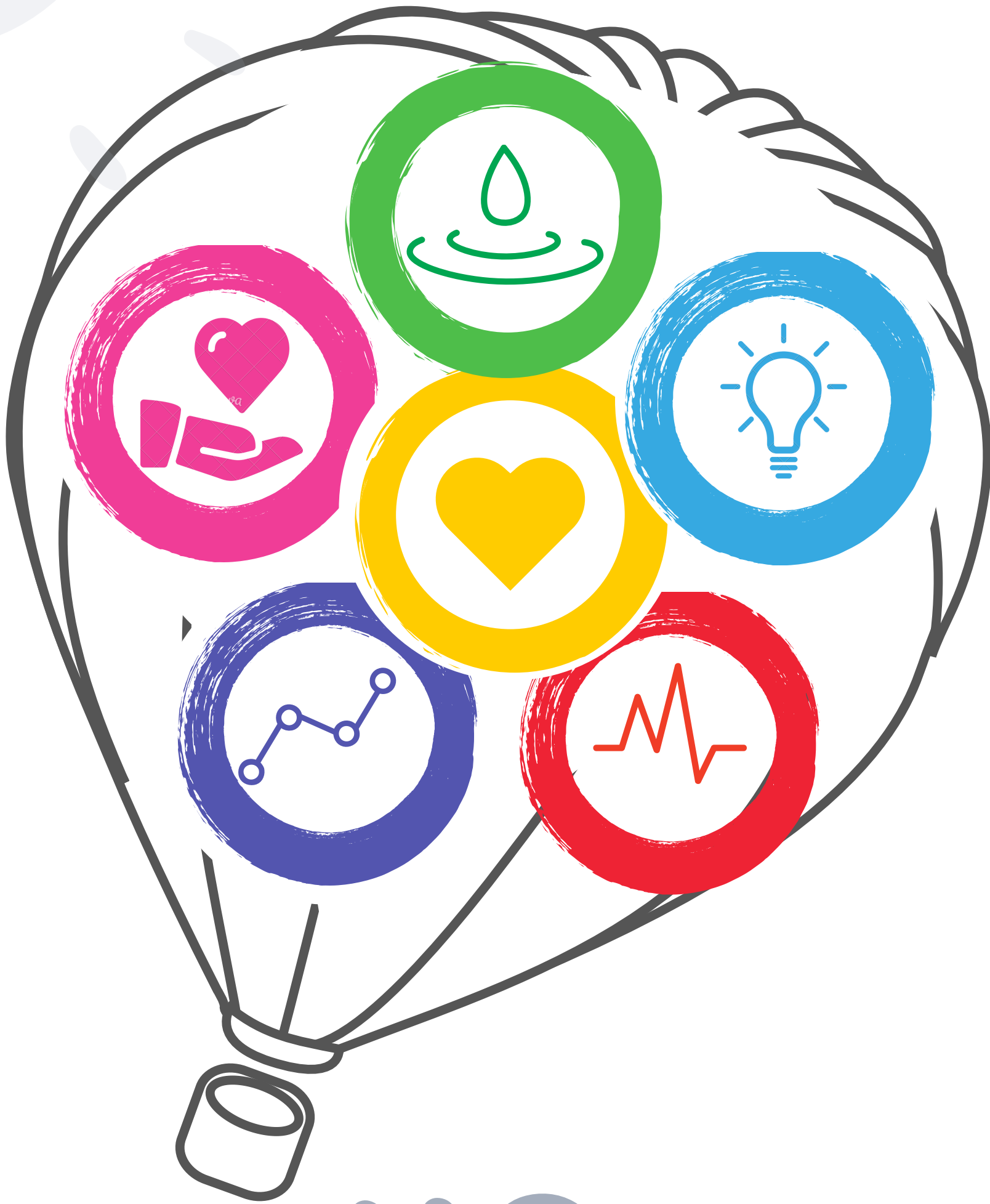


BROUGHT TO YOU BY

**Lockleaze
Neighbourhood
Trust**



YOUR WELLBEING PASSPORT

**A GUIDE FOR YOUR
WELLBEING JOURNEY IN LOCKLEAZE**

YOUR NOTES HERE



Be Active

Be Grateful

Notice

Learn

Connect

Give

Wellbeing is a journey and this passport can help guide you, building on what you are already doing and helping you take small steps every day.

