



Judgemeanow
Community College

My Wellbeing Passport

Name

.....

Form

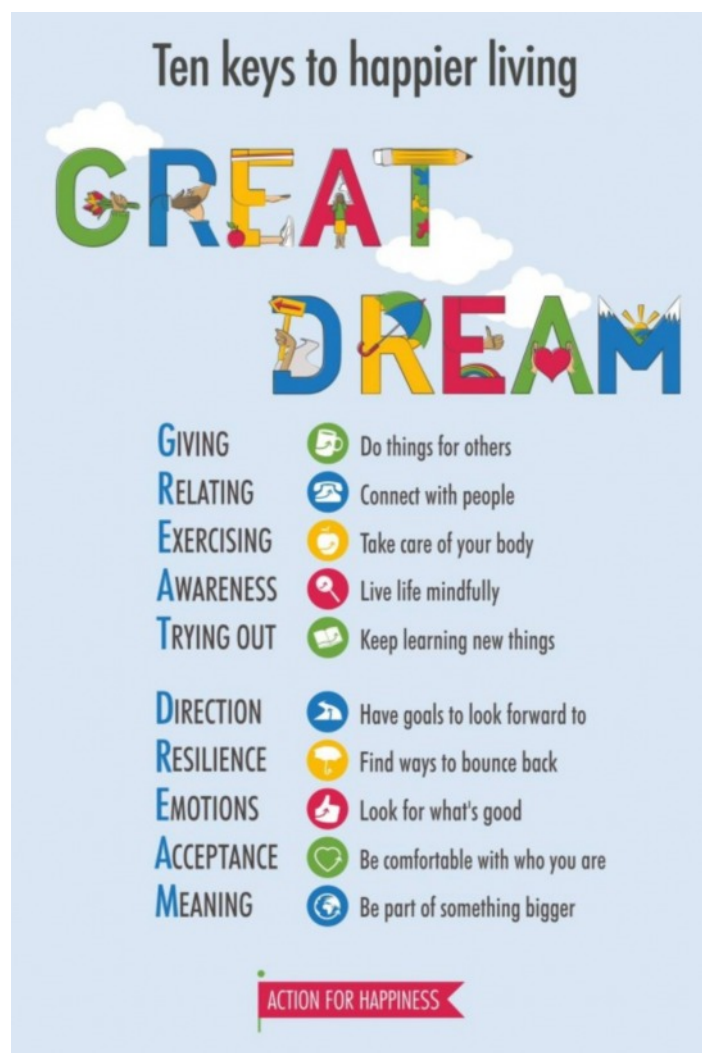
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Judgemeanow
Community College

At Judgemeanow are are:

The kindest
The most respectful
The most organised and disciplined
The hardest working



My wellness toolbox

The first thing we need to do is to think about all the different things that help to make us or keep us well. These things make up our 'wellness toolbox' which can be a jumble of all sorts of different things. Nothing is too silly to put in your wellness toolbox – if it keeps you well or makes you smile, it should go in...



Getting active

I love to just get my blood pumping; it's a great way to work out anger, frustration or worry and really takes your mind off things.



Getting outside

Just being in outside space, camping and scouting, road trips, sunsets and sunrises, rollercoasters, walking the dog, taking a mindful walk.



Connecting

Time with family, quality time with friends, looking after pets, group activities, team sports, counselling, talking to friends online, WhatsApp groups.



Reaching out

Sometimes I kind of can't face being with people but I can still have a laugh with my mates online and it usually helps me feel better.



Positivity journal

I have a journal where I record one thing to be grateful for every day. Some days it's hard to think of something, but I always feel better when I do.



Quiet time and relaxing

I enjoy my own space – sleeping in or taking a long bath. I immerse myself in things that make me happy like reading books, playing video games, listening to music, watching my favourite TV shows and cooking.



Playlist of my life

I find songs to represent all the different things I'm feeling then I sing along. Trying to allow myself to feel a range of different things. I try to end with something upbeat.



The healing power of tea

We decided that there is hardly anything that doesn't feel a bit better with tea! Seriously though... even when things are really bad, if you take time out to make a hot drink and sit down with it, it gives you time to be calm, focus and begin to plan your way out of a hole.



Worry balloon

I write my worries on a balloon... then I blow it up and I let it go or pop it.

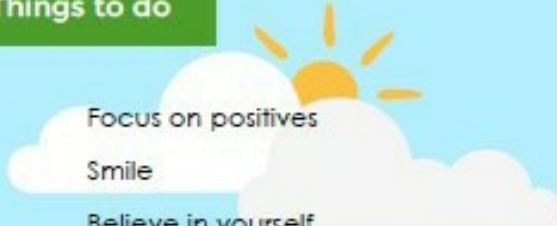


Things that support my wellbeing

A plan for every day

Next we think about what things we should either try to do, or try to avoid each day in order to help ourselves feel as good as possible.

Things to do



Focus on positives

Smile

Believe in yourself

Find a reason to get out of bed

Try new things

Exercise

Contacting friends and important people

Socialising

Make time for yourself

Shower

Chill out

Listen to music

Talking to people in a positive way


Get enough sleep

Putting on make-up

Give yourself space

Eat regular meals

Positive use of phones and social media



Things to avoid

Being hard on yourself

Focusing on negatives

Feeling guilty about spending time alone or about going out

Taking things to heart

Staying in bed all day

Being alone all day

Being antisocial

Negative use of social media

Comparing yourself to other people

Worrying too much

Keeping things to yourself

Taking anger out on others

Hurting yourself

Smoking, drinking, drugs

Daily maintenance plan

Things I can do for myself every day to keep myself feeling as well as possible:

Things I need to do, less often than every day, to keep my overall wellness and sense of wellbeing:



How did you feel?



How are you feeling this week? Date.....									
Joyous	Awesome	Great	Happy	Satisfied	Content	Ho hum	Not Great	Unhappy	Sad
10	9	8	7	6	5	4	3	2	1

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