

Live Well with Healthy Habits Masterclass

Presented by Ben Elliott



Created and delivered by



Live Well
with Cancer

Funded by



Supported by



Live Well with Healthy Habits

Developed by Transformational Learning and Live Well with Cancer to help anyone improve their health and wellbeing.



Developers of learning resources, from eLearning and videos to publications and sessions.



North Shields charity that empowers anyone impacted by cancer to improve their wellbeing.

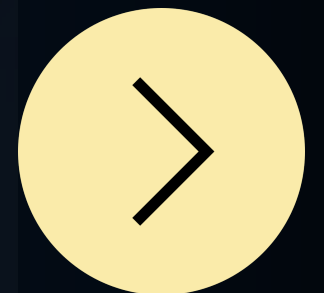
A group of people, including an older woman with white hair and glasses and a man with a beard, are focused on painting in a community room. They are seated at a table with various art supplies like brushes and paint. The room has a blue wall with several framed pictures hanging on it.

Live Well with Cancer

We care. We empower. We are a community.



Live Well
with Cancer



Arts & Crafts

Weekly creative sessions!

- Fun with Acrylics
- Crafting for Wellbeing
- Live Well Writers
- Craft & Craic



Movement

Weekly exercise classes!

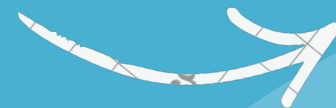
- Movement
- Yoga
- Tai chi
- Pilates



Support Groups

Monthly support groups!

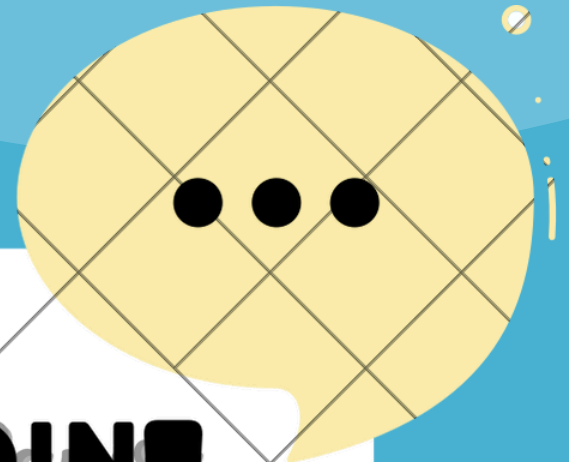
- Bowel
- Breast
- Veterans
- Retired fishermen



Visit the Live Well Hub on Nile Street in North Shields for cancer support.

And 1-2-1 support!

JOIN US!

