

Building Wellbeing into everyday  
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Property Council  
New Zealand

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## World Health Organization 1946

'Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity.'



Dr. Tedros Adhanom Ghebreyesus  
WHO DIRECTOR-GENERAL

**Modifiable**  
Lifestyle can be attributed to around 80% reduction in chronic disease.



# Optimism

Belief that good things will happen in the future regardless of the current situation



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## Wellbeing gap

For most of us there is a gap between where we are now and where we want to be.

MIND THE GAP

### Creating successful change:

1. epiphany
2. changed environment
3. making change tiny.

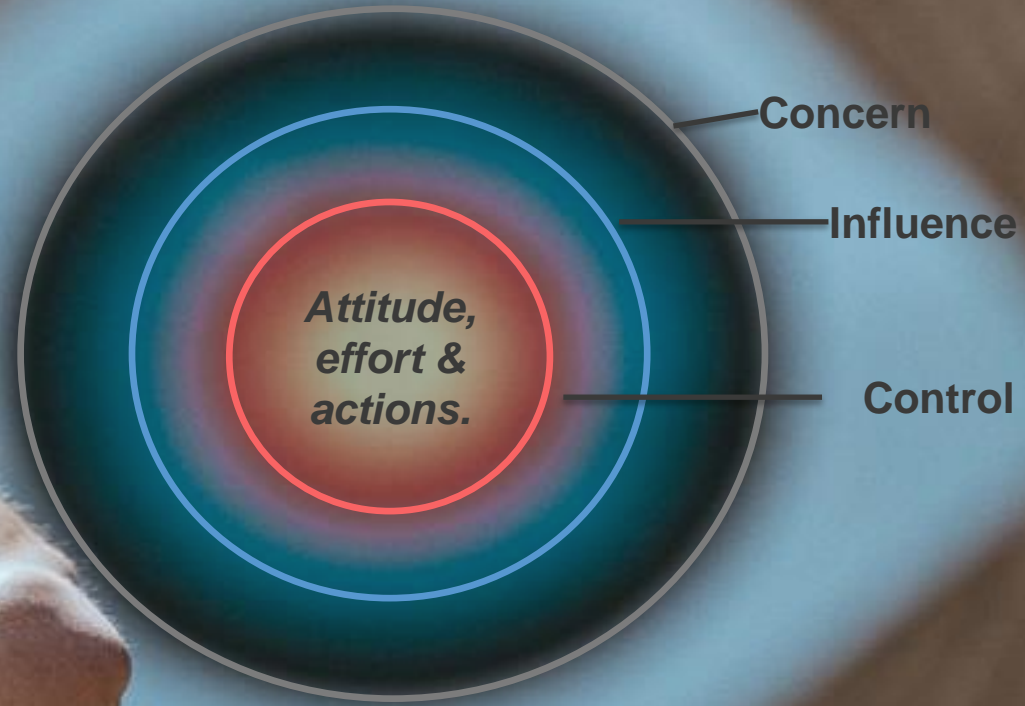
# Stress

Is a hard wired human response. If you did not have a stress response to a threat you may not have survived.



# Circle of Control

There are lots of things you cannot control. Focus on the things you can.