This last couple of years have been really hard, and many of us feel blown off course from our wellbeing journey. But nothing is wasted, we will have things to learn from tough times and it is never too late to focus on our wellbeing.

Wherever you are on your journey we hope this passport can help you, encourage you to be kind to yourself and offer some tools using our 6 ways to wellbeing. We recommend you bring a friend with you on the journey, to help keep you on track and because friends make things fun.

NAME _____

DATE _____

MY WELLBEING IS IMPORTANT



I AM A DRIVER IN MY WELLBEING JOURNEY



person who will help and hold me accountable
on my journey



signed



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



Be active

A JOURNEY OF A
THOUSAND MILES BEGINS
WITH A FIRST STEP

Confucius

Moving is good for our bodies and our mood. It builds our self worth when we set goals and achieve challenges. Activity can be a great way to learn new skills and socialise with other people.

3 REASONS WHY WE FAIL TO BE ACTIVE

1 Stories and limiting beliefs we tell ourselves like 'I'm no good at exercise' 'I don't have time' 'I've got no sticking power'. **NOT TRUE!**

2 We don't have a plan or our plan is too huge and we haven't broken it down into baby steps. **START SMALL!**

3 We haven't looked at what is stopping us be more active. Things stopping you are real obstacles - **MAKE A PLAN** to work around them.

**STORIES OR
SELF LIMITING
BELIEFS I
HAVE TOLD
MYSELF**

**THE OPPOSITE
OF THOSE
STORIES**

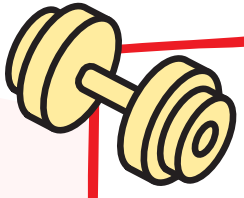
Write here positive stories about yourself e.g. I am person who makes time for my wellbeing

WHY NOT TRY

- A dance around the kitchen
- Getting off the bus or out the car early to add 10 mins walk on your day
- Try a new activity

Scan the QR code for more ideas on being active in Lockleaze





MY MOVEMENT GOALS

My new active story
about myself is

3 small actions I will
take to get started



MOVEMENT INSPIRATION

Movement that makes
me feel great

Movement I do with a
friend

Movement I can do when
I really can't be bothered

A reward I will give
myself



THINGS THAT HAVE
STOPPED ME BEING
ACTIVE

MY PLAN TO OVERCOME
THOSE THINGS





"GRATITUDE TURNS
WHAT WE HAVE INTO-
ENOUGH"

Aesop

Gratitude is not ignoring suffering and hard times, it is choosing to focus on what is strong.

Be Grateful

We need to exercise gratitude to train our brain to avoid falling into gossip and negativity, and develop an attitude of gratitude and positivity.



DAILY GRATITUDE PRACTICE

Challenge yourself to 7 days of gratitude using some of the ideas below. You could ask your friends to do it with you.

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Think of a difficult situation and focus what you have learnt from it, how it has made you stronger

Tell someone how they've shaped you for the better

Identify 3 moments of joy every day

Create a photo journal of things that you are grateful for

Write a positive review for a business you have used

WHY NOT TRY

- Smile at everyone you meet
- Take a photo every day of something that's made your day brighter
- Say hello to someone new

Scan the QR code for more ideas on being grateful and encouraging thankfulness



Sometimes the bad things in our lives are the things that shape us and make us stronger.

**HARD TIMES
THAT HAVE
SHAPED ME**



The comparison trap

“ The only person you should be better than, is the person you were yesterday ”

Comparing ourselves to others is normal, but can become unhealthy. We often assume other people's lives are better than our own, but often we don't know the full story, we see the tip of the iceberg but not what lies underneath.

When we long for other people's lives, we rob our own life of its joy. We need to celebrate others success but be confident that we are great too.

We need to recognise our own unique gifts and strengths and learn to love ourselves. There is no-one quite like you, you are special, celebrate being you. If you don't know what is great about you - ask someone who loves you.

4 WAYS TO AVOID THE COMPARISON TRAP

- 1 Be inspired not envious. When you notice someone else's success compliment them.
- 2 Be grateful. Count your blessings.
- 3 Compare yourself ONLY with yourself - celebrate your progress and goals, keep a journal of big and small wins.
- 4 Ask people who know and love you what is special about you. Write down some of the great things about you and stick them somewhere you can see every day.