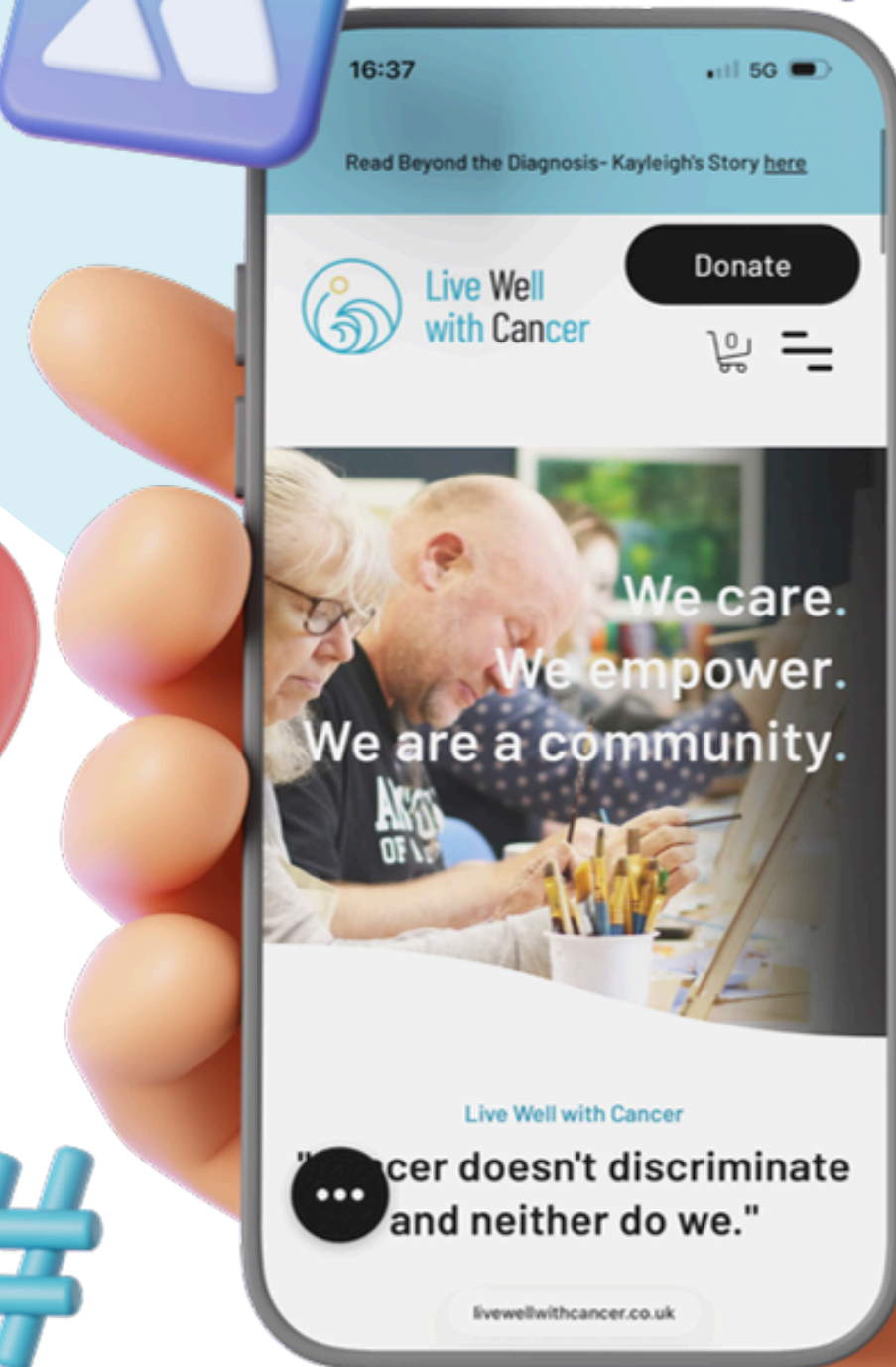
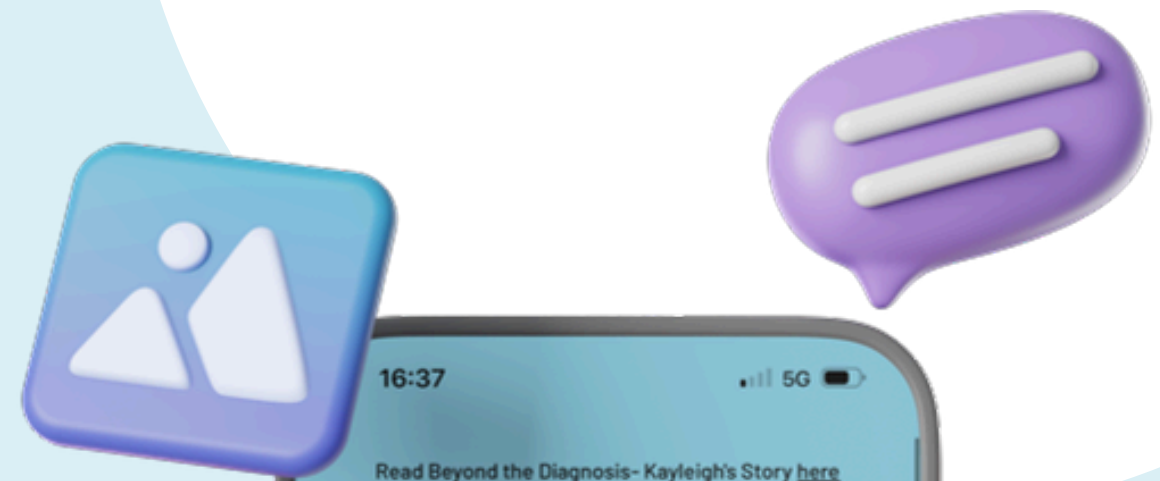


