

# WHAT'S YOUR ONE ALMOST-IMPOSSIBLY-SMALL NEXT STEP TO OPTIMAL HEALTH?



**ERIC HO**  
FUNCTIONAL HEALTH COACH  
BUMBLEBEE WELLBEING

IS YOUR MINDSET HOLDING YOU BACK FROM ENSURING YOUR BRAIN AND BODY ARE HEALTHY, EVEN WELL INTO RETIREMENT?

The current focus of organisations and individuals is on mental health. But it's also the steps you're taking now (or not) that determine whether your brain and body are healthy in the future.

I work with professionals around the world who are successful, but want to address the typical downside cost associated with that success: stress, fatigue, overwhelm and poor health.

Usually, it's not a lack of knowledge that's causing someone to be stuck. Rather they can't see beyond their current situation: "I don't have enough time", "Self-care is selfish", "I can sleep when I'm dead".

When we're busy and stressed, the last thing we might be able to do is take steps to reduce that stress, however much we might want to.

Here, our mindset and "heart-set" is a crucial foundation for change.

The three essential elements to practising mindfulness - Intention, Attention and Attitude - are a great lens through which to support your path to achieving the goals you want, whether that's being able to do all the things you want to do after you retire, or as a the leader of a happy, engaged and productive team who is un-stressed and un-burnt out.

- Intention (the "why"): why is it important to you to focus on your health and wellbeing? Maybe you want to be a parent that is present for your children? Perhaps it's enjoying life to the full without suffering from obesity, or an autoimmune condition.
- Attention (the "what"): in our fast-paced world where we are hyper-connected and yet feel lack of human connection, we tend to focus on quick fixes. Quick tips and "magic pills" can help, but real, lasting change is like adopting any new skill; it needs practice and dedication.
- Attitude (the "how"): in mindfulness practice, we seek to foster an attitude of acceptance, openness, curiosity and kindness. Those are also useful to adopt to help you go beyond where you might be stuck and being able to move towards your goals. What mindset do you adopt to achieve your goals, particularly when you fail on the way to reaching them?

In a new webinar series I'm running with RPC, I aim to empower attendees to take small steps to their goals. Identifying the one almost-impossibly-small next step. Yes, just one!

Why? Because one instance of you knowing you can do it - and believing "I can" - is the foundation to lasting happiness, health and productivity.

If you'd like to attend any of our webinars, please register here: [rpc.co.uk/events/all-events/](https://rpc.co.uk/events/all-events/)



**RACHEL PEARS**  
INCLUSION & DIVERSITY LEAD  
RPC

At RPC, we've been asking ourselves how we can help support our people in achieving that next step to optimal mental health. What is actually going to make a difference?

We decided the most impactful thing we could do was to bring the professionals in - HelloSelf, a private psychological practice to be exact - and give our people free access to them.

Most organisations wouldn't think twice about engaging a private GP so we wanted to challenge the stigma around mental health - why is having a mental health professional on hand any different? Whether someone is unwell, just having a tough day or feeling positive but wanting to talk something through, we were confident that having an expert on hand would be a valuable benefit for our people.

This benefit aligns with our signing of the Mindful Business Charter and our commitment to finding ways of working that reduces stress. We are implementing the principles of the Charter group by group; acknowledging that changes - however small - need to be tailored and specific to an individual practice and how it operates to be effective. Similarly, we know from our work with clients that retailers of all shapes and sizes are working on their own innovations to support the mental health of their people. We are always thrilled to share ideas and experiences and to learn from each other - we genuinely believe this is an area where the more heads the better.

We also have our Allies Network, Mental Health First Aiders and our dedicated Mental Health Work Stream, each driven by RPC people who are passionate and dedicated to supporting their colleagues, opening up the conversation around mental health and promoting healthy working practices. As the Mindful Business Charter reminds us, we must be brave in how we progress change in the mental health space for ourselves, our peers and the next working generation.

**ABOUT 85% OF THE RISK FOR DISEASE IS ENVIRONMENTAL, NOT GENETIC. CHANGING DIET, LIFESTYLE AND BEHAVIOURS IS KEY TO PREVENTING DISEASE.**



"千里之行·始於足下"

"A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP." LAO TZU

As well as joining our webinars, if you're interested, here are some tips and practices for you to try to build the foundations for your own health and wellbeing.

### LOCKDOWN CABIN FEVER? REDUCE YOUR ANXIETY WITH MY FIVE TOP TIPS!

<https://bumblebeewellbeing.health/lockdown-cabin-fever-reduce-your-anxiety-with-my-five-top-tips/>

Sheep and how you respond to challenging events

<https://bumblebeewellbeing.health/sheep-and-how-you-respond-to-challenging-events/>

Remain calm when your stressful colleagues press your stress buttons!

<https://bumblebeewellbeing.health/remain-calm-when-your-stressful-colleagues-press-your-stress-buttons/>

Is your mental health suffering with worry about COVID-19, work, and loved ones? Here's how to think well and be healthy!

<https://bumblebeewellbeing.health/covid-19-tips-for-your-mental-and-physical-health-to-overcome-your-worry/>

Want to feel good at work? Think unconventionally beyond mental health with these three tips!

<https://bumblebeewellbeing.health/thinking-unconventionally-about-mental-health-at-work/>

ERIC HO

// <https://bumblebeewellbeing.health>

// [info@bumblebeewellbeing.com](mailto:info@bumblebeewellbeing.com)

RACHEL PEARS

// [rachel.pears@rpc.co.uk](mailto:rachel.pears@rpc.co.uk)

// [www.rpc.co.uk](http://www.rpc.co.uk)

