

3 Levels of Wellbeing

Knowing the levels of wellbeing can really help develop wellbeing that will enrich your life, help you be at your best and improve outcomes. Here's a brief overview.

Surface Level Wellbeing

Surface level wellbeing is where you identify in your head that you have wellbeing, but you don't actual feel or experience it. Or if you do feel it, it's a surface feeling and not one that is heartfelt, or lights up your inner responses in any way.



Often that's because we are in the everyday and caught up in what we have to do, or we have a level of stress that inhibits us feeling wellbeing. It's a bit like how soil can become water resistant in a dry period so the rain doesn't penetrate when it comes, but runs off the surface.

An example of Surface Level Wellbeing was when I was walking out of the shops one day and there was a magnificent rainbow. A lot of other shoppers saw it but it hardly registered as they were too busy in the shopping experience, hurrying to get home to do everything that needed to be done. Their response was, if anything, a hurried 'that's nice'. The experience stayed on the surface

Felt Wellbeing

Felt Wellbeing is where you have what Barbara Fredrickson calls, a 'heartfelt positive experience'. That means it gets in and you feel it. It lights up your heart, or you have a positive inner response. It doesn't have to be something big, but it's there.

It's at the felt level that wellbeing does its magic...

Lets take the rainbow example above. Some people would stop and you could see in their faces their joy and wonderment on seeing the rainbow. Some commented on it to those they were with, or pointed it out to others who seemed to have missed it in their busyness. They didn't stop for a long period of time, but it registered.

It's at the felt level, that wellbeing does its magic in nourishing, resourcing, healing us from a stressed state, and promoting the state of mind and body where we are at our best.

These heartfelt positive moments, the stuff that gets in, also helps build the third level of wellbeing, and that is our Core Wellbeing.

Core Wellbeing

Core Wellbeing is a fundamental level of wellbeing where you keep connection with yourself even if things aren't going well. So if things have become rocky or turned upside down in some area of your life, or you seem to be falling apart on an emotional level, underneath you have a steadiness that holds on.

And of course, when you're going through the good times, they are even better because you have deeper experiences of wellbeing, freedom and connection. When you bring that to your work and life it's exceptional and you flourish.

So, fostering felt wellbeing and building core wellbeing is the way to go. It may be enough for you to just know this and you'll be off and running. For others it takes some work and guidance. In the next email we'll explore some ways to do this

Till then, take care

Peter

Heart and Soul Coaching provides practical ways and the support you need for you to enrich your life and be at your best in your business. For one on one work and staff training, contact

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