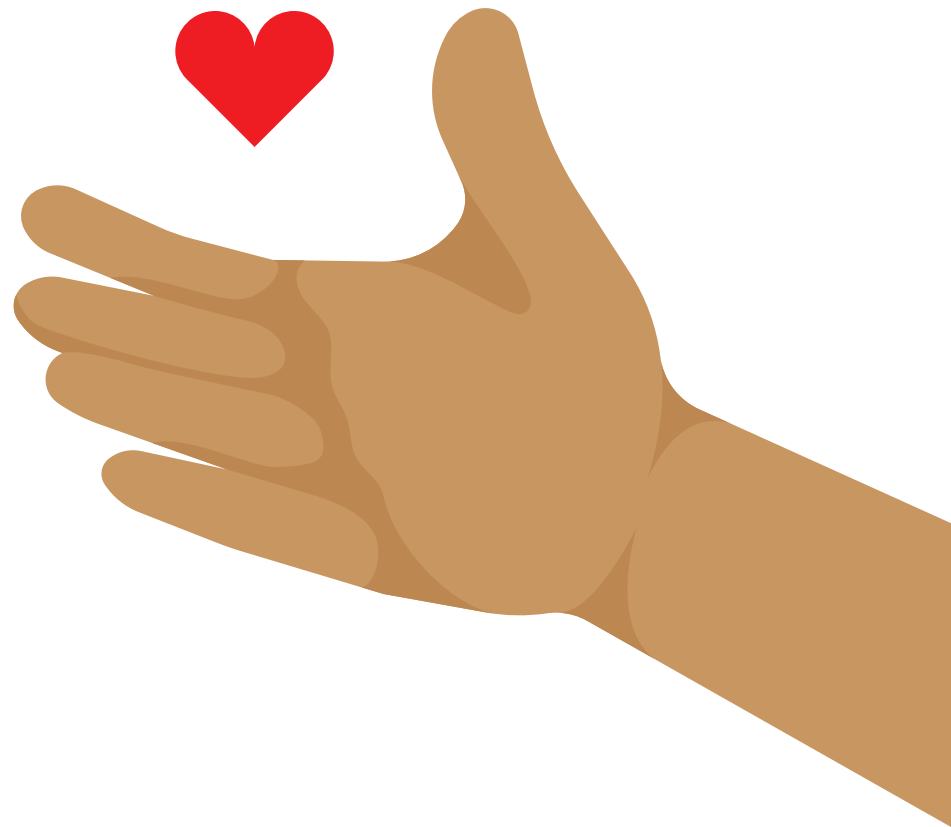


HOW DO YOU FEEL LATELY?

- Sad
- Furious
- Surreal
- Worried
- Shocked
- Exhausted
- Recurrent/Repetitive thoughts
- Angry
- Tired
- Confused
- Oversensitive
- Panic
- Calm
- Optimistic
- Confident
- Content



14 DAYS OF WELL-BEING JOURNAL



7 WELLNESS PRINCIPLES

Right now, we're all in a unique situation—something very few of us have ever experienced before.

Because of this, our lifestyles have been impacted and we may have forgotten some good habits.

There are seven guiding principles that will help you on your wellness journey as you navigate through this current situation. Each of the activities in this diary contain at least one of the seven principals. **To cultivate good self-care habits, try to include these principles into your everyday life.**



mind **well**
sleep **well**
exercise **well**
love **well**
play **well**
work **well**
eat **well**

DAY 14

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

WHAT WOULD YOU LIKE TO PRAISE OR THANK YOURSELF FOR?

WHAT ARE YOU LOOKING FORWARD TO TOMORROW?

DAILY ACTIVITIES

DAILY ACTIVITIES

The calendar below lists all the activities you will be doing for **the next 14 days**. Even if it is recommended to do one activity per day, it is perfectly okay to skip a day and return to it afterwards. This journal is intended to bring you relief, not additional stress to your day.

Instructions: Print double sided. The pages are in the correct order for assembling the journal. Fold down the centre of the pages and staple together.

Disasters and emergencies can cause significant disruption and add stress to your life. If you experience stress reactions that make it impossible to function normally over a long period of time, seek help. Contact your local health facility, or a local crisis support line.

For immediate assistance support anywhere in Canada, please call **Crisis Services Canada at 1-833-456-4566** or **Kids Help Phone: 1-800-668-6866**, Text **CONNECT to 686868** or **csit kidshelpphone.ca**

SETTING SMALL **GOALS**
THOUGHTS & FEELINGS

MY **SPIRITUAL** OASIS
GET MY **BODY MOVING**

I AM AN **ARTIST**

KEEPING IN TOUCH

GAME NIGHT

RELEARNING **SKILLS**

BOOKWORM

MOVIE LOVER

LIFE-LONG **LEARNING**

SETTING SMALL GOALS

Setting a small goal for yourself every day, such as: cleaning your house, reading a chapter of a book, walking the dog, or calling your friend for a chat, can help you attain a sense of control and refresh your mind.



