

Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 15+



Start of month Reflections

**Take time at the start of the month to reflect on
mental health and mindspace.**

What is my mental health and mindspace looking and feeling like right now?

Do I feel positive, joyful, anxious or stressed?

If you describe your current mindspace with a colour what would that colour be and why?

Are there things in my life that are currently causing me stress?

What is one small thing I could do today to ease that stress?



What is one thing this week that has brought me happiness?

Based on the thing that brought you happiness is there one small thing you could do within the next day that would bring you happiness?

How much time do I take for myself in an average week? Is this the ideal amount for you?

Is there something you would like to do for yourself that you have not been doing? Eg. An art class.

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more peaceful month ahead.



January Challenge

Take Time Challenge

**Can you take a scheduled 5 minutes each day for your self?
Use this page to check off your daily minutes for yourself. You can also
use your monthly spread to schedule 1 hour each week for yourself.**

In your five minutes you could:

- ~ Sit in stillness for 5 minutes
- ~ Deep breathing relaxation technique - Breath for 5 seconds, breath out for 5 seconds
- ~Take 5 minutes for a cup of tea

In your weekly hour you could:

- ~Enjoy a peaceful bath
- ~Read a book
- ~Take a class eg. Yoga

Challenge Checklist

Check off each day you take 5 minutes for yourself and your 1 hour each week.

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Smart Goals

Can you set one goal for the month of January that could help improve
your mental health and mindspace?

Think back on your reflections to inform your goal.

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?



Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?



Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?



Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?



End of month Reflections

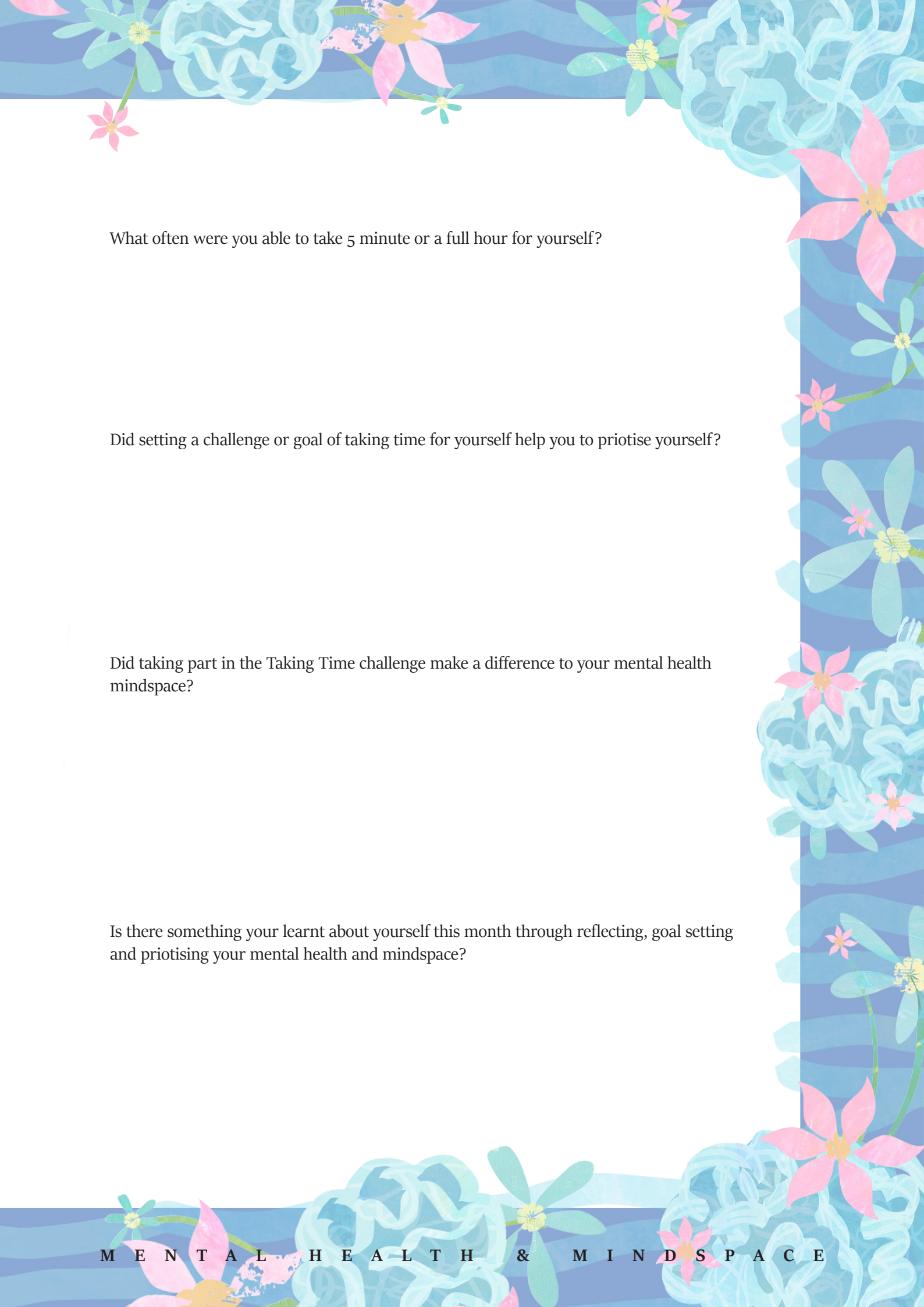
Take time at the end of the month to reflect on your goals, challenges and mindspace.

