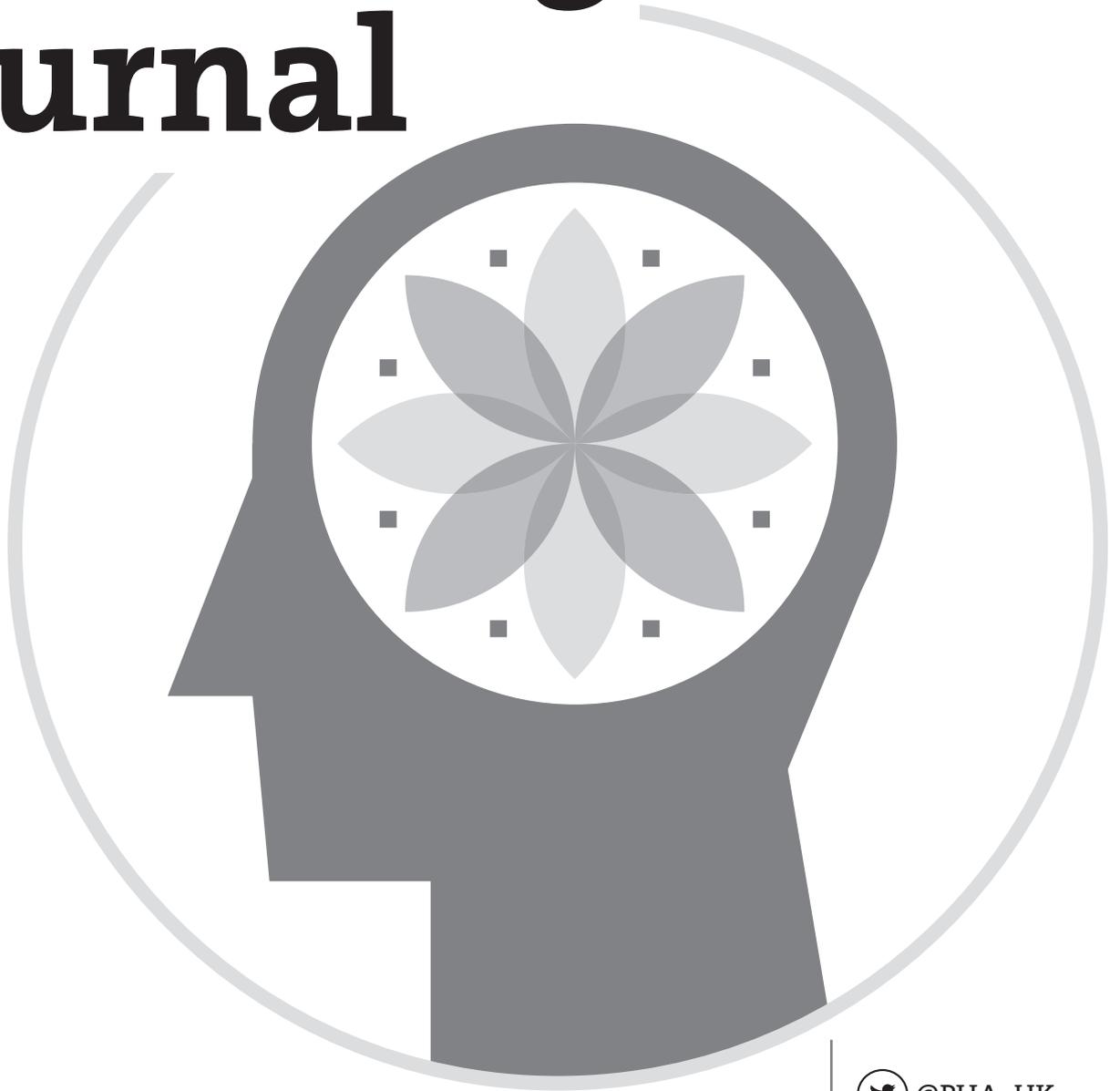


PERSONAL
**Wellbeing
Journal**



 @PHA_UK

 @PULHAUK

 @PHA_ORG_UK

www.phauk.org



We understand that living at home during the coronavirus shielding or lockdown period can lead to emotional challenges. Feelings of isolation, uncertainty and extra health concerns can all take their toll.

We have collated a series of activities to help you to manage your emotional wellbeing and avoid unfamiliar and strong emotions becoming a problem.

You could choose to do the activities on a daily basis. This may help to build momentum and provide longer term benefits for the weeks to come.