DAY 1

DAY 13

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL

DAY 13

DAY 1

I LOVE MOVIES

Watching movies is a fun way to spend your time. You can be fully immersed in the experience and escape from the realities of life for a short while.

Are there any movies that you have been meaning to watch, but haven't got around to it? Classics? Cartoons? Oscar-winners? **Search online to get started or reach out to friends and family for their recommendations.**

Make a top ten list to enjoy on your upcoming weekends.



MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL

DAY 2

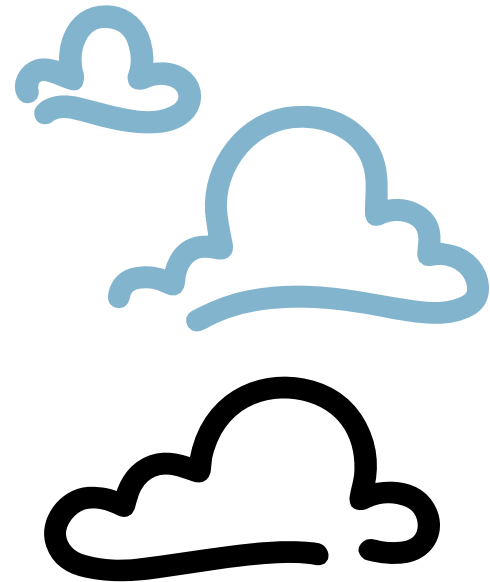
MY FEELING(S) IS/ARE - PLEASE
FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN
THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)



We come across different people and things - both good and bad - in everyday life. These experiences may change how we look at things and how we handle them. **Thinking about your past can be a good way to better understand yourself.**

MY BODILY SENSATION(S) IS/ARE

1 PERSON YOU'RE GRATEFUL FOR

WHY DO YOU FEEL GRATEFUL FOR THEM?

DAY 2



Sometimes it is difficult for us to express our gratitude towards others, especially those close to us like our family members, friends, teachers and so on. Yet, **research shows that you will become happier by expressing your gratefulness.**

MY THOUGHTS & EMOTIONS

DAY 2

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

WRITE ABOUT A **DIFFICULT MOMENT/EVENT** FROM THE PAST

THIS IS **HOW I COPE** WITH IT

HOW HAS THAT PAST EXPERIENCE HELPED ME TO OVERCOME PRESENT-DAY DIFFICULTIES AT THIS POINT IN MY LIFE?

DAY 3

DAY 11

MY SPIRITUAL OASIS

Here, we are going to introduce you the practice of “mindfulness”—an exercise that can bring you peacefulness and allow you to stay conscious in the present moment.

WHAT IS MINDFULNESS?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you’re sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Mindfulness has been proven to improve psychological well-being. While practicing, you pay attention to the present moment by observing your bodily sensations, thoughts, feelings, and surroundings without making any judgment. Through mindfulness practice, you get in touch with your own thoughts and feelings through peace of mind; then focus on them, and respond accordingly.

MINDFULNESS TIPS:

Search for “mindfulness” online for more information and practice guidance. Some common exercises are mindful breathing and mindful eating. Two popular mindfulness apps are: Headspace and Calm—both free during this global pandemic.

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY’S SMALL GOAL

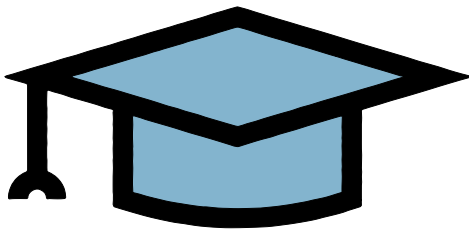
HOW I FEEL AFTER COMPLETING THE GOAL

LIFE-LONG LEARNING

DAY 3

The aim of life-long learning is to maintain your sense of curiosity and keep up with new trends and skills.

Take a minute to think about something you've always wondered. Next, search online for some answers, or grab a book to learn something new. If you're a visual learner, there are many documentaries available, online classes you can enrol in, or tutorials to learn from — many for free!



DAY 3

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



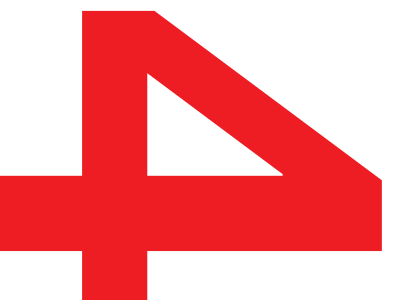
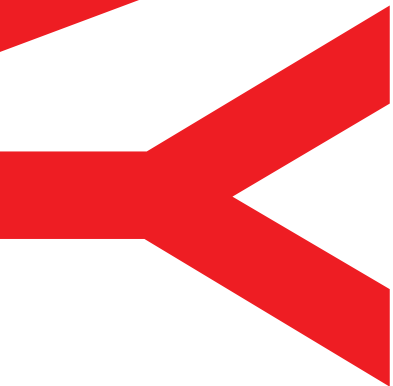
VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL

GET MY BODY MOVING



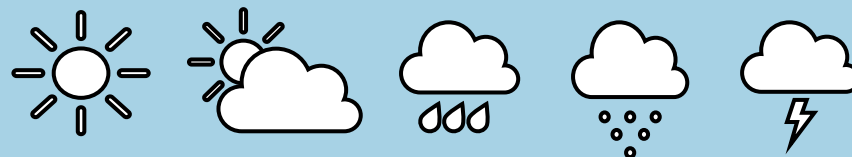
Try to focus on your body today and choose some physical activities that you are comfortable doing, such as yoga, walking, hiking or aerobic exercise.