BE SO COMPLETELY YOURSELF THAT EVERYONE ELSE FEELS SAFE BEING THEMSELVES TOO





**DON'T WAIT FOR
FRIDAY / SUMMER / SOMEONE TO
FALL IN LOVE WITH YOU !
HAPPINESS IS ACHIEVED WHEN
YOU STOP WAITING FOR IT AND
MAKE THE MOST OF THE
MOMENT YOU ARE IN NOW**

Notice

Often we are thinking and worrying or planning about things that may never happen. By actively noticing, we bring ourselves right into the present moment so that we can focus on the things we can control and influence. Plan for the future rather than worry about it, and don't rob today of its strength. Being present helps us to appreciate the gift of being. Take time to notice the beauty of the world, using all your senses .

3 THINGS TO HELP ME NOTICE

A place and time I will find five minutes with no distractions to be still and clear my head

When I will commit to some screen free time

Something I will create, grow, or photograph

WHY NOT TRY

- Art for wellbeing at the Hub
- Wellbeing gardening at the Vench
- Create a nature collage from materials you find in Stoke Park

Scan the QR code for more ideas on wellbeing in Lockleaze



DAILY REFLECTIVE PRACTICE

REFLECT

Think through your day, what were the highlights? What are you grateful for? What else did you notice?

REVIEW

What can you learn from today, could you have done anything differently?

RESET

Tomorrow is a new start. Forgive and learn from yesterday's mistakes, celebrate the wins, start a fresh tomorrow

Breathing

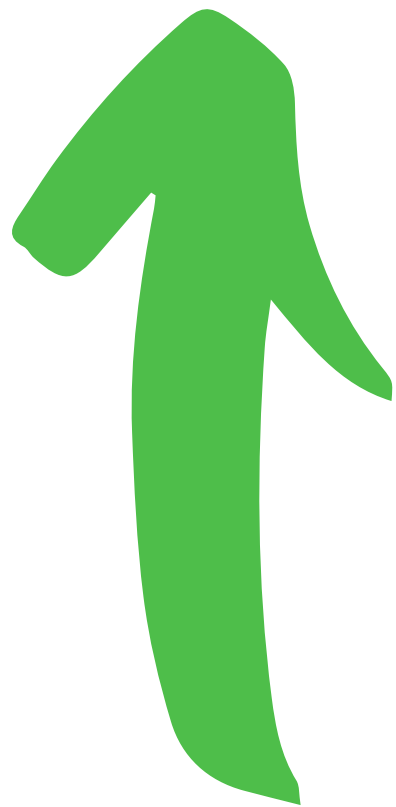
“

Life is not measured by the number of breaths you take but by the moments that take our breaths away - Maya Angelou

”



HOLD ...2...3...4....



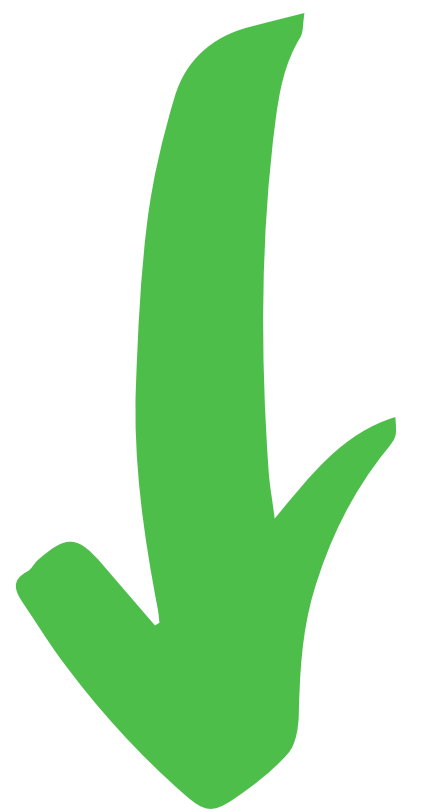
BREATHE IN ...2...3...4...

Taking deep breaths can be a great way to turn off our 'fight or flight' response and bring our awareness back to the here and now. Studies have shown practicing regular deep breathing can reduce stress, lower heart rate, boost memory and immune system.

