



# FIVE WAYS TO WELLBEING JOURNAL FOR CHILDREN & YOUNG PEOPLE



Once you have completed the interactive e-learning modules, why not use this useful journal pack and note down how you are implementing the Five Ways to Wellbeing in your daily life.

For more information on the Five Ways to Wellbeing visit: [www.justtalkherts.org](http://www.justtalkherts.org)



# About the Five Ways to Wellbeing

The Five Ways to Wellbeing was developed as a set of five actions that research shows can promote wellbeing. The simple actions if taken regularly, can improve wellbeing and enhance quality of life.

## What is wellbeing?

Select the correct definition of wellbeing.

- Feeling good and functioning well
- Being happy
- Looking after other people

## The Five ways to Wellbeing can help you to:

- 1 Deal with stressful situations by taking time out and learning how to cope when things get tough.
- 2 Increase chances of employability and self-worth by taking notice of what you are good at and what you can offer to others.
- 3 Perform well at school and be physically healthy.



# What is Just Talk?

Just Talk is a multi-agency campaign, which encourages Hertfordshire's children and young people to show strength through talking about their mental health.

The Just Talk website provides a hub of information, tools and resources for children and young people, their parents or carers, and professionals to ensure that young people have the tools to help improve their own wellbeing.

Just like physical illness, anyone can develop a mental illness, and while the Five Ways to Wellbeing can be helpful for children and young people with a mental illness, usually additional support will be needed.

For more information visit:

[www.justtalkherts.org](http://www.justtalkherts.org)



# Keep Learning

Set yourself a goal. Learn something new. Research something you're interested in. Learn a new word or a random fact. Take up a new hobby.

Learning can involve any manner of subjects, not just what you have to do in school. Many exciting learning opportunities exist in Hertfordshire covering a wide range of topics.

List 5 ways to keep learning:

1

2

3

4

5



# Take Notice

Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food.

How do you feel today?

Why not try some deep breathing or an online meditation?



# Connect

Connect with people around you, family, friends, and neighbours. At home, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

## Quiz

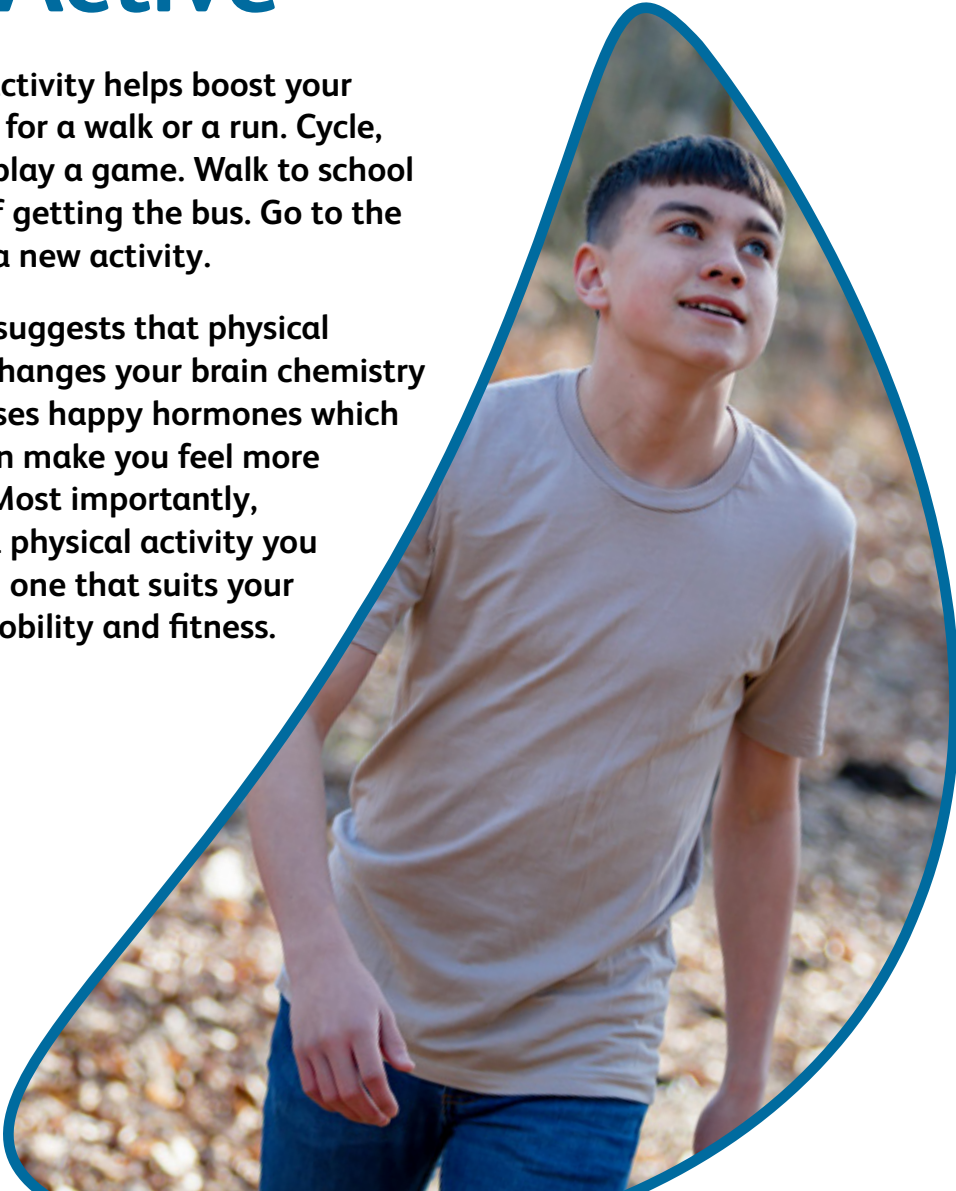
- 1** What can you do at home with your family to connect?
- 2** Is it better to talk about your feelings or keep your feelings bottled up?
- 3** What questions should you always try to remember to ask a friend or family member?



