



Body~Mind Coaching

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Notes from the Swindon wellbeing festival 2026

7 levels of balance

For each area consider if you need more or less in your life. Every day, tune in to yourself to find which cup you need to fill or empty a little.

1. **Physical:** movement, food, sleep, relaxation, stand on 1 leg

Less movement, pause, rest, breathe, what could be easier, prioritise sleep,

More movement (start gently like Chi-gong), fresh air, do something you enjoy, go with someone, commit to 2 months to see a change

2. **Mental:** Learning, time constraints, having to think, plan, organise, structure, accounts, exams

Too much: Switch to physical or creative activity, fresh air, from single minded sight to open sight

Not enough; do crosswords, sudoku, remember people's names

3. **Emotional:** Feelings, boundaries, relationships, trauma, deal with grief, not suppress it. Get more comfortable with feelings whatever they are, they are just messages. If you put the lid on one you suppress all the others.

Take time out, Get clarity on boundaries, state them and act, support groups, connect with people, friends and professionals,

Centring practice, check eating habits (unhelpful coping strategies and avoidance)

4. **Social:** family, friends, groups, crowds

Too many people: shops, travel at different time for holidays, choose where you go, quiet places- find activity you can do alone not feel guilty for sitting and reading. It's OK to say no set boundary for yourself (how many, how often), where are they in your imaginary field of vision move them further away. (social panorama), find activity you can do alone not feel guilty for sitting and reading.

Not enough: remember COVID, Might need more fun things to do with people. Deepen the connection rather than the no of people, also the connection with self as people can be an avoidance strategy

5. **Sensory:** 5 senses- see, hear, touch, smell, taste awareness of one in particular or multiple at the same time.

As above and too much noise, bright lights (shops), smells, physical contact (abuse)

Quiet (church- library- art museum) in the dark at night, earth, reduce anxiety and do self-care hug)

Not enough- Have a bath, connect to your senses, ask for hugs, have a massage, reflexology

6. **Spiritual:** Religion, beliefs vs values always having to be good, blaming self for thinking things, guilt, compassion fatigue requests from charities overwhelm for empath; 'it's a gift so I shouldn't get paid' yet not able to live well, we can't have fun; it's all too serious it's important

Compassion for self, what is necessary right now?

Read inspiring things, meditate on nature, watch a sunset/rise

7. **Creative:** Arts, ideas, in flow vs perfection web-designing, having to adjust timetable, deal with problems and needing to find solutions.

Too much: Stay grounded, what is the one thing or the small step

Too little: Find a hobby, go to art galleries, doodle, drawing, colouring books, daydream

Remember, work-life harmony isn't a fixed state, but an ongoing dance, a dynamic adjustment of these seven cups. By tuning into your body and understanding these different levels, you can find your unique rhythm and create a life that truly feels in harmony. For all these you can use square