TOGETHER WE CAN

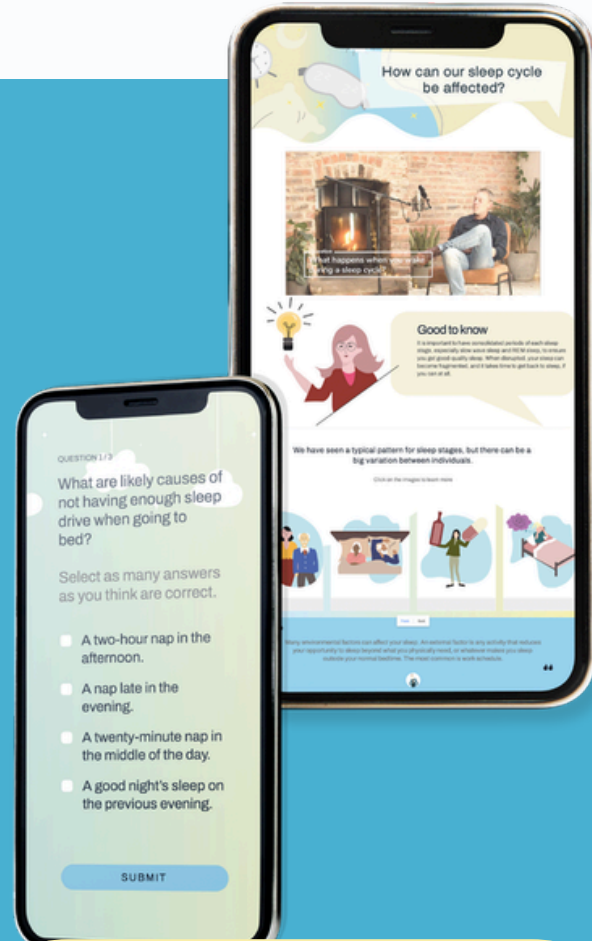
Get in touch.

Email info@livewellwithcancer.co.uk
or visit www.livewellwithcancer.co.uk

Scan the QR code on the right to
see what's on at our Live Well Hub!



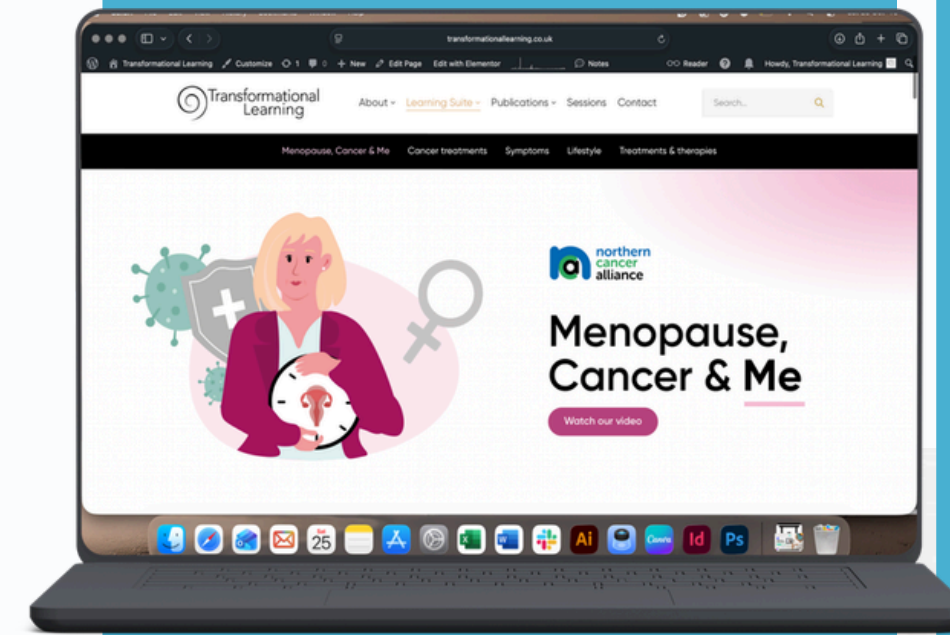
Visit www.transformationallearning.co.uk to see our range of wellness resources.