# Be Active

Physical activity helps boost your mood. Go for a walk or a run. Cycle, dance or play a game. Walk to school instead of getting the bus. Go to the park. Try a new activity.

Evidence suggests that physical exercise changes your brain chemistry and releases happy hormones which in turn can make you feel more positive. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.



Word search, ways to be active:

N	F	U	Y	K	F	G	Z	Y	Y
E	B	O	L	H	C	N	N	I	M
T	L	A	O	K	B	I	N	T	K
N	W	C	T	T	P	D	H	Q	U
A	N	R	Y	L	B	R	Z	N	L
L	B	J	V	C	F	A	Y	L	R
L	O	I	G	N	N	O	L	D	Y
B	A	S	K	E	T	B	A	L	L
Y	E	K	C	O	H	E	E	K	H
Y	P	S	A	I	D	T	C	C	Y
N	T	T	W	G	F	A	N	U	U
R	R	U	N	U	Z	K	A	S	T
F	R	U	A	Y	B	S	D	X	D

- WALK
- FOOTBALL
- SKATEBOARDING
- RUN
- DANCE
- NETBALL
- CYCLE
- HOCKEY
- BASKETBALL

# Give

Do something nice for a friend. Thank someone. Smile. Volunteer your time. Raise money for charity. Be a good role model. Take action to improve your neighbourhood.

Any acts of kindness, whether small or large can make you feel happier and more satisfied about life. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Here's some of our favourite ideas:



Make a card for someone telling them all the things you like about them.



Create a photo collage of your favourite memories



Paint a stone to gift someone as a paper weight.



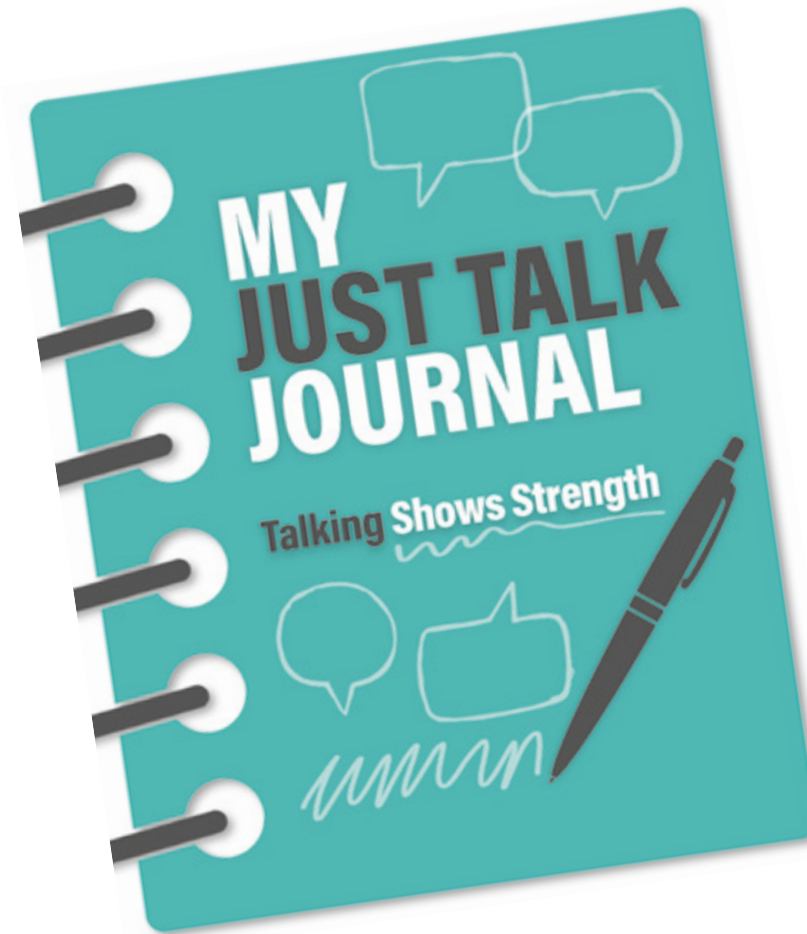
Draw a picture and frame it.





# Just Talk Journal

Sometimes talking about our feelings can be a little difficult, especially when we are not feeling ourselves. This is completely normal and is often because we just want to forget about the feelings or we don't want to burden others. However, it is really important that we do not bottle these feelings up inside us, we must talk about them. This might mean talking to a friend, someone we trust or a family member (even your pet!) or it could be writing it down. This is why we have created a handy journal that we want you to fill out every day or on days where you feel like you are not yourself.



# Just Talk Journal

We have included a couple pages of it here for you but to print out the full version at home please visit: [www.justtalkherts.org](http://www.justtalkherts.org)

**Date:** \_\_\_\_\_

**3 things that went well today...**

□ \_\_\_\_\_

□ \_\_\_\_\_

□ \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

**The best part about my day was...**

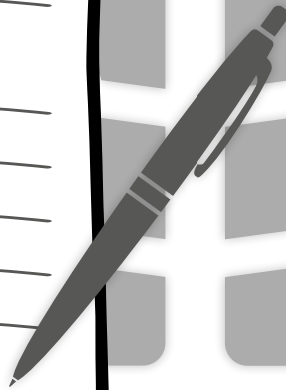
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**What worried me today...**

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**Why did this worry me?**

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\_\_\_\_\_

**Tomorrow will be a great day because...**

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write down any other thoughts or feelings you have; good, bad or sad.

