

The Little Book of Workable Wellbeing

A tiny companion for
busy humans with
real lives

Dr Zoe Wyatt

CLINICAL CONSULTANT

MHSW, PHD

www.DrZoeWyatt.com

How to use this

Pick one small thing per week. Try it. Keep what helps. Skip what doesn't. Progress, not performance. If you want to be fancy, print this and circle one action. That is enough.

Quick self-check

Circle one domain to nudge this week.

- Body and Energy
- Work and Purpose
- Social and Belonging
- Money and Safety
- Place and Community

If I only improve one thing this week, it is _____.



Body and Energy

Two-minute science in plain English

Your body is a messenger. If you ignore the memo, it forwards it to your jaw, gut, and sleep. Treat signals as information, not a personal failing.

Try today

- Protect a 10 minute wind-down before bed. Lights low, screens out of reach.
- Eat a normal plate before caffeine. Your system works better with fuel.
- Move your body for 8 minutes. Some beats optimal.

Micro-practice (60 to 90 seconds)

Exhale longer than you inhale for 10 breaths. Do it after meetings, commutes, or arguments. It is the body's quiet way of saying, we are safe.

Real-life swap

Swap late-night scrolling for charging your phone in another room. Put an old-fashioned alarm clock by the bed if you have one.

Reflection

What made energy leak this week. What plugged the leak.



Work and Purpose

Two-minute reality check

Feeling useful steadies the system. Tiny re-aims beat big reinventions.

Try today

- Block one meeting-length chunk for real work. Treat it like a doctor's appointment.
- Start with a one-line intention: If I only do one thing, it is _____.

Micro-practice

Close extra tabs. One screen. One task. Fifteen minutes. Boring is a superpower.

Real-life swap

Replace one performative task with one contribution task. Mentor for ten minutes. Fix a clunky process. Unblock a teammate.

Reflection

Where did time honour your values and where did it quietly betray them.



Social and Belonging

Two-minute note

Connection is not decorative. Brief, dependable contact calms the body's background alarm.

Try today

- Send a walk-and-talk invite to one person you can be ordinary with.
- Share one feeling before you share a fix.

Micro-practice

Three breaths before you reply. Name the feeling, then answer. The conversation gets kinder and clearer.

Real-life swap

Trade one status update for one real conversation this week. Ask, what do you need more of and less of right now.

Reflection

Who knows the unpolished you. How can you see them, even briefly, this week.



Money and Safety

Two-minute reality

Safety is a feeling and a spreadsheet. Buffers beat bravado.

Try this week

- List bills. Automate one.
- Create a tiny buffer. Transfer a fixed micro-amount the day you are paid.
- If debt is heavy, book one conversation with a professional. It is admin, not identity.

Micro-practice

Name the worry out loud, once. Then name the next action, once. Put it in the calendar.

Reflection

What small step bought the most peace for the least effort.



Place and Community

Two-minute science in a sentence

Your spaces teach your nervous system what to expect. Make one corner boringly safe.

Try today

- Clear the chair of doom. One layer only.
- Put a calm cue in sight. A lamp. A plant. A photo of people who love you unproductively.

Micro-practice

Open a window. Two slow breaths at the sill. Name three things you can hear.

Real-life swap

Swap one rushed meal at the desk for a ten minute eat-without-screen. Novel idea, we know.

Reflection

Which small change made your space kinder to your body.



Attention starter kit

Attention is the doorway to every other change. When you buy back a little focus, everything else gets easier.

Wins that stack

- Phone sleeps outside the bedroom.
- Email at 10, 1, and 4.
- 60 to 90 minute focus arcs with real breaks.
- People-only pings. Favourites can get through. Apps cannot.
- One screen. One task. One cup of tea that you actually taste.

Tiny audit

For one day, notice where your attention went without telling a story about it. Tomorrow, move one thing. That is all.



Feelings Are Data, Not Drama

The awkward truth

Most of us were not taught Feelings 101. We were taught Smile Nicely. Emotions are not interruptions. They are push notifications from the body. Read them before you hit Ignore All.

Try today

- One daily check-in. What am I feeling and where is it in my body.
- Use plain words. Tight chest, anxious. Heavy eyes, sad. Hot face, angry.
- Let the wave pass. Many surges settle if you stop wrestling them.

A tiny script

- Name: This is anger.
- Need: A boundary was crossed.
- Next step: I will say no once.

Reflection

If my feeling had one job today, what was it trying to do for me.



Scripts You Did Not Write

Spot the script

Do not need. Do not rest. Do not speak up. If the rule lives in your body, it shows up as clenched teeth and polite resentment. Culture writes lines. You do not have to deliver them on cue.

Three fast edits

- Name the rule in its voice: Rest is earned.
- Keep the value, trim the excess: Keep care. Retire self-erasure.
- Practise a new sentence: I want to help, and I am at capacity.

Micro-practice

When you feel the old rule tug, put one hand on the desk or your chest and say, out loud if you can, new page. Then act on the kinder rule once.

Reflection

Which script is the loudest. What is one gentler line you can say instead.



One-week experiments

Pick one. Report back to yourself next Sunday.

- **Energy:** lights-out routine, 10 minutes earlier.
- **Purpose:** one protected block for meaningful work.
- **Belonging:** one walk-and-talk.
- **Safety:** automate one bill.
- **Place:** clear one square metre.
- **Attention:** email at three set times.

Note what changed in mood, sleep, patience, and presence. Keep the one that moved the needle.



When to get extra help

If low mood, panic, or safety concerns persist, talk to a GP or a registered mental health professional. If there is immediate risk to you or someone else, use local emergency services. Getting help is competence, not failure.

Keep it human

You do not have to optimise your way to a good life. Small moves, repeated kindly, count. Save the page that helped. Ignore the rest. Come back when you want another nudge.

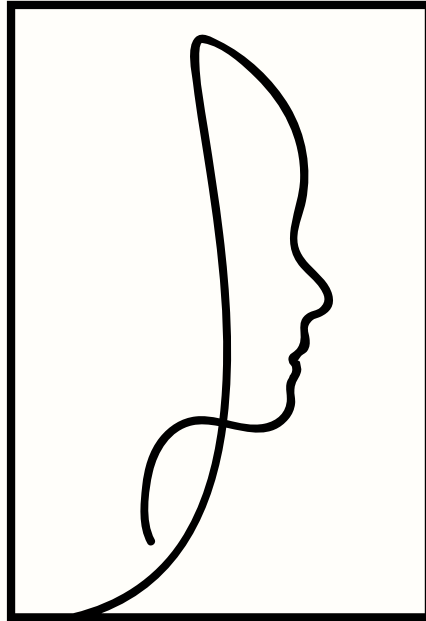


About Dr Zoe

Dr Zoe Wyatt-Potage is an Australian Clinical Social Worker based in Cairns, Australia.

She has been in the psychological wellbeing space for over a decade, with a trauma-informed approach, driving growth and resilience.





Dr Zoe

www.DrZoeWyatt.com