The Sleep Better Series



The Prehab Hub



Menopause, Cancer & Me

COMING SOON

Managing Fatigue

Transformational Learning

Check out our digital resources



- Online resources designed by patients and carers for patients and carers
- Suitable for anyone affected by cancer
- Topics of interest informed by NCPES and QoL
- Helpful links and resources on each topic
- Updated and reviewed with new resources

[My Wellbeing Space](#)

My Wellbeing Space



- Map and contact details of Macmillan Information Centres in NENC
- Embedded Cancer Care Map
- Feedback option and further consultation planned
- Analytics to review access and used
- Helpful resource for anyone affected by cancer

@NorthernCancer

[My Wellbeing Space](#)

www.northerncanceralliance.co.uk

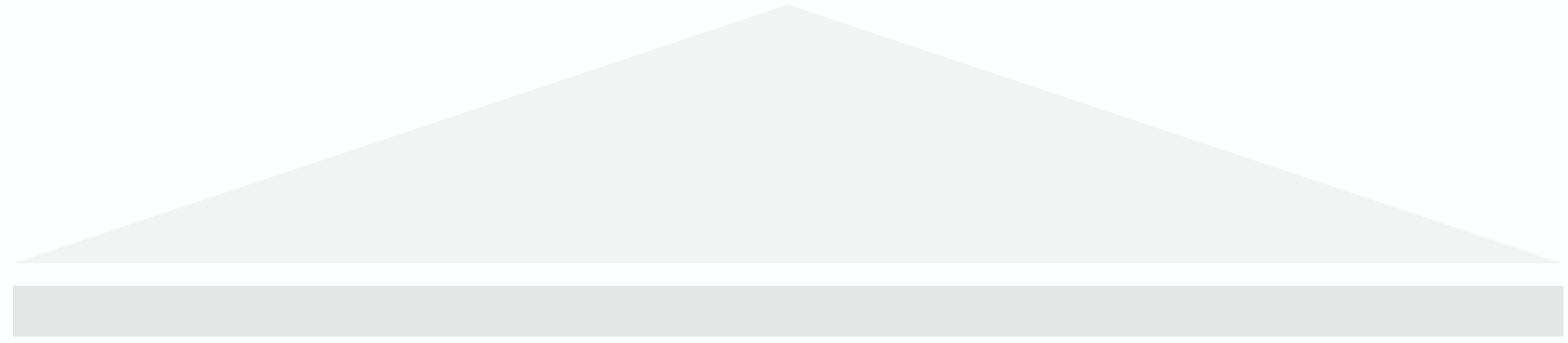
Collaborating to improve cancer care

The Wellbeing 9-a-Day

**What are the nine habits
of a healthy lifestyle?**

The 3 Pillars of Wellness

The Wellbeing 9-a-Day is best understood as the Three Pillars of Wellness.

