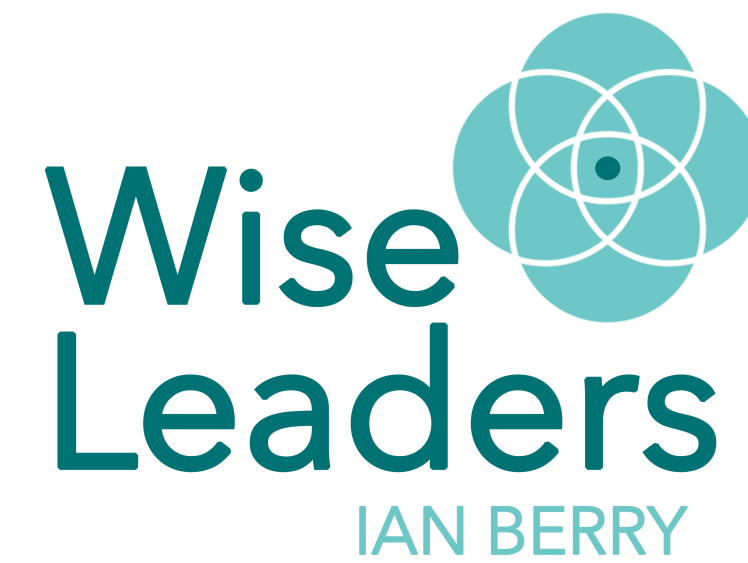


# **5 key ways to sustain your well-being**

## **video playbook #3**

by Ian Berry



**What you hear me say is important,  
yet nowhere near as important  
as what you hear yourself say to yourself,  
who you become, and what you do next.**



## **Prologue**

We have a worldwide mental health epidemic. Well-being has become an industry.

Not all is bad news. There are many positive and productive ways to take care of ourselves.

In this video playbook I explore what I believe to be the five fundamentals.



5 key ways to sustain your well-being



The video is 13 minutes and 42 seconds.

Play it at <https://youtu.be/SehlaAWO8U>

**The Mother Model  
my 5 suggestions  
are based on.**



[Learn more.](#)

**One way  
to use the model**



# Who I am and what I do

I received professional help and stay with advice.  
We are big time juicers knowing the long term benefits and also eat nuts and seeds.

Essentially I eat when I'm hungry and never when I'm not.  
This works out in general to six small meals per day.

I have a routine I practice every other day which is all about energy. I use my own form of Qigong and Tai Chi to help.

We walk daily rain, hail, or shine.

**Diet  
(Universally  
Aware)**

**Human to  
Human  
Connections  
(Spiritually  
Alive)**

Co-creating community with family, friends, neighbours and clients. I loosely follow Dunbar's Law by having an inner circle of 5 or so people, another circle of 15 or so people, and a third circle of 35 people. I also stay in touch with a wider group of 150 people of which the first 55 people are included.

I say "I have an attitude of gratitude" out loud at least 3 times per day.

I've been doing this for over 45 years.

Carol and I keep each other on track.  
Often we say out loud what we are grateful for when out walking.

**Attitude of  
Gratitude  
(Emotionally  
Healthy)**

**5 suggestions  
for sustaining  
your well-being**

**Exercise  
Routine  
inc. daily walk  
(Physically  
Active)**

**Sleep  
(Mentally  
Alert)**

In general I go to bed when I'm tired and sleep 7 to 8 hours.

**What do you hear yourself say to yourself?**

**Who will you become?**

**What you do next?**



## Acknowledgements

### **This video playbook is created with gratitude to:**

We Need To Talk Participants and Members of Wise Leaders Community Groups. I am also deeply grateful to a first class team of medical professionals who have contributed greatly to me living with a major disease.

My gratitude also to the great inventor Nikola Tesla who claimed that the secrets to the universe are contained in energy, frequency, and vibration.

### **Like Some Help?**

Should you like some help in implementing and integrating what you've heard yourself say to yourself please contact me on +61 418 807 898.

Our initial conversation is complimentary. From there 'pay what you feel is right for you' is your investment model.

You can learn more about this at [my website.](#)