



Wellbeing

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Health Improvement Practitioner



What the heck is a HIP?





Health Improvement Practitioner

Registered Health Professional

Based in a Medical Practice

Can see anyone of any age wanting to improve their mental or physical health

Focus is on mild to moderate mental health

What a HIP does

**One to one consults
for patients**

**15 to 30 minute
appointments**

**Education for
medical practice
team**

**Responds to areas of
demand/ challenge
with seminars and
groups**

REST-oration in the workplace



7 Types of Rest

with Dr. Laundra Dalton-Smith



There are 7 types of rest.

✓ *Are you getting all of them?*

These are the areas in our lives we need to regularly recharge, according to Sandra Dalton-Smith MD.

- Physical rest* 🛏️
- Mental rest* 🧠
- Sensory rest* 🔌
- Creative rest* 🎨
- Emotional rest* 💡
- Social rest* 📱
- Spiritual rest* 🙏



Four types of REST-oration

Physical

Relieving your body of muscle aches and tension.
It can be passive or active.



Social

Spending time alone or with people that are easy
to be with



Mental

Quietenning your mind with breath work or a
calming activity.

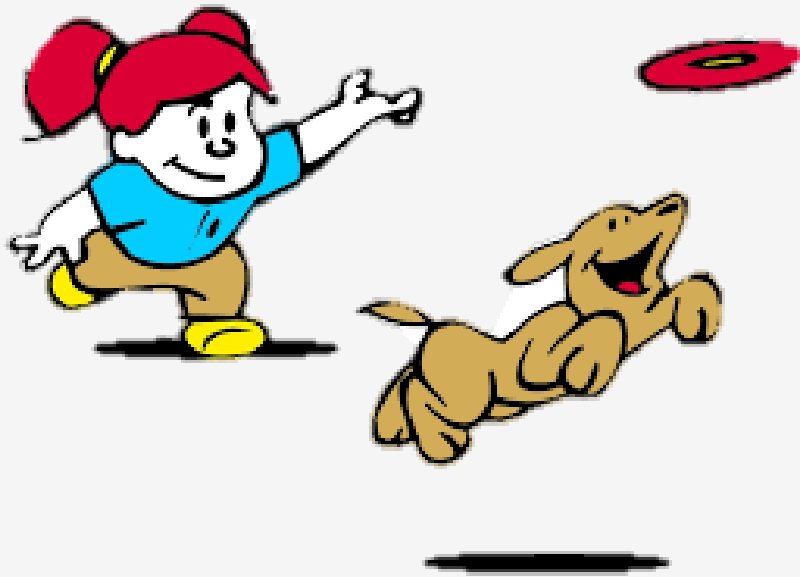


Sensory

Taking a break from noise, light stimulation or
from looking at a screen.



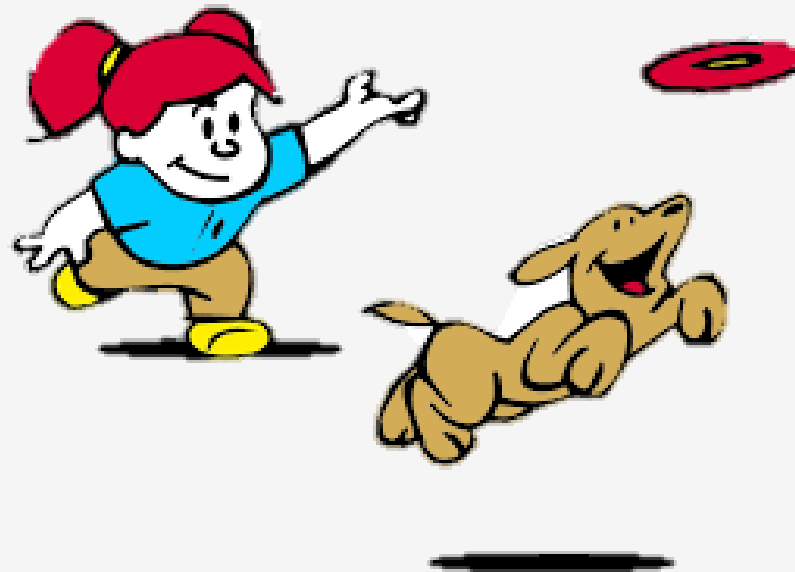
How do you expect to feel at the end of today ?



How might you feel challenged?

- Physically
- Mentally
- Socially
- Sensory overload

Today could be an opportunity to try out being aware of and prioritising your wellbeing...



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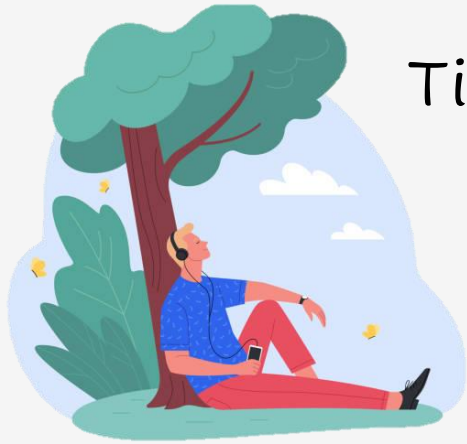


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REST snacks



Time alone

Palming



Stretch


Stand up



Drink water

Walk





Wellbeing is
attained by
little and little, and
nevertheless is no
little

- Zeno of Citium 3rd century BC