

PLANNING MY WELLBEING JOURNEY

Your wellbeing journey is NOT A RACE!

It's a lifelong journey. Sometimes you are speeding along and at other times you might feel lost.

That's ok, use this tool to see where you are now and what small steps you might want to take to look after yourself. Repeat as often as you like.



I am completely alone with no-one to talk to or laugh with. I don't feel able to talk about how I am feeling.



CONNECT

I feel close to other people, speak with others regularly and can share my problems.

I do not do any movement, I have no active habits, I don't know what physical activity I enjoy.



BE ACTIVE

I am moving every day, I have activities I enjoy doing and am willing to give new things a go.

I have no curiosity, there is nothing and no-one I want to know more about.



LEARN

I am curious about the world and I never stop learning, each day has something new to discover.

I see only what is wrong in my life. I don't notice anything I should give thanks for.



BE GRATEFUL

I regularly count my blessings and offer my thanks to others.

I am focused on things in the past or worrying about things that might happen. My mind is often wandering away and making me anxious.



NOTICE

I try to make the most of every day, not worrying about the future or the past. I have techniques for being calm, present, noticing here and now.

I have no capacity or desire to encourage or help others. I need people to help me.



GIVE

I love seeing how I can use my skills and passions to help other people

What surprised you when filling this in?

Is there an old hobby you'd like to take up again?

I'm really quite good at....

I could use some help with...

**Hubbub
cafe**

Head to the Hubbub cafe
Wednesday 10.30 - 1pm
term time, connect and
find out what's on