# Habits VS Routines



VS



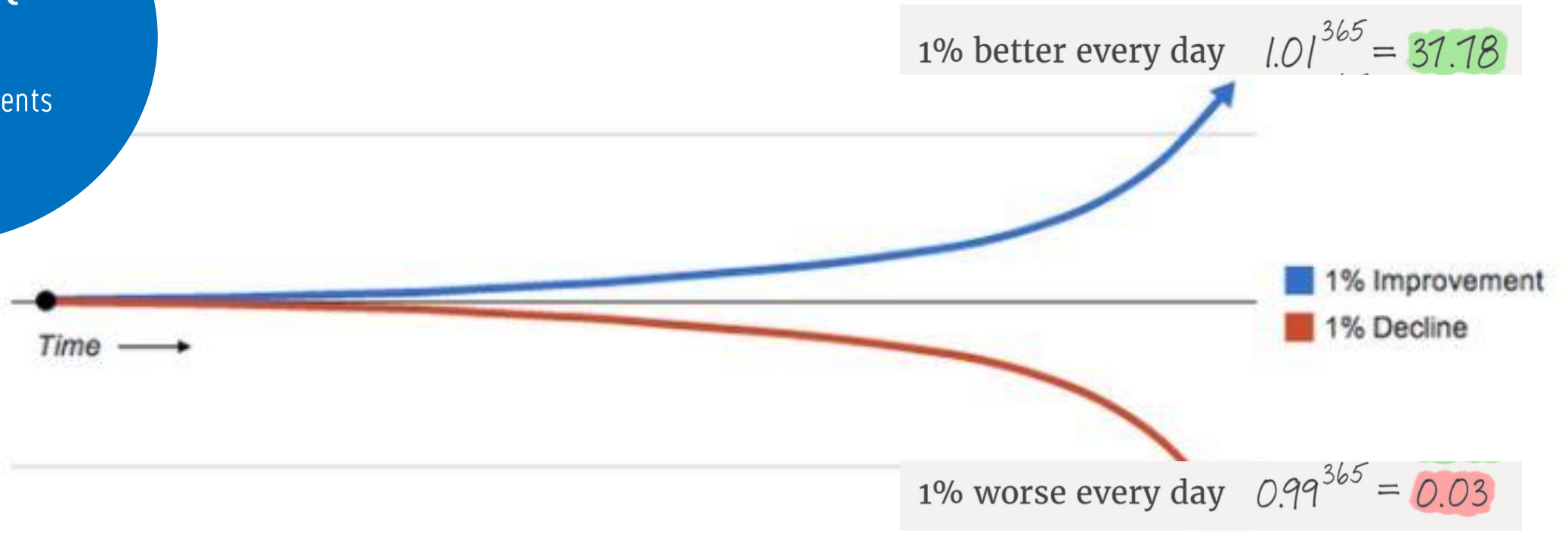
An action we do in a regular and repeated way. Habit is an action with little or no thought

A routines is a regular way of doing things, in a particular order, and can help foster normalcy and fulfillment



# Aggregation of Marginal Gains

**Marginal Gains.**  
Small improvements



In the beginning, there is basically no difference between making a choice that is 1% better or 1% worse. (In other words, it won't impact you very much today.) But as time goes on, these small improvements or declines compound and you suddenly find a very big gap between people who make slightly better decisions on a daily basis and those who don't.

**Wellbeing Foundation**  
The levers of good wellbeing are simple.



## Recovery

Time asleep is the most common form of recovery



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# Movement

Physical movement is key to physical and psychological health



# Nutrition

Food selection can make a big impact on perceived stress and anxiety



**Gut Biome**  
Our second  
brain & 90% of  
body's serotonin



# Hardwired to connect

We are physically isolated but not socially isolated



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*"The trajectory of your life bends in the direction of  
your habits."* James Clear



# New Years

80% of New  
Years Eve  
resolutions failed  
in first 3 weeks



**Getting started**  
Successful goals need both 'planning' and 'executing'. Its hard to do this at the same time.



# Home Court

Shape your 'home' environment to help habits stick



*'If you want to make something a big part of your life make it a big part of your environment'*

**Identity-based**  
Every action is a vote for the type of person you want to be



*‘I’m the kind of person who takes the stairs as part of my daily physical routine’*

