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pillars of wellbeing

The Master Plumbers Wellbeing on Tap programme for the plumbing, gasfitting and drainlaying industry is centred around five pillars for positive mental health and wellbeing. Sue Kohn-Taylor outlines them here.

Nourish, Sleep, Active, Mind, Connect—why are these five words so important to you?

Because these areas of your life are the key to building positive wellbeing. You may know that approximately one in five people will suffer from a mental illness in their life. However, if we build our life skills and work on our mental fitness, it will help how we think, feel and act as we deal with life's ups and downs.

The Master Plumbers' Wellbeing on Tap programme focuses on five pillars of wellbeing, outlined below, and here's why they're so important to you.



Nourish: Food has an amazing impact on our minds and our body. With more research showing us that food can affect our mental health, it makes sense to ensure we feed our brain in the best way possible. Simple changes can have a huge impact.



Sleep: A good night's sleep is restorative and helps us recharge our batteries for the day ahead. Make it a priority to learn the skills and tools that let your brain and body rest. Combined with exercise and a balanced diet, having a regular sleep routine can improve your physical and mental wellbeing.



Active: There are huge benefits in actively moving your body for emotional and mental health. Physical activity can help greatly with maintaining positive mental wellbeing. The endorphins that the brain releases during exercise help to improve mood, energy levels and even sleep. Together, these positive effects help to improve self-confidence and resilience. Even a small boost of exercise makes a difference.



Mind: We talk a lot about physical fitness but what about mental fitness! Learning how to support a healthy mind is the driver of your life. When you have a strong, healthy mind, you have more ability to ride the ups and downs. You think better, react better and can make goals and plans for a happier and more fulfilling life.



Connect: We all benefit from having people in our lives who we can share the good times with and also reach out to when the going gets tough. Feeling close to and valued by friends or family can boost our feelings of self-worth and contribute significantly to our positive wellbeing. It's also important to connect with the things you love doing—hobbies, passions, animals, nature. Connect with the things that fill you up as often as possible!

In my business I have worked with 1000s of people globally and what I have learnt about the core wellbeing pillars in Wellbeing on Tap is that, if you focus on making these an important part of your daily life in a positive way, you will feel a difference. My advice to you is, get in the driver's seat, take responsibility for your wellbeing every day and know that you can be happier and more fulfilled.



About the author: Sue Kohn-Taylor is the passionate founder of The Mental Fitness Company, a regular on TV, column writer and speaker. She dedicates her time to teaching people how to build their mental fitness and resilience to enable them to lead a rewarding career and fulfilling personal life. TheMentalFitnessCompany.com.