There are lots of different breathing techniques. 2 quick ones to have in your toolkit:

1. Deep breaths - take the deepest breath you can feel your ribs expanding then breathe out slowly through a gap the size of a piece of spaghetti in your mouth. Completely empty your lungs of air. Repeat.
2. Square breathing, follow the square pattern, breathe in for 4, hold for 4, breathe out for 4, hold for 4. Do this for a minute. Do it as often as you need to.

BREATHE OUT ...2...3...4...



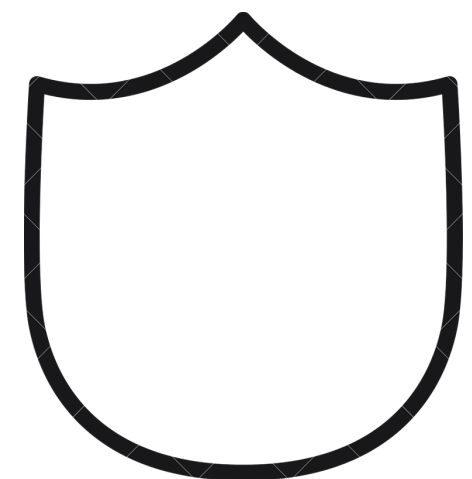
HOLD ...2...3...4....



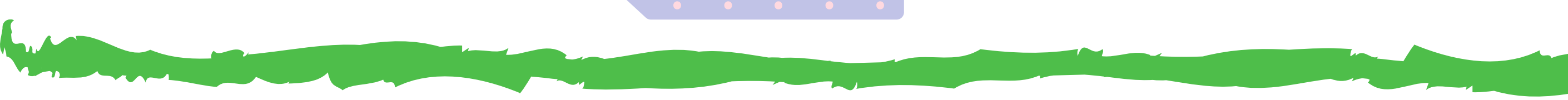
Creativity

Taking part in creative activities like painting, pottery or poetry helps to manage your emotions, build confidence and explore solutions to problems.

DRAW WHO'S ON YOUR HEART



DESIGN A SHIELD WITH WHAT MAKES YOU BRAVE





"ALONE WE CAN DO
SO LITTLE;
TOGETHER WE CAN
DO SO MUCH"

Helen Keller

Connect



SUPPORT

Person who gives good advice

Person who has loved me into being

Person I can share my worries with



ENERGISE

Person who cheers me up

Person who makes me laugh

Person who I can play/be creative with



INSPIRE

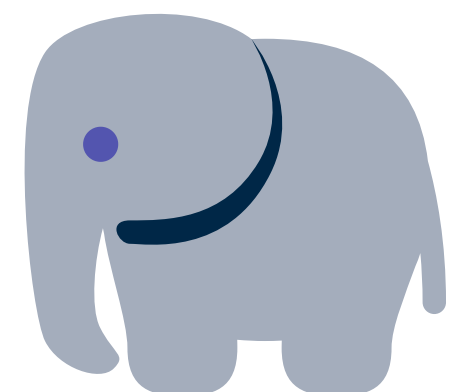
Person I look up to

Person who will support my wellbeing journey, challenge and inspire me

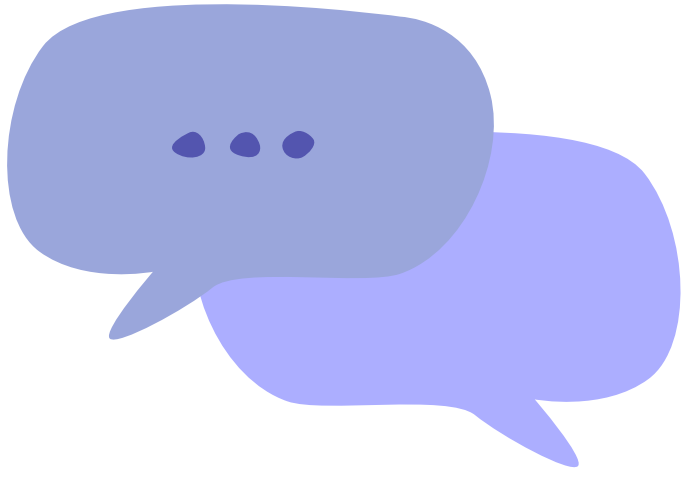
WHY NOT TRY

- Joining a group at the Hub.
- Calling up family you haven't spoken to in a while.
- Joining a facebook/Meetup group

