



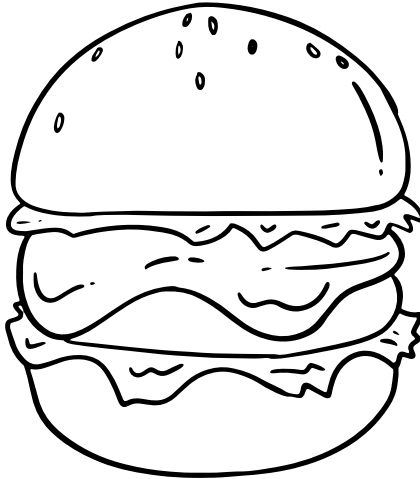
# Burger Theory by Matthew Manderson

**Generally, there are key ingredients vital for our wellbeing, in order to feel good, function well, and bounce back from stress.**

There may be daily actions, though seemingly small, can lead to big improvements in wellbeing overtime.

Key ingredients in most people’s burger / wellbeing includes:

Sleep  
Exercise  
Diet  
Work  
Work-life balance  
.....



Hobbies  
Family time  
Time with friends  
Down time  
Good physical health  
.....

As a basic gauge to identify where you are at, ask yourself:

*“What are the key ingredients I need in order to feel good and function well?”*

*“What’s missing from my burger?” “What can I put back in?”*

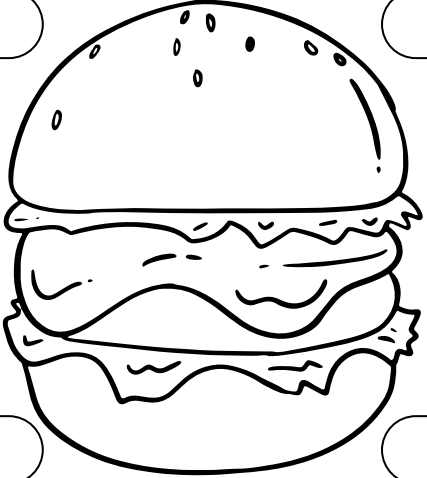
Think about a time when things were going really well for you... *“What were the ingredients then and what is different now?”*

Focus on 3 points / goals to take basic actions to improve wellbeing overtime.

Check out the resources on the Building Wellness website or contact the Coordinator for support:

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Use this worksheet to list what your ingredients are – Do you, have them all? How balanced are your ingredients?



Worksheet for listing ingredients, consisting of ten rounded rectangular boxes arranged in two columns of five, flanking the central burger illustration.

Have a go at answering these questions:

“What are the key ingredients I need in order to feel good and function well?”

“What’s missing from my burger?”

“What can I put back in?”

Think about a time when things were going really well for you... “What were the ingredients then and what is different now?”

List 3 points / goals to take basic actions:

- 1)
- 2)
- 3)