

## Notes on Diabetes Group meeting 5<sup>th</sup> January 2023

Present were John, Brad, Brian, Sheree, Jeremy and Alicia. A low turnout for the workshop Sheree has spent her time preparing, but perhaps the notice was too short to get people to come along. Apologies were received from Maxine who tried but failed to link to the session, and Brenda was stuck in Ashford.

John read a summary of the 1<sup>st</sup> December meeting and Brad asked Sheree to start her workshop.

Sheree mentioned the 'Bringing balance into your life' workshop part one usually takes around half a day to complete, but she hoped she could speak faster and get the gist done in 30 minutes. She pointed out that people with a health condition or a disability often find themselves being identified with the condition. For example, a person with arthritis is seen as arthritic, rather than a person who happens to have a health condition. This often makes people view themselves in a negative way. Sheree differentiated health and well-being. Well-being is a more holistic way of looking at your life. Good outcomes are in a combination of factors, some of which will be stronger and some will be weaker. The aim of the workshop is to bring the various factors into balance. She then presented a list of factors (arranged as petals on a flower with 'You' in the centre) and proceeded to define them, with a view to seeing which areas are strong, which weak and what needs to be done to bring them into balance.

1. Emotion. A question for yourself - How are you feeling? Are your emotions in balance? Are you sad? And if so, what are you doing to resolve it? Sometimes we try to deny our emotions but we should try to keep in touch with them.
2. Purpose. What gets you up in the morning? Why are you here? What is the purpose of your life? Bringing up children, exams and so on. What is the benefit of me being here? What do I bring to the lives of others? Sometimes it seems that you are not important. Take stock of your purpose in life.
3. Community. We each live in a variety of communities. It's worth listing them and identify what you bring to them. How do you connect to the people in your communities, and perhaps some of the people there are toxic to you. Would it be better to distance yourself from them? Sometimes there are communities you want to connect to, so you need to determine how to do that.
4. Friendship. Who are your friends? Do they serve you? Are they just a habit? Are they damaging and should you keep the ones who are? Friends can be family.
5. Family. Who are your family? What do you share with family, and are some members toxic?
6. Mental. What is on your mind? What are you thinking? How do your thoughts affect you? When you control your thoughts, you can control your outcomes. You can create better habits and belief systems. If you have a mental health condition it might be easy to allow the condition to soak up your life, but it does not have to define you.
7. Spiritual. What or who do we have faith in in? Where do you get your power? Are we connected to everyone? or to everything in nature? What do you believe in? Are your beliefs harming you? Many religions can be harmful to you, especially if you are in a particular minority.
8. Physical. Are you managing your health? Health is a small part of our well-being. Even if you have chest infections or other maladies your well-being can be high.
9. Wealth. It's not about money necessarily. It's about what you value in your life.
10. Love. Where is the love around you? Family, friends? Sometimes we put up barriers.
11. Environment. Where do you live your life? Does your environment reflect who you are?

Sheree moved on to the other sheet of paper, the well-being flower with columns listed 1 to 11. She asked us to order various factors in order of how well we position ourselves for each, and which factors give us the most trouble. She gave us 10 minutes to perform this task. Once we had finished, she asked us to put the factors in reverse order using the third column on the right, so the factors we

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felt least confident with were now the ones to concentrate on. This is to help you identify which areas to work on to bring balance into your life. Highlight the top three to work on. She asked us to read out the new top three factors to share with the group. She then wanted us to bring the actions we had undertaken to sort out our least successful areas to the next workshop, hopefully in the February meeting. She offered to help anyone who wished help with building their action plan. John promised to circulate a recording of the session to the group so everyone can get up to speed for the next meeting.

Next meeting is 2<sup>nd</sup> February 2023.

### Links

Website – <http://diabetesthanet.uk>

Facebook - <https://www.facebook.com/groups/1370586729749214>

Nextdoor - <https://nextdoor.co.uk/events/17592186413264/>

YouTube - <https://www.youtube.com/channel/UCNq8iXg0KgxiGyeEmmz39fQ>