Scan the QR code for more ideas on how to connect



Don't forget connecting is two ways
as people support you
so you support them



MY PLAN TO CONNECT

Who _____
What _____
Where _____
When _____

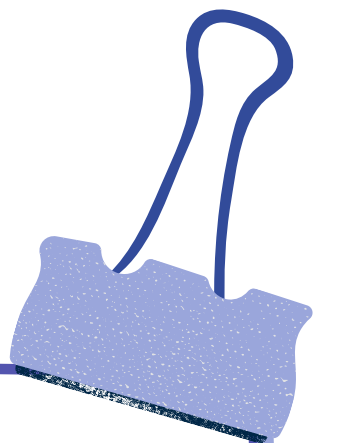


WAYS MY PASSIONS CONNECT ME TO OTHERS

My passion (s) _____
Person or people I can learn from and be inspired by

Group I can share my passion with

Person or people I can tell about my passion



6 LETTERS I AM GOING TO WRITE

It is lovely to receive a postcard or letter and writing is a good chance to be reflective and to let someone know we are thinking about them. Can you cheer someone up with a letter?





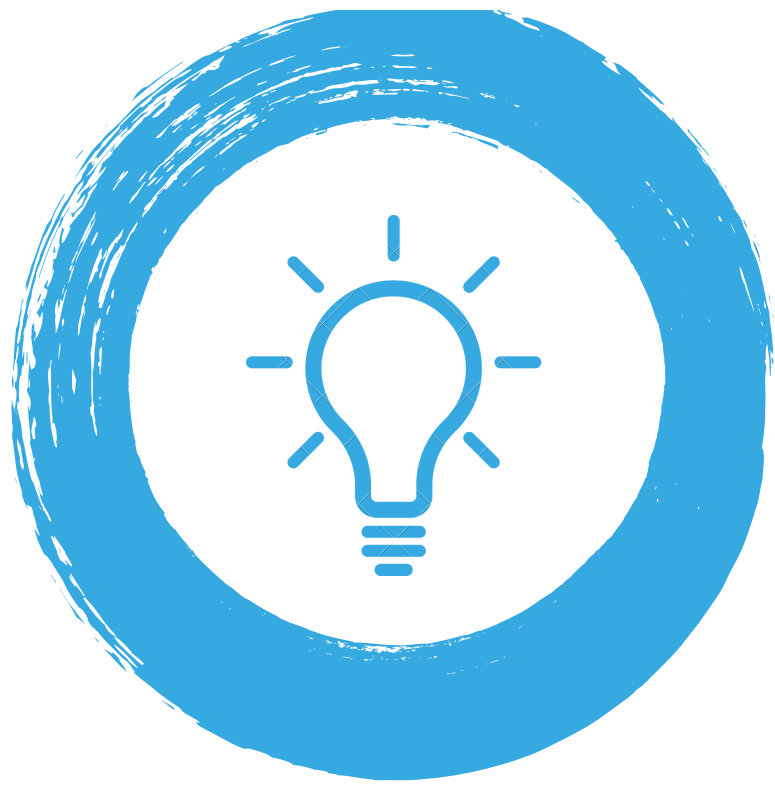












**LEARNING IS A TREASURE
THAT WILL FOLLOW ITS
OWNER EVERYWHERE**

Proverb

Learn



THINGS I'M CURIOUS ABOUT

Topic I'd like to know more about

.....

Person I want to know more about

A skill or hobby I'd like to learn

.....



OPPORTUNITIES TO LEARN SOMETHING NEW

A book I will read

Radio show, podcast or youtube
video I'll try

A question I'll find the answer to

.....

WHY NOT TRY

- A new recipe a month
- Learn the words to a poem or a song
- Ukulele at the Hub or learn rugby at Ashley Down Rugby Club

Scan the QR code for more ideas on being active in Lockleaze



BEST WAY TO LEARN IS TO LISTEN



- Be curious
- Ask questions
- Pay attention



**HELPING OTHERS IS THE WAY
WE HELP OURSELVES**

Oprah Winfrey

Give

GIVE YOUR TIME

Cause or person I would like to support

By being generous to others we transfer focus from ourselves to them. As we bring joy to others we receive joy. There are lots of ways to give and be generous - with our money, with our time, with our encouragement.

