

# **Living Well**

## **As a Health & Social Care Professional**



Dr Patricia Mc Parland

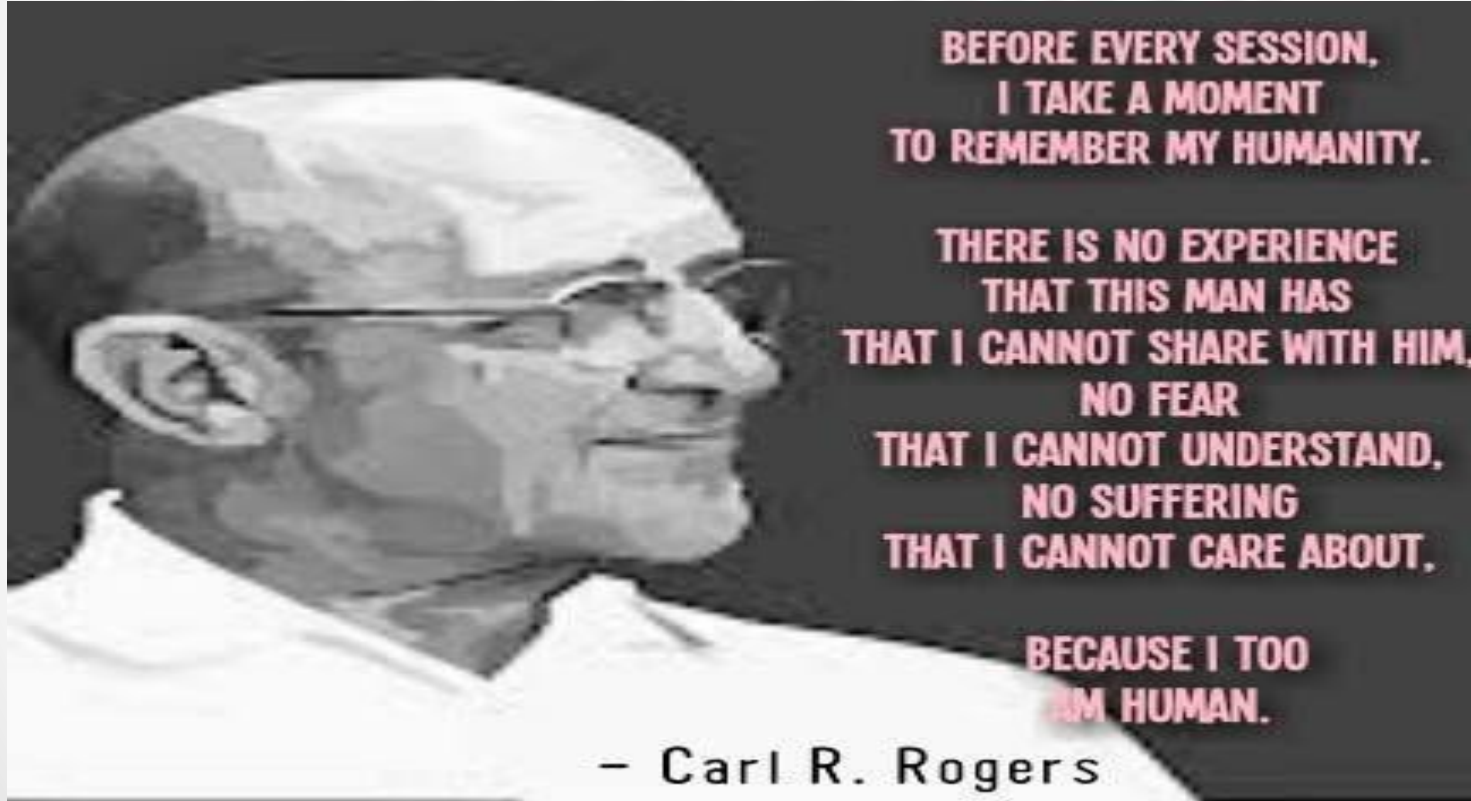
# FAMILY







# Person Centred







DEVELOPING  
SELF-  
COMPASSION

More motivated

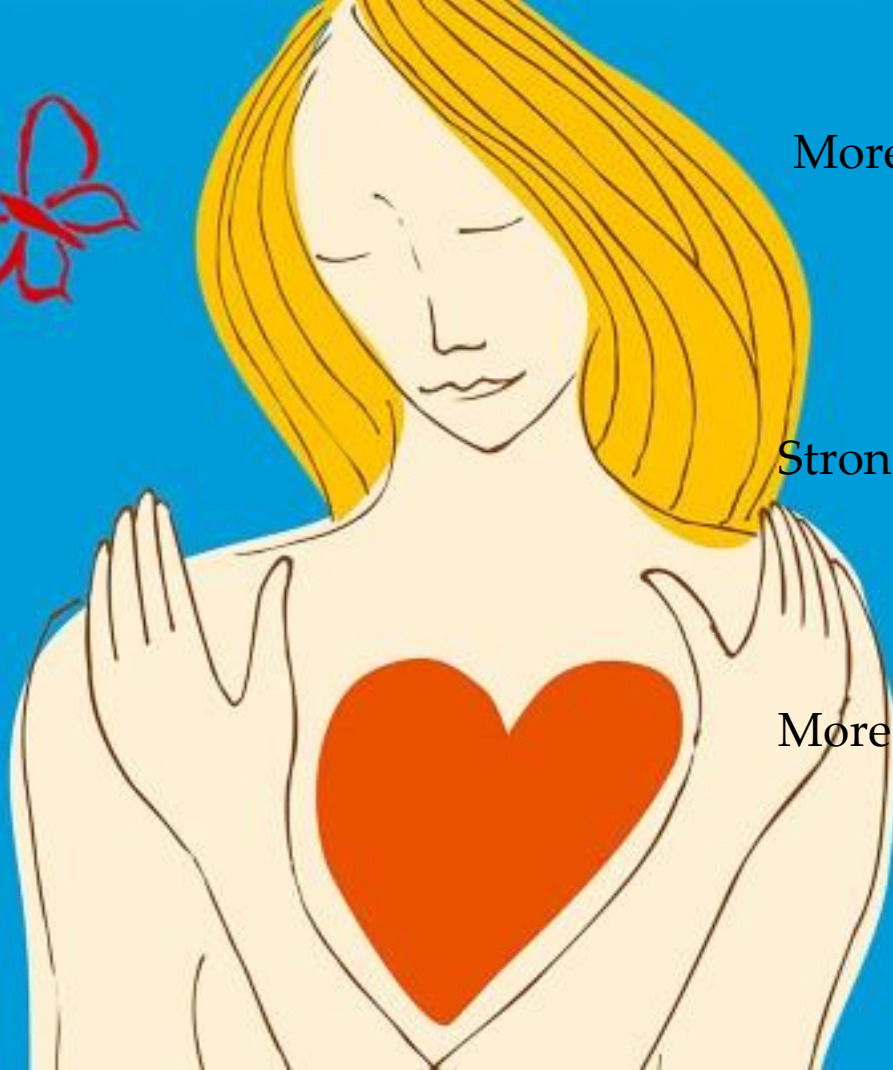
More likely to eat well

Less afraid of failure

Stronger immune systems

More self-confident

More likely to take exercise



F  R G I V E



# *Be Present*

Living well requires being in the present,  
anchored in the here and now.



Be Open

The background of the entire image is a vibrant sunset over the ocean. Two people are captured in mid-air, jumping joyfully. Their silhouettes are dark against the bright, orange and yellow sky. The person on the left is in a dynamic pose with one arm raised and legs bent. The person on the right has their arms spread wide and legs bent. The sun is a bright, glowing orb on the right side of the image, partially obscured by clouds. The ocean is visible at the bottom, with dark waves and a shimmering surface reflecting the sunset light.