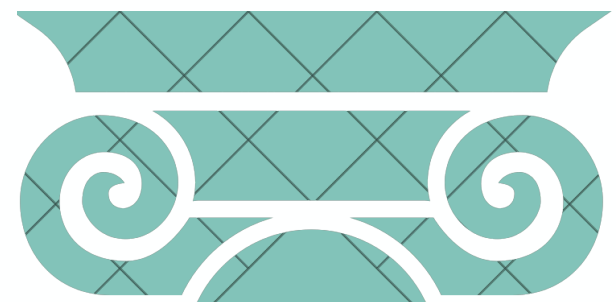


Journey



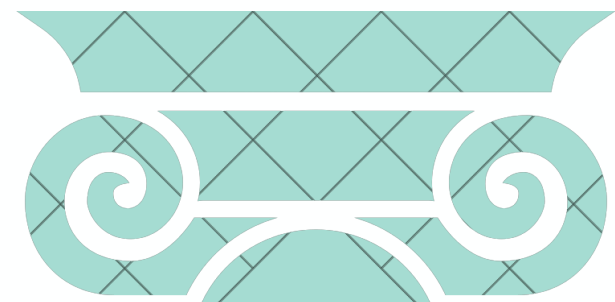
Past
Present
Future

Health



Mental
Physical
Emotional

Relationships



Others
Self
Diet

Journey



Let go

*Releasing
the past*



Be present

*Connecting
with the moment*



Set intentions

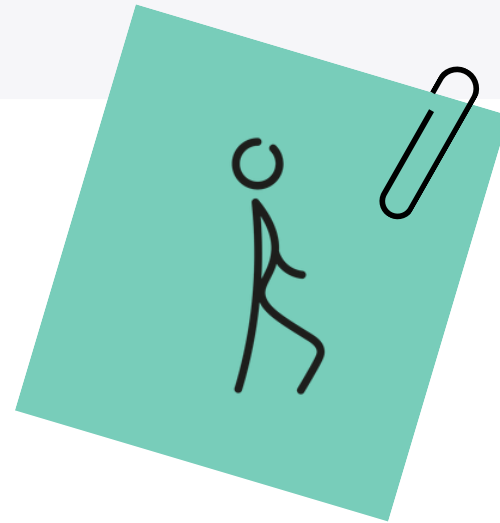
*Aiming for a
better future*

Health



Learn

*Expanding
your mind*



Move

*Exercising
your body*



Enjoy

*Experiencing
positive emotions*

Relationships



Connect

Cultivating better relationships



Self-care

Tending to your needs



Nutrition

Developing a healthy diet

Live Well with Healthy Habits *The Prehab Edition*

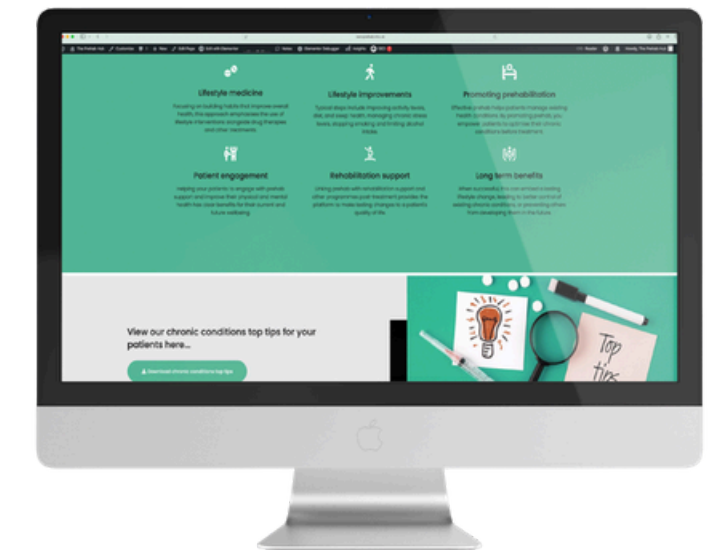
Our range of wellness journals put the power in your hands as you build healthier habits that can transform your wellbeing now and into the future.



*The Prehab Hub
educational resource*



Our range of journals



Funded by

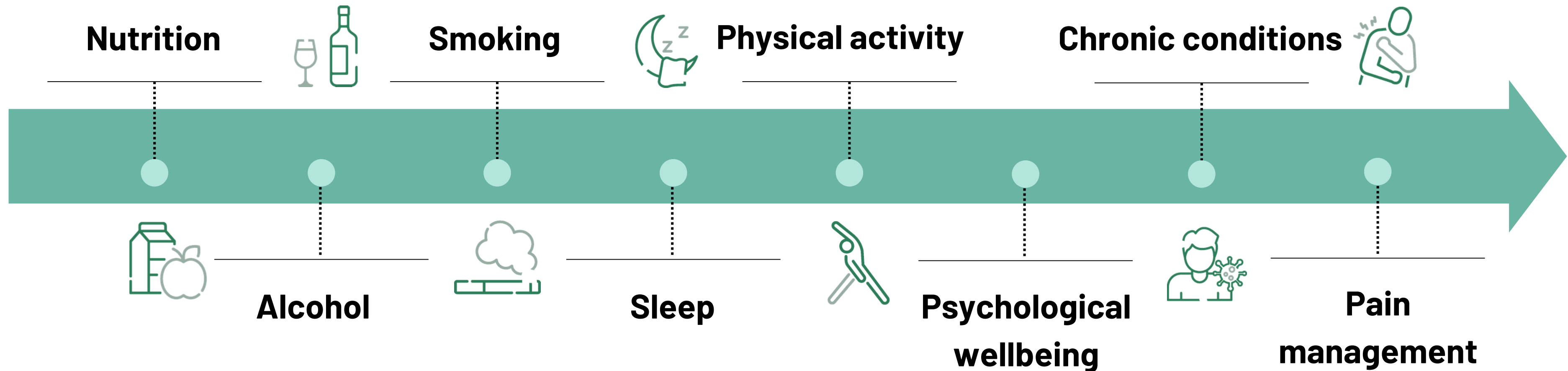


Live Well with Healthy Habits

What is prehabilitation?

Prehabilitation

Prehabilitation is a healthcare process that empowers patients to improve their overall wellbeing before and during treatment. The habits contained within *The Prehab Edition* can help anyone to live well at any stage of life.



Live Well with Healthy Habits

Call to action



Let go

What bad habits, thoughts and beliefs would you better off without?

@#%!





Let go

What bad habits, thoughts and beliefs would you better off without?