GIVE ENCOURAGEMENT

Person I want to build up

When we regularly help others, we build relationships that add meaning, and connection in our lives, and develop habits that regularly bring joy.

WHY NOT TRY

- Taking clothes that don't fit to charity
- Doing a litter pick
- Volunteering for Lockleaze Neighbourhood Trust or the Vench

Scan the QR code for opportunities to volunteer

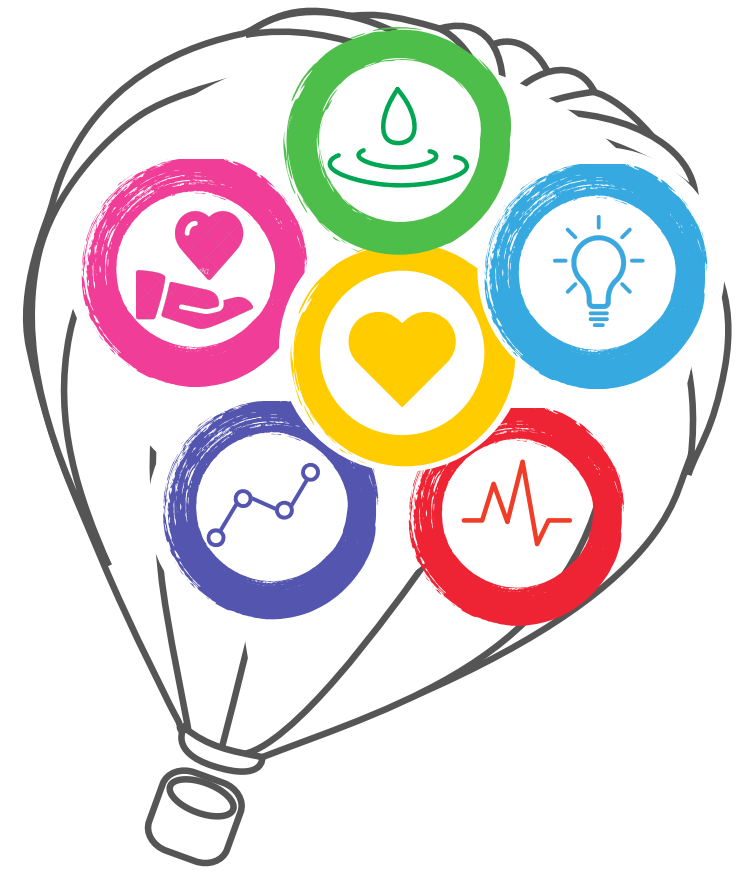


RANDOM ACTS OF KINDNESS

Challenge yourself to a random act of kindness one day a week for a month. Share and tag on social media

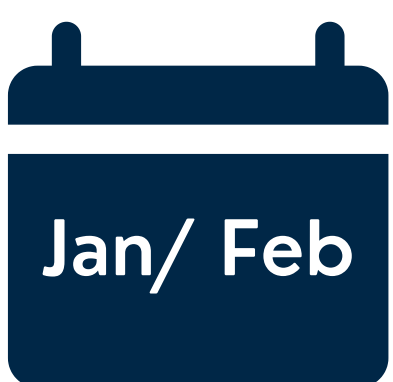
#BeKind #LoveLockleaze

THROUGHOUT 2022



LET'S PRIORITISE YOU!

Lockleaze is full of activities to promote wellbeing and through 2022 we have identified several free taster activities to help you to try new things and develop wellbeing habits. You can earn a stamp for participation in wellbeing activities, and be entered into prize draw every 2 months, if you collect all 6 stamps for the 6 ways of wellbeing, you can be entered into the annual wellbeing prize draw £100 voucher. Get in touch at info@lockleazent.co.uk to get details of activities and sign up to our mailing list.