There are many apps and pedometers available for your phone to support your movement goals.



DAY 10

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL

DAY 10

DAY 4

I AM A BOOKWORM

For many of us, our lives often feel too busy to take the time to enjoy reading.

Do you have an unfinished book just sitting in the corner, or any books that you would like to read again? **There's no better time than now.**

For inspiration, visit your favourite bookstore or library online. Many have top 10 book lists, delivery options, or online reading options. You might also have books of your own that you haven't read yet! And if you would rather listen to your bestseller, there are many online apps that can do the reading for you.

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.

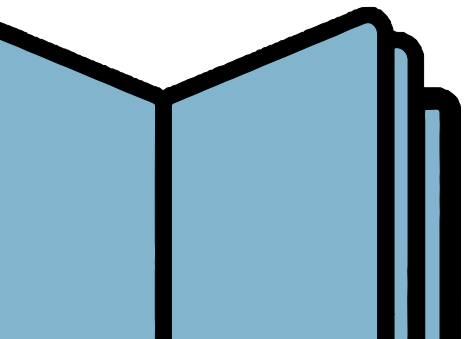


VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL



DAY 5

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.

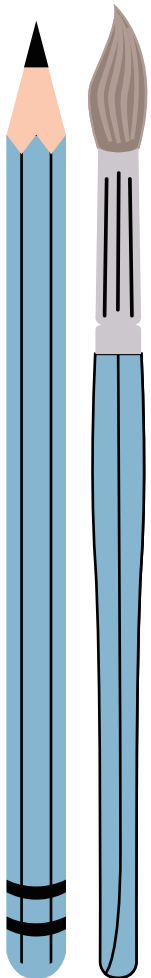


VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL



Remember when we were little, we drew on walls, paper and floors? Everyone had a box of crayons or Crayola markers lying around. **Today is all about being creative.**

Try drawing or photographing what you see outside, crafting along on YouTube or setting up a Bob Ross painting party online with friends. **You don't need to be a professional artist to create or make art. It just takes a bit of time to rediscover your inner talent!**

RELEARNING OLD SKILLS

Do you remember things you used to be good at? Have you lost touch with some of them and forgotten how to do them?

Old skills tend to get a bit rusty if you haven't practiced them for awhile; skills like cooking, knitting, or playing piano.

Today, take a bit of time to rediscover an old skill. Through rediscovering these skills, you may find that you remember much more than you think!



DAY 5

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL

DAY 9

KEEPING IN TOUCH

Think of someone you haven't been in touch with for a while.

Family members?
Friends? Colleagues?
Today, take a moment and make a phone call, schedule a video chat or send a text message to reach out and see how they're doing. **By doing so, you will feel more connected to people.**



30 DAYS

DAY 8

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

WRITE DOWN 3 THINGS YOU FEEL GRATEFUL FOR IN THE PAST YEAR, AND WHY

HOW I FEEL AFTER COMPLETION

DAY 8



MY THOUGHTS & EMOTIONS

Want to be happy? It's very simple!

Research tells us that we can lead happier lives if we show gratitude to ourselves and others.

Take a moment to think about what you're thankful for.

DAY 6

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.

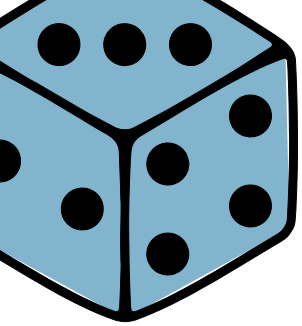


VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

TODAY'S SMALL GOAL

HOW I FEEL AFTER COMPLETING THE GOAL



GAME NIGHT

Playing games together can be relaxing and bring your family and friends closer together.

Look for different kinds of games as activities that you all enjoy, such as card games or board games. Dedicate one night a week/month to game night and have snacks and, (why not!) costumes.

If you live alone, there are many ways to play with others: set up a video chat for card or board games, or choose online and mobile games with options to with others from the safety and comfort of your home.

DAY 7

DAY 7

MY FEELING(S) IS/ARE - PLEASE FILL IN THE EMOTIONS BELOW



MOOD OF THE DAY - PLEASE FILL IN THE HEARTS BELOW TO INDICATE.



VERY BAD (1 HEART), VERY GOOD (10 HEARTS)

MY BODILY SENSATION(S) IS/ARE

THE GAME WE'LL PLAY TODAY

HOW I FEEL AFTER COMPLETION