

Wellbeing Planner

Monday

Buy a notebook & begin writing a thoughts & feelings journal : simply write down notes of how you felt during the day & what triggered the feelings. It might sound like a chore, but it can help a great deal when reflecting back.

Practise positive thinking : we all struggle with negative thoughts from time to time, it's an important skill to combat negatives & reframe thoughts into positives... give it a go, we can train our brain to be more positive.

Build self-esteem : consciously build-up your self-esteem... list all the positives about you & things you have achieved, design a piece of art titled 'This Is Me'... focus on your unique & precious qualities...don't hold back.

Be playful : recapture the childlike feelings of wild excitement, spontaneous fun, cutting loose, & being full of awe & wonder at this magnificent universe... rediscover a childhood activity that you enjoyed.

Tuesday

Spend time relaxing : have a bath, watch some relaxing tv, watch a comedy movie, chill on the sofa or lie in bed & take some time to just relax & simply BE...

Eat your favourite food : eat something that you love the taste of, savour it, enjoy it, share your favourite food or treat with family or friends :)

Be grateful : be a genuine & positive person by reflecting on the things you are grateful for in this big wide world... thank someone who brings joy into your life, be thankful for nature & beauty.

Be selfless : spend the day doing things to bring joy to other people... make someone a tea, help them, smile, ask how they are & listen to them, tell them what you appreciate about them being in your life.

Wednesday

Spend some time in the kitchen : help cook dinner, bake cupcakes, follow a new recipe, eat a healthy meal (focus on the healthy ingredients & how good it is for your wellbeing).

Find the joy in music : play *or learn to play* an instrument, sing, listen to music, look-up the lyrics, write your own music or lyrics, & dance like no-one's watching.

Memories & good-times : remember all the good memories & fun times you have had with family & friends, look back at photographs, talk about the memories, & scrapbook any keepsakes.

Laughter is good for the soul : watch funny movies, tv series, or video clips & laugh... laughing is, & always will be, the best form of therapy... laughter triggers the release of endorphins, the body's natural feel-good chemicals.

Thursday

Complete a guided meditation : go online & find one linked to emotions... feel the feeling but don't become the emotion... witness it, allow it, release it.

Complete a guided meditation : go online & find one, this time linked to thoughts... be mindful, be grateful, be positive, be true to yourself, be kind to yourself, & nourish your soul.

Complete a guided meditation : go online & find one, this time linked to self-compassion... you will never speak to anyone more than you speak to yourself in your head, be kind to yourself.

Complete a guided meditation : go online & find one, this time linked to grounding... "I am present within myself, I can centre myself with my breath, I feel grounded, confident, worthy & whole."

Friday

Practise 'I statements' : I notice I feel _____ when _____ because _____ tell those close to you about your feelings, or write them down in your journal & talk about them another time.

Be creative : it can be any form of creativity... art, photography, write a story, create a comic, make something, learn origami, decorate a room, gardening, DIY, poetry, model-making.

Problem solve : make a list of any problems or worries you have been struggling with... 1 by 1 break them down & think of positive solutions or positive ways to respond... ask family & friends to help with ideas.

Go tech-free : spend a whole day & night, 24 hrs... tech free; no phone, tv, tablet, computer, etc. Instead be out in nature, read a good book, do a craft activity, be sporty, go for an adventure, feel the freedom.

Saturday

Go out in nature : go for a walk in a park, around a lake, to the beach, up a mountain.
Or be active in nature : mountain biking, cycling, running, skateboarding, swimming, surfing, football, rugby etc.

Go online & research : research wellbeing & mental health, get tips on how to build positive wellbeing, looking at books on mental health & save-up to buy one that might help you.

Set a goal : think of something positive & fun you want to do in the future & begin planning how to achieve it... it could be going somewhere, learning something, joining a club... something to look forward to.

Complete a guided meditation : go online & find one, this time linked to relationships... if you were a sun, then your important people are your solar system, & relationships are your universe, EPIC.

Sunday

Complete a Mindfulness activity : do some online Yoga (find on YouTube), calming colouring-in, art or drawing, open the window & notice the sounds & sights, stretch out your muscles, etc.

Get active : physical & mental health are intrinsically linked so get active... complete a guided workout (find on YouTube), join a gym/class, do circuits, go for a run or bike ride... get your heart-rate up.

Complete a guided meditation : go online & find one, this time linked to sleep... when I wake up, I'm reborn ... a guided meditation could help you to quiet your mind & relax at night.

Reflect on wellbeing : think about what's going well & where improvements could be made... which of these daily activities was the most helpful... you could create your own wellbeing planner.

A day may not be entirely good, but there is something good in every day... try to find it... or go and create it :) ...mix & match the activities to suit your days & months.

Wellbeing Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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Wellbeing Planner

This is a wellbeing planner for young people, or adults, to help to build positive emotional wellbeing. It has one positive wellbeing idea for every day for a month.

According to Psychology Today, the definition of emotional wellbeing is "the ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings."

- Wellbeing Planner
 - ⇒ One positive way to build positive emotional wellbeing for each day in a month.
- Wellbeing Planner (blank)
 - ⇒ Create your very own wellbeing planner - use the completed planner for inspiration, we are all unique and individual, the best way to build positive emotional wellbeing is to find the ways that are the most uplifting for you and list them in your very own wellbeing planner.
- SCENIC path
 - ⇒ Take the SCENIC path to emotional wellbeing - use these ideas as inspiration for your wellbeing planner. What areas are currently going well, which areas have you been neglecting recently... could you add something connected to this area to your wellbeing planner?

Take the SCENIC path to emotional wellbeing