CONNECT



CONNECT WITH A GROUP AT THE HUB

See the weekly timetable at www.lockleazehub.org.uk or pop in

@ The Hub

WELCOME BACK

Making the most of your neighbourhood tasters and info 23rd and 26th Feb

@GainsboroughSq

HUBBUB CAFE

Wednesdays term time only 10.30- 1pm

@ The Hub



BE ACTIVE



FAMILY BOOTCAMP

Various locations around Lockleaze, join Gary Rowley for fun family bootcamp no experience necessary

@Lockleaze

TRY ZUMBA

Wednesdays 7.30 - 8.30
First session free
No experience necessary

@ The Hub

TRY HULA HOOP

Tuesday 7.30 - 8.30pm
Taster session
No experience needed

@Cameron Centre



LEARN



FIRST AID TRAINING

Be ready to help with minor injuries, use the defibrillators in an emergency

@ The Hub

WELLBEING WALK TRAINING

Train to lead regular wellbeing walks with your community

@ The Cameron Centre



BE GRATEFUL



BIG COMMUNITY THANK YOU

Join in the Big Community Thank you for our health, social care and education staff

@ Lockleaze

30 DAYS GRATITUDE CHALLENGE

Develop an attitude of gratitude with this 30 day challenge. Pick up worksheet from the Hub

@ The Hub



NOTICE



TAI CHI

Tai Chi on Gainsborough Square

Gainsborough Sq

MINDFUL PHOTOGRAPHY

Join neighbours on mindful photography through Stoke Park

@Stoke Park

WELLBEING ARTS

Try wellbeing arts group and appreciate creating with community

@ The Hub



GIVE



NORTH BRISTOL FOODBANK

In November complete a reverse advent calendar with a team or group of friends and give by 2 December

@Ebenezer Church

THRIFTY CHRISTMAS

Look out for activities for a green Christmas swaps and home made gifts

@ The Hub

DONATE

Have a clear out and give some quality items to charity

@Barnados Cheswick

To find out more and hear about wellbeing opportunities join the mailing list by emailing info@lockleazent.co.uk or visit lockleazehub.org.uk/wellbeing

Thank you for making use of the wellbeing passport, we would welcome any feedback on what you enjoyed and what could be improved, for further development and future projects. Please get in contact with us at the Hub, online or by emailing info@lockleazent.co.uk

This passport was developed by Lockleaze Neighbourhood Trust

with thanks to our funders:

