

Wellbeing Diary

Date:

My stress level right now is -

Connect with other people – At the moment we're all connecting with far fewer people than normal but what connections have you made today? Has there been a ZOOM lesson you're enjoyed or a conversation with a family member?

Be physically active – Maybe you've been for a walk or a bike ride today? What did you see on your way?

Learn new skills – It might be hard to learn totally new skills during lockdown but I wonder if you've learned any new information from family, seen any films or had any online sessions?

Give to others – What have you done with a member of your family today?

Pay attention to the present moment – Try and think about the small things, what you can see, who else is around you, what the temperature feels like. It's not possible to think like this all the time but it can be useful some of the time. You could use one of your breathing exercises to help you.

Don't feel you need to write anything here, sometimes it's just good to think about.

My favourite thing about today was -

Reference : <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>