Screen time

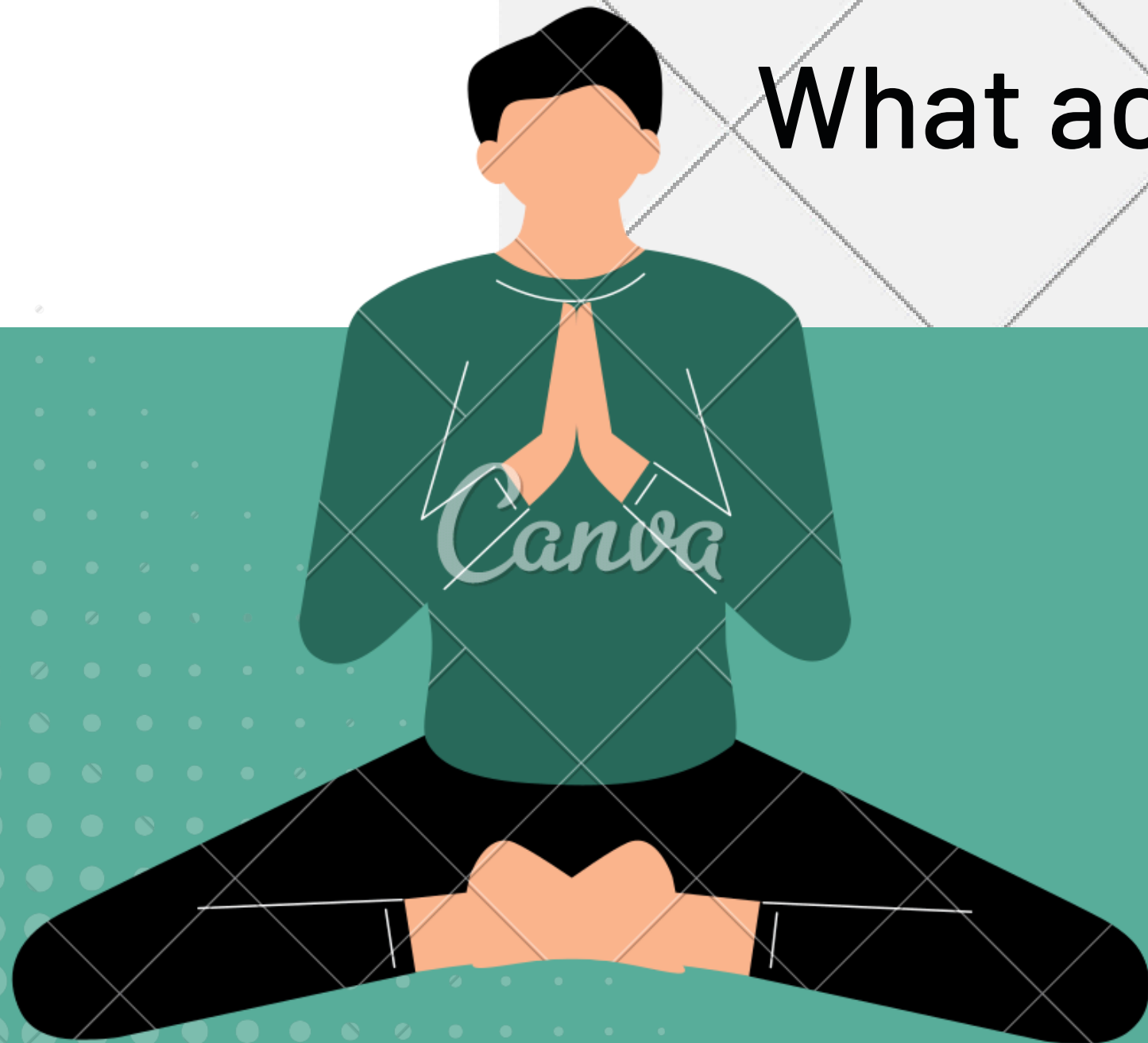


Call to action



Be present

What activities help you be present?





Be present

What activities help you be present?

Box breathing



Call to action

Set intentions

What intentions would you like to achieve in the next two weeks?



Set intentions

What intentions would you like to achieve in the next two weeks?

**Set one intention
for the future**



Call to action



Learn

What would you like to learn
while using this journal?





Learn

What would you like to learn while using this journal?

Live Well with Healthy Habits



Call to action



Move

What ways of moving your body do you enjoy most?





Move

What ways of moving your body do you enjoy most?

Tai Chi / Yoga / Pilates



Call to action



Enjoy

What activities bring joy to your life?





Enjoy

What activities bring joy to your life?

Homework #1



Call to action



Connect

What can you do to improve your relationships with other people?





Connect

What can you do to improve your relationships with other people?

Live Well community



Call to action



Self-care

What can you do to tend to
your mind, body and soul?





Self-care

What can you do to tend to your mind, body and soul?