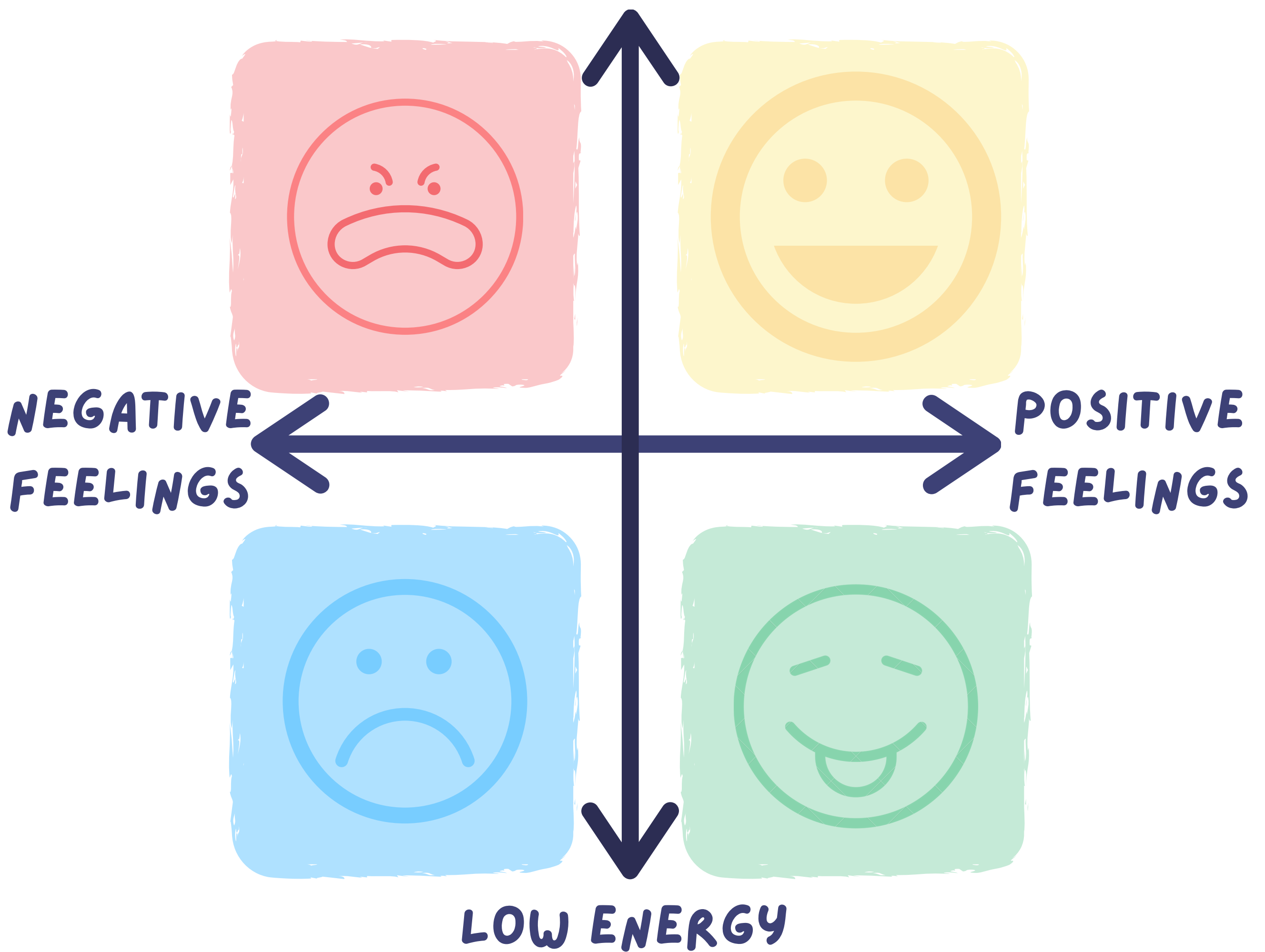


A MAP OF FEELINGS

Some times we have lots of energy and sometimes we have none. Some things make us angry or sad and some things make us happy or relaxed. We are all moving around this map of feelings all the time.



HIGH ENERGY



NOTICE YOUR FEELINGS

Feelings are not good or bad - they are a chemical response in our body. It can be helpful to notice what you are feeling and what triggered that feeling.



DON'T BE RULED BY THEM

Once we start to notice how we are feeling we can start to manage them. Naming a feeling can help. We can avoid some situations that trigger negative feelings, we can also use breathing techniques, music, movement or seek friends or happy places to help change our moods.

YOUR NOTES HERE

YOUR NOTES HERE



WAYS WE CAN SUPPORT YOUR WELLBEING JOURNEY



Wellbeing Navigator at the Hub: Jonathan Ford. Information, advice and support about wellbeing in Lockleaze. I work at the Hub from Tuesday to Thursday. 07708471787 - wellbeing@lockleazent.co.uk
0117 9141129



Check out our timetable, sign up to the mailing list or check the window or online for local activities and events
www.lockleazehub.org.uk



Come to the Hubbub cafe Wednesdays, term time only
10.30 - 1pm



Contact Phone: 07710 392 078
Email: lockleaze@groundwork.org.uk



Foodclub for Families living in Lockleaze. Contact the Vench to register. £1 a year to join and costs £3.50 for food estimated to be worth up to £20. Tuesday or Friday 9.30am-11.30am



Wellbeing support sessions



Youth and play sessions

Samaritans (24/7) call any time, whatever you are going through, talk for free on 116 123

Mind (9-6pm weekdays) call to discuss any mental health concerns and where to get help 0300 123 3393

Childline (24/7) call 0800 1111

YoungMinds 24/7

Young people text YM to 85258
Parents & carers call 0808 8025544

OFF The Record

www.otrbristol.org.uk

Ebenezer Church Befriending Two's Company Service

A telephone befriending service aimed at those living in Lockleaze/Horfield.

Ebenezer Church, 286 Filton Avenue. Contact Rachel Varley 0117 9791399 or

www.ebe.org.uk/telephonebefriending

**OLD pages not
for printing**

**Lockleaze
Neighbourhood
Trust**

WAYS WE CAN SUPPORT YOUR WELLBEING JOURNEY



Contact 0117 9141129 wellbeing@lockleazent.co.uk to sign up to our wellbeing newsletter, and get regular challenges and inspirations



Check out our timetable, complete the calendar of challenges and try an activity (online or on the window of the Hub) www.lockleazehub.org



Come to the Hubbub on the 1st/2nd Wednesday of the month 10.30 - 1pm and talk wