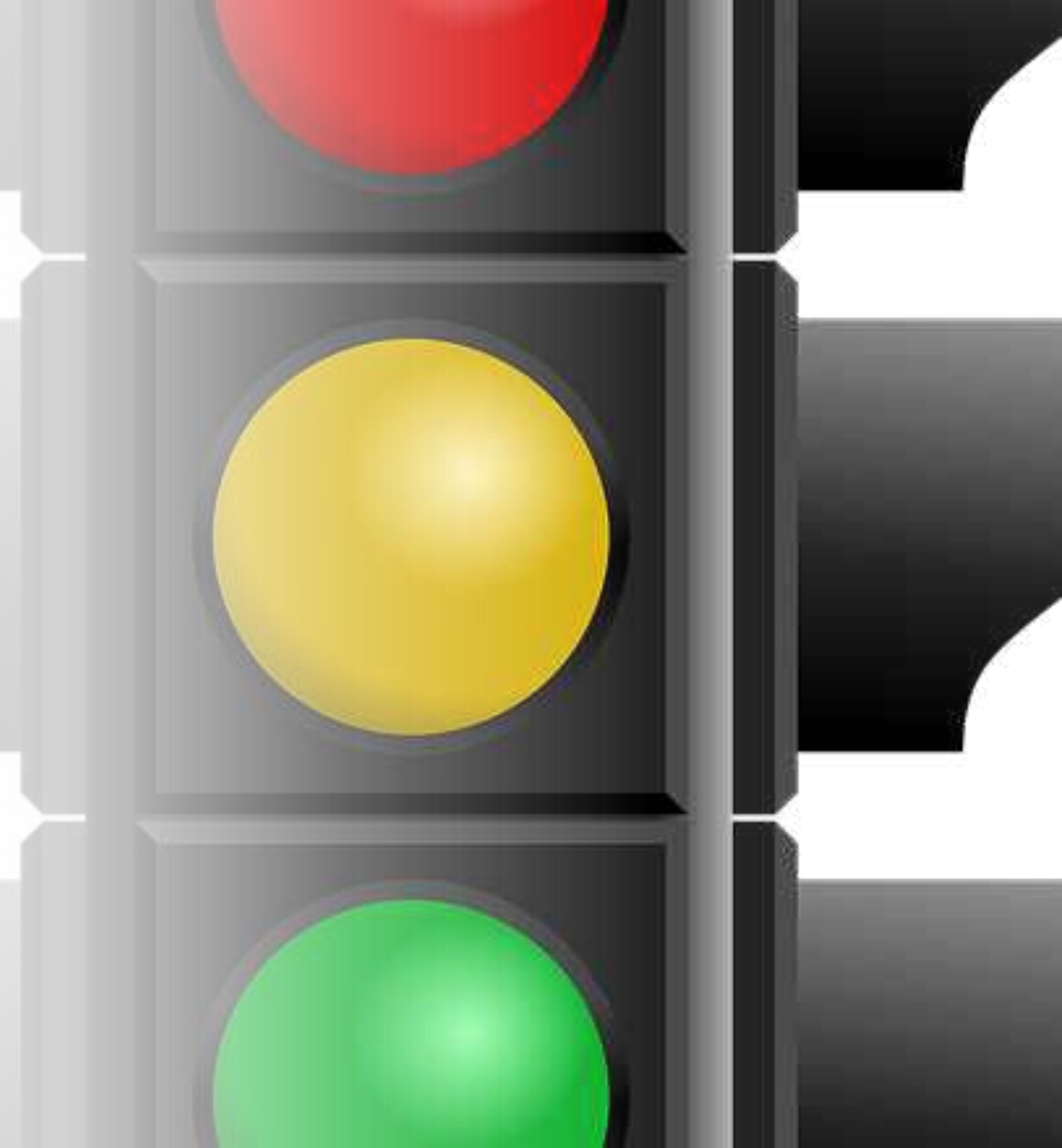
<https://www.cariwellbeing.co.uk/mrbid.html>

20,000+

consultations

92% accuracy

29% increase in wellbeing

A vertical traffic light with three circular lights: red at the top, yellow in the middle, and green at the bottom. The lights are set against a dark grey background.

Action Plan

What will you:
Stop?
Start?
Continue?

3 words for when you started

3 for when you finished



Next Steps:

Complete the Feedback to boost the impact

Get your Cari Consultation

<https://www.cariwellbeing.co.uk/mrbid.html>

Q AND A



Remember: Get your Cari profile now!

Sign up for more workshops

I would like to express my gratitude to you for attending today's session - we look forward to working and learning with you next time...

Wellbeing
With *Cari*
BOOSTING
PERFORMANCE