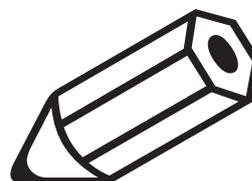
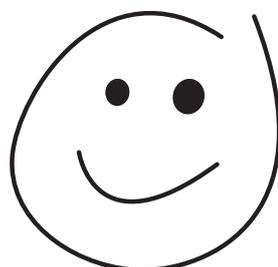
We've included one set of activities and you can print as many copies as you like to keep repeating them. If you are patient and honest with the exercises, we think you'll soon see improvements in your mental wellbeing. We would recommend that you aim to do the exercises at the same time each day, to establish a habit, and try to create a quiet 'space' where you won't be disturbed and you're able to fully concentrate on yourself and your feelings.

Who knows, perhaps you may even establish some new habits which will be healthy to continue even after this period of time?

Remember, you are not alone!

*We are regularly updating and adding to our coronavirus help and advice at www.phauk.org
This includes a page with useful links to other tools and resources that will help you manage your mental and emotional wellbeing.*

Shaun, Helen & Paul
PHA UK





The 'Check-in'

Begin each entry by 'checking-in' with how you feel, setting your intentions, practising gratitude and planning a moment in your day that's just for you.

TIMESTAMP

Add the date to track your progress as you work through your journal. You can then revisit and reflect on questions to see your progress and give yourself credit for positive changes.



FEELING CHECKLIST

Check-in and tick off how you feel using 50 common emotions as your starting point. There's even space to add your own.



INTENTIONS/ACHEIVEMENTS

It is flexible what time of day you do your journal activities, although we recommend you aim to pick the same time(s) each day. This will help you create a habit and make it easier for people you live with to know when to give you some space.



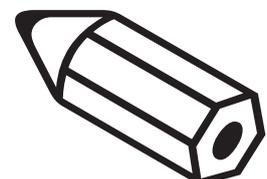
GRATITUDE

Gratitude is a key ingredient to a happy and fulfilling life. List three things you're grateful for to give yourself a dose of positivity.



HAPPY HOUR

It's important to learn how to look after yourself as well as others. Think of the things that make you happy and plan a time to do them. It could be anything from reading, having a bath, phoning a friend or watching your latest box set binge. Whatever gives you pleasure and some all important '*me time*'.





Date:

Time:

How do you feel?

- | | | | |
|-------------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> positive | <input type="checkbox"/> safe | <input type="checkbox"/> grateful | <input type="checkbox"/> relieved |
| <input type="checkbox"/> happy | <input type="checkbox"/> bored | <input type="checkbox"/> unhappy | <input type="checkbox"/> scared |
| <input type="checkbox"/> hopeful | <input type="checkbox"/> tired | <input type="checkbox"/> frustrated | <input type="checkbox"/> trapped |
| <input type="checkbox"/> stressed | <input type="checkbox"/> hurt | <input type="checkbox"/> furious | <input type="checkbox"/> alive |
| <input type="checkbox"/> nervous | <input type="checkbox"/> eager | <input type="checkbox"/> calm | <input type="checkbox"/> guilty |
| <input type="checkbox"/> tense | <input type="checkbox"/> angry | <input type="checkbox"/> strong | <input type="checkbox"/> bitter |
| <input type="checkbox"/> anxious | <input type="checkbox"/> excited | <input type="checkbox"/> neutral | <input type="checkbox"/> shocked |
| <input type="checkbox"/> determined | <input type="checkbox"/> irritated | <input type="checkbox"/> regretful | <input type="checkbox"/> sad |
| <input type="checkbox"/> glad | <input type="checkbox"/> disappointed | <input type="checkbox"/> lonely | <input type="checkbox"/> energetic |
| <input type="checkbox"/> worried | <input type="checkbox"/> content | <input type="checkbox"/> low | <input type="checkbox"/> overwhelmed |
| <input type="checkbox"/> insecure | <input type="checkbox"/> negative | <input type="checkbox"/> confident | <input type="checkbox"/> unsure |
| <input type="checkbox"/> confused | <input type="checkbox"/> annoyed | <input type="checkbox"/> restless | <input type="checkbox"/> |
| <input type="checkbox"/> proud | <input type="checkbox"/> inspired | <input type="checkbox"/> surprised | <input type="checkbox"/> |

Intentions / Achievements

- 1:
- 2:
- 3:

Things you're grateful for

- 1:
- 2:
- 3:

