



Wellness Workshop

NAME: _____

MASTERS
5TH AUGUST 2020

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5 OF YOUR FAVOURITE POSSESSIONS

5 THINGS THAT YOU'RE GRATEFUL FOR



5 THINGS ON YOUR BUCKET LIST

5 POSITIVE WORDS THAT DESCRIBE YOU

“ Being positive isn't pretending everything is good,
It's seeing the good in everything.



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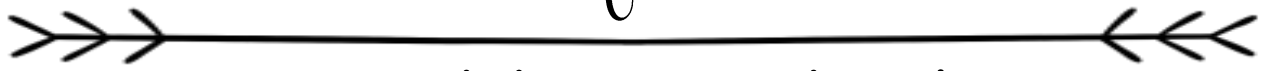
WHAT DOES HAPPINESS MEAN TO YOU?

A large rectangular frame with decorative floral and dotted corner accents, intended for writing the answer to the question above.

WHAT MAKES YOUR HAPPY?

A second large rectangular frame, identical in style to the first, with decorative floral and dotted corner accents, intended for writing the answer to the question above.

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Practicing Gratitude

ACKNOWLEDGE AND WRITE DOWN 3 UNGRATEFUL THOUGHTS,

AND COUNTER THEM WITH A GRATEFUL THOUGHT

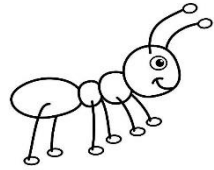
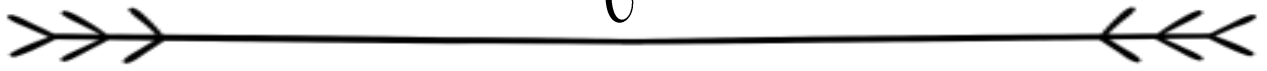




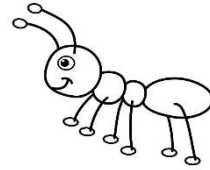
“ Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; Forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense. ”

– Ralph Waldo Emerson

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A.N.T.S



AUTOMATIC NEGATIVE THOUGHTS

Identify the automatic negative thought

Is this thought helpful?

Is there another way of looking at it?

What evidence is there?

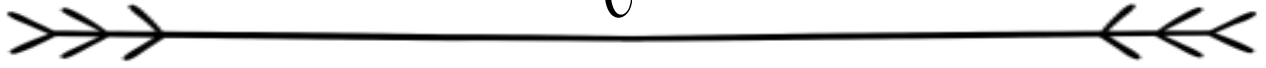
How would someone else see this?

What advice would I give someone else?

Is this Fact or opinion?

Come up with more realistic and optimistic thoughts.

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BE MINDFUL

Do less and notice more

BEING MINDFUL INVOLVES STAYING IN THE MOMENT, SPENDING MORE TIME NOTICING WHAT'S GOING ON BOTH INSIDE OURSELVES AND IN OUR SURROUNDINGS. RATHER THAN TRYING TO CHANGE THINGS IT INVOLVES ACCEPTING THE WAY THAT THINGS ARE, FOR BETTER OR FOR WORSE.

BE GRATEFUL

Remember the good things

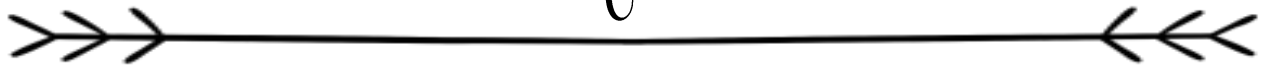
EVEN ON A BAD DAY THERE ARE NORMALLY SOME THINGS THAT WE CAN FEEL GOOD ABOUT. TAKING TIME TO BE GRATEFUL IS NOT ABOUT IGNORING THE BAD THINGS - IT JUST HELPS US FOCUS OUR ATTENTION MORE ON THE POSITIVE, RATHER THAN DWELL ON THE NEGATIVE.

BE KIND

Do things for others

DOING THINGS TO HELP OTHERS IS NOT ONLY GOOD FOR THE RECIPIENTS - IT HAS A POSITIVE PAYBACK FOR OUR HAPPINESS AND HEALTH TOO. WHEN PEOPLE EXPERIENCE KINDNESS IT ALSO MAKES THEM KINDER AS A RESULT - SO KINDNESS IS CONTAGIOUS!

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SELF-CARE ASSESSMENT

1	2	3	★
			Eat healthy foods
			Wear clothes that help me feel good about myself
			Recognise my own strengths and achievements
			Ask for help, when needed
			Spend time with people that I love
			Recognise the things that give meaning to my life
			Say 'no' to excessive new responsibilities
			Get enough sleep
			Participate in a cause that is important to me
			Express my feelings in a healthy way
			Learn new things (unrelated to work or study)
			Exercise
			Find reasons to laugh
			Spend time with my romantic partner

1 - I DO THIS POORLY/RARELY

3 - I DO THIS WELL/OFTEN

2 - I DO THIS OK/SOMETIMES

★ I WOULD LIKE TO IMPROVE THIS

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Goals

Positivity. Gratitude. Happiness. Love. Care. Kindness

BASED ON YOUR SELF-CARE ASSESSMENT, CREATE 3 SHORT TERM GOALS

“ IF you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes. ”

– Andrew Carnegie