# Progress

Habit tracker is a simple way to measure whether you completed the habit

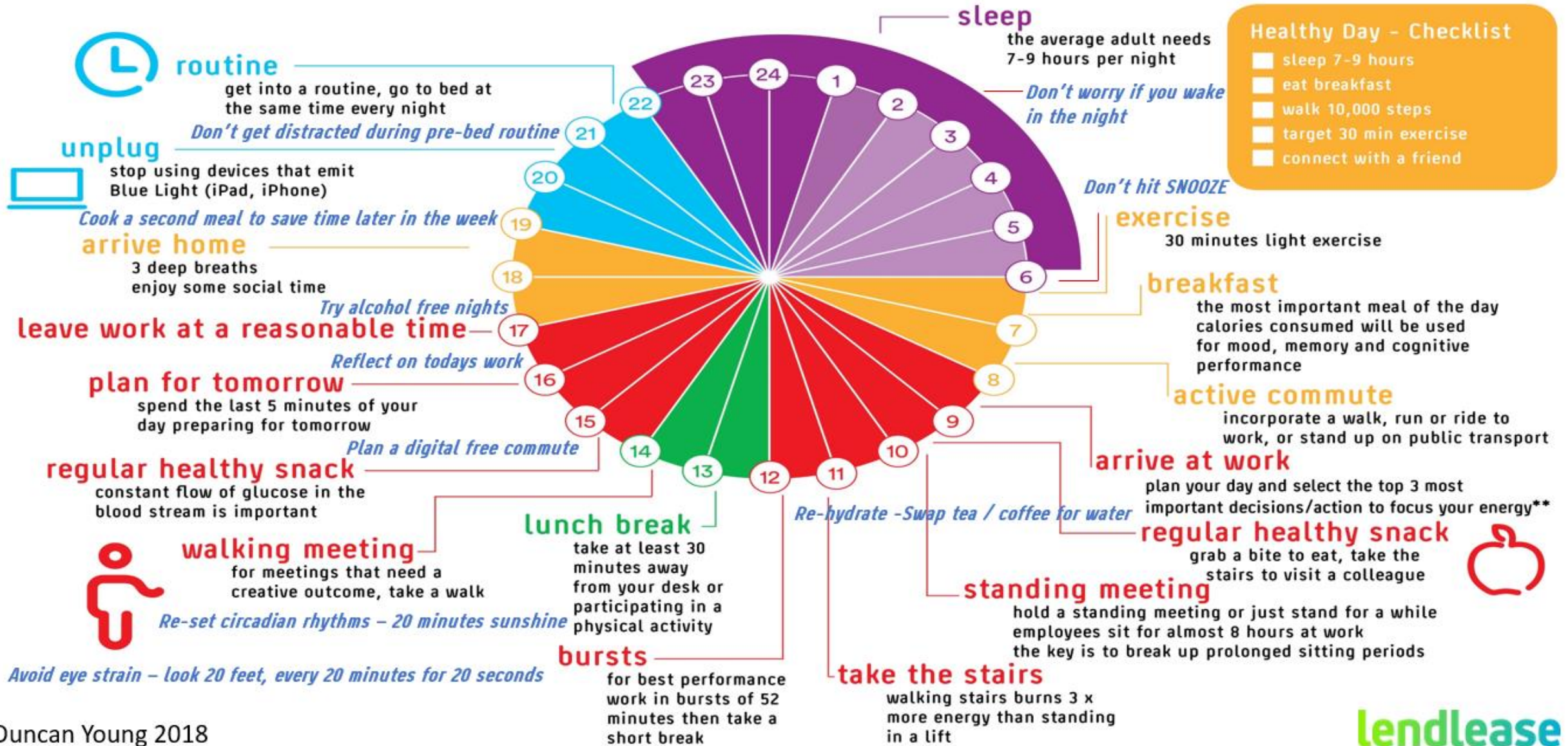


## Common daily habits to track:

- journal 1 sentence
- read 1 page
- meditate 1 minute
- do 1 push up
- stretch for 1 minute
- write 1 thing I'm grateful for
- make your bed
- wake up by [TIME]
- go to bed by [TIME]
- take a shower
- floss teeth
- take medication
- take vitamins/supplements
- play [INSTRUMENT] for 1 minute
- contact 1 potential client
- prioritize to-do list
- say "I love you" at least once
- put all dishes put away
- take a walk outside
- call mom
- walk the dog

*Don't break the chain!*

# How can we build more wellbeing into everyday 2.0



# WELLBEING JOURNEY

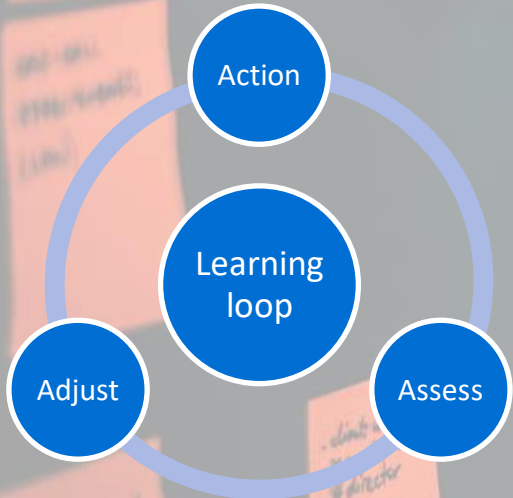
We all learn in different way and our approach ensures everyone has an opportunity to enhance their wellbeing



Frequent awareness on a variety of channels plus visible leadership at multiple levels.

Heart rate variability monitoring, surveys & health checks that build curiosity in wellbeing.

Habit change & coaching programs that create a culture of learning.



## Practice gently

Studies find people are more likely to achieve their health goals with self-compassion than self-criticism.



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