Homework #2

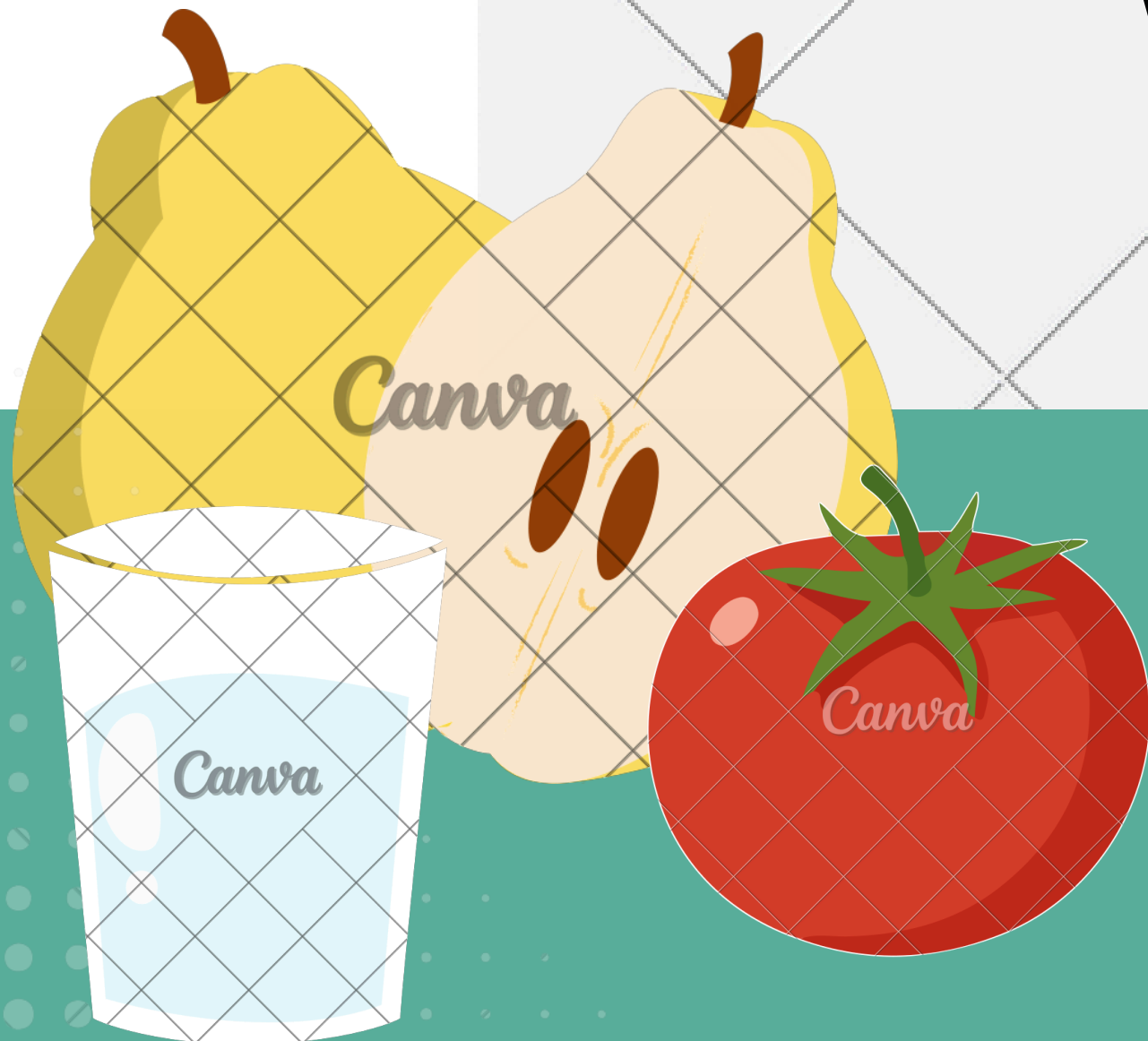


Call to action



Nutrition

What food and drink would be best for you to consume?





Nutrition

What food and drink would be best for you to consume?

Drink 6-8 glasses of water
Eat 5 fruits and veg



Call to action

Live Well with Healthy Habits

Key principles

Key principles

1

**Start small
grow big.**

You're not aiming for the last step... you're aiming for the next step.

2

**Focus on progress,
not perfection.**

Making mistakes is inevitable... making progress is invaluable.

3

**Compete against
yourself, not others.**

Present You compete against Past You so Future You can be the best yet.

Set Intentions

Today I get to...

Live Well with Healthy Habits Masterclass



Intentions

Reflections

	Be Present	Box breathing	
	Let Go	Screen time	
	Learn	Healthy Habits	
	Move	Tai Chi	
	Enjoy	Felt painting	

Intentions

Reflections

	Connect	Live Well community	
	Self-care	Homework!	
	Nutrition	Drink water Eat fruit & veg	

Journal

A space for reflection...



Wellbeing 9-a-Day Tally

Track your progress...

A row of eight circular icons corresponding to the categories in the left page: a notepad, a person at a desk, a person walking, a lightbulb, a person walking, a smiley face, a heart with a pulse line, and a head with a brain. Below the icons is a horizontal bar with eight empty rectangular boxes for tracking progress.



Time to start living well!

Thank you!

Thank you so much for attending our
Live Well Masterclass.

We appreciate
your thoughts!
Scan the QR code below
to share your feedback.



transformation@livewellwithcancer.co.uk



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