

WELLBEING DAILY PLAN

This month, we are going to work on creating a **Wellness ToolBox**. Everyone is unique, remember this is about you and no one else. This about your own needs. Someone else's toolbox may look completely different from yours.

Write down the things that support your wellness.

For example:

- Spending time with family/friends/on own
- Cuddling your pet
- Relaxing in a hot bubble bath
- Drawing/painting



Write down what gives you meaning and/or important to you
(What inspires you and reminds me of my values)

For example:

- Being around people who are important to me.
- Spending time with friends
- Achieving well in exams or work
- Working towards your goals
- Making time for yourself to do the things you enjoy.



Is there anything that you would like to try that would help support your wellness?

For example:

- Yoga
- Painting
- Time to read
- Meet up with friends
- Try a new hobby

Is there anything you need to avoid that doesn't support your wellness?

For example:

- Late nights – not getting enough sleep
- Eating the wrong types of food
- Not making time

What do you need to do everyday to help with your wellness?

For example:

- Set time aside
- Recognise challenges that may arise – You may have arranged time for yourself and something else has come up. Can it wait? Is there another time you could set yourself?

Create a Wellness Table

For example:

| | Mon | Tue | Wed |
|-----------|-------------|-----------------|-------------|
| Morning | Yoga | | Mindfulness |
| Afternoon | | | |
| Evening | | Hot bubble bath | |
| Night | Read a book | | |



| | Mon | Tue | Wed | Thu |
|-----------|-----|-----|-----|-----|
| Morning | | | | |
| Afternoon | | | | |
| Evening | | | | |
| Night | | | | |

| | Fri | Sat | Sun |
|-----------|-----|-----|-----|
| Morning | | | |
| Afternoon | | | |
| Evening | | | |
| Night | | | |