# GRATITUDE

JOY

ENTHUSIASM

LOVE

HAPPINESS

OPTIMISM









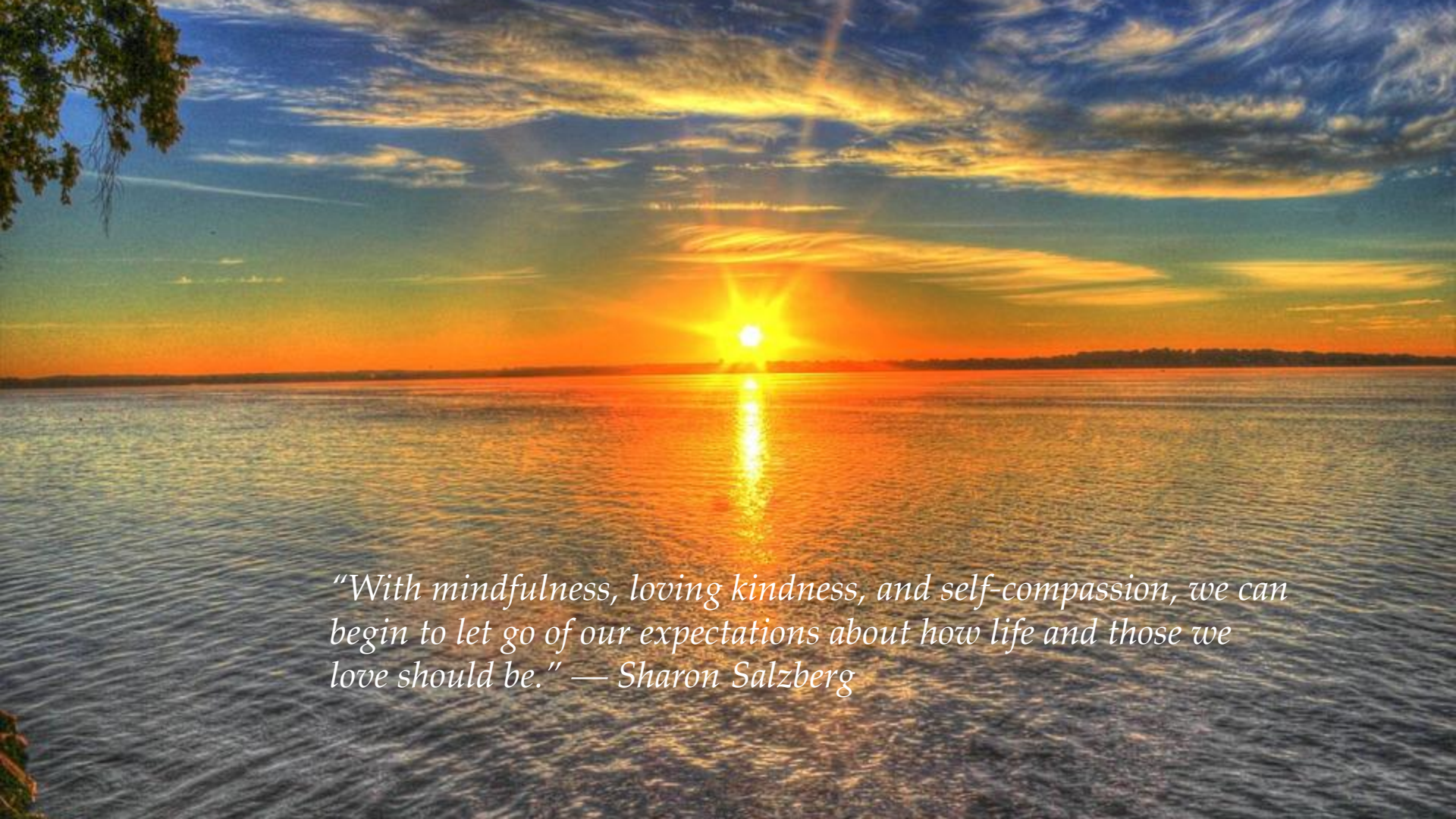
Gratitude teaches us to appreciate the rainbow  
and the storm (Christina Hibbert)



# PRACTICE GRATITUDE







*"With mindfulness, loving kindness, and self-compassion, we can begin to let go of our expectations about how life and those we love should be." — Sharon Salzberg*



A recipe for living well

Self compassion

Forgiveness

Being present

Being open

Being grateful



thank you!