How is my mental health and mindspace compared the beginning of the month? Do I feel positive, sad, anxious or stressed? If you describe your current mindspace with a colour what would that colour be and why?

Did the smart goal you set help improve your mental and mindspace from the start of the month?

Is there anything you would have liked to have done seperately ?

Are you going to keep maintaining this goal?



What often were you able to take 5 minute or a full hour for yourself?

Did setting a challenge or goal of taking time for yourself help you to priotise yourself?

Did taking part in the Taking Time challenge make a difference to your mental health mindspace?

Is there something your learnt about yourself this month through reflecting, goal setting and priotising your mental health and mindspace?

Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

Think about how you can schedule time to prioritise your mental health. This may prove to be a challenge with many things to juggle on your plate. Consider trying these ideas:

Emotional Check in:

Schedule emotional check-in sessions with yourself. Use your planner to note how you're feeling, any challenges you're facing, and potential solutions or coping strategies. Try scheduling one check-in per week.

Key symbol:



Digital Detox Day:

Allocate a day each month to disconnect from digital devices. Use your planner to choose a date and plan alternative activities like reading, journaling, or outdoor adventures.

Key symbol:



Weekly Self-Care Ritual:









Plan a self-care ritual each week, whether it's a bath, a walk in nature, or a creative activity. Schedule in your planner to time nurture yourself.

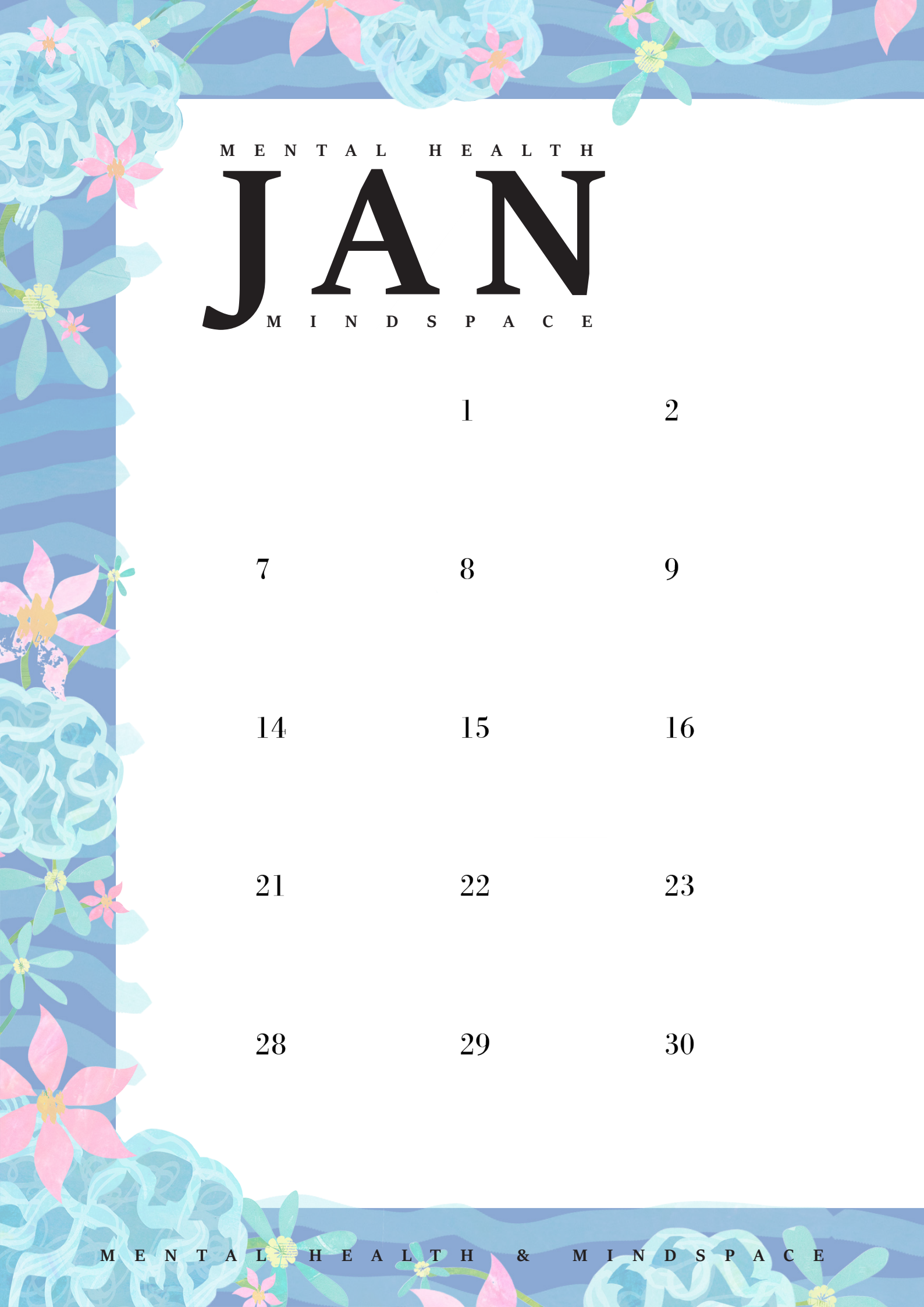
Key symbol:



Planning Example

See our example below of how you might like to use your monthly calendar:

4	5	6
 mental check in <input type="checkbox"/>		 yoga
11	12	13
 mental check in <input type="checkbox"/>		 yoga
18	19	20
 mental check in <input type="checkbox"/>  Book club		 yoga
25	26	27
 mental check in <input type="checkbox"/>	 Digital detox day	 yoga



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