Your happy hour

- What:** **When:**
- What:** **When:**
- What:** **When:**



Date:

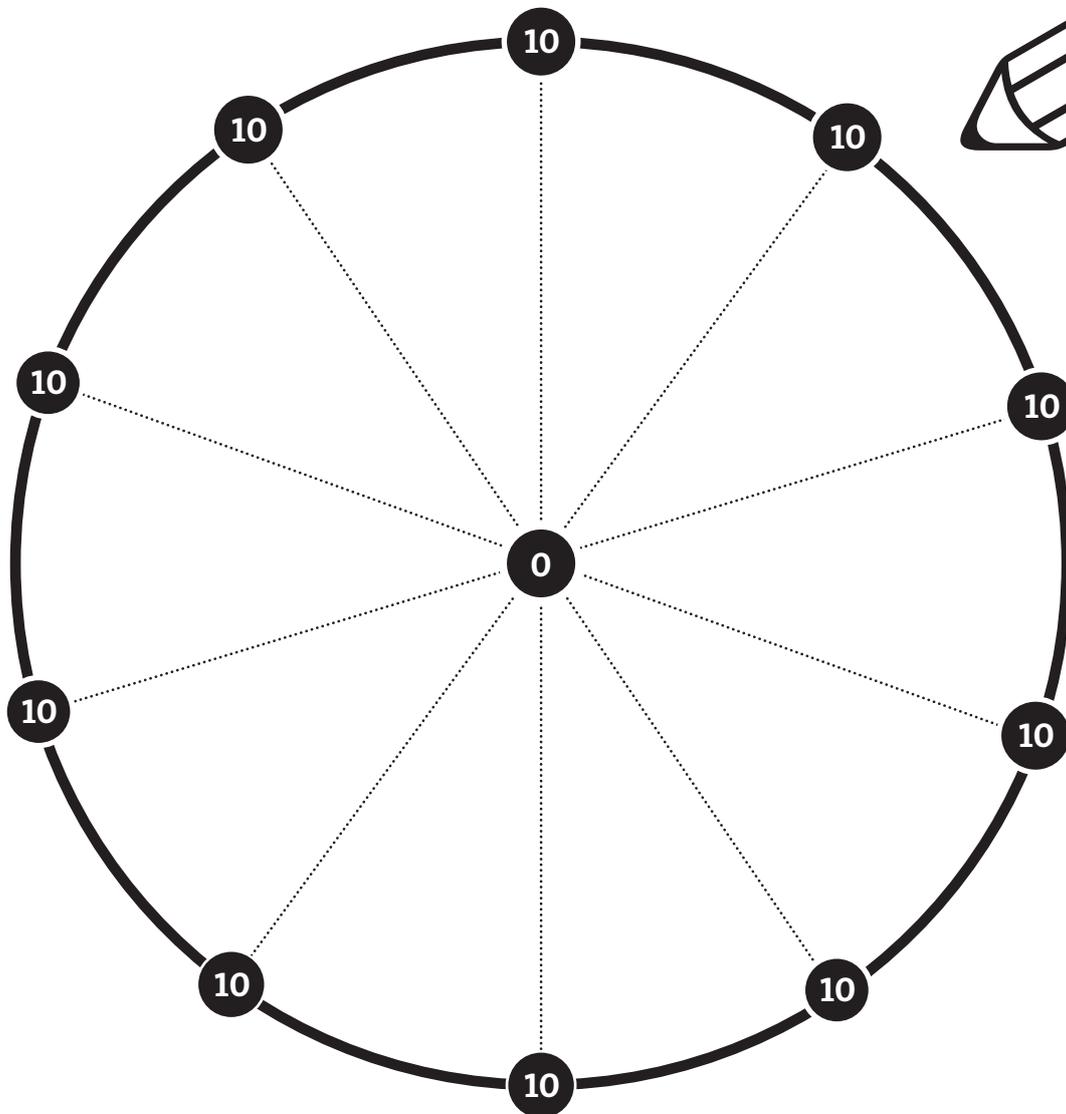
Time:

The pie of life

Pick ten categories from the list below and write each one into a slice of the pie. Give them a score from zero to ten, marking a point with a cross along the axis.

Join up the crosses and complete the question on the next page.

0 = least satisfied | 10 = most satisfied



Pick from: Money, Health, Wellbeing, Fitness, Family, Friends, Relationships, Career, Work, Fun, Adventure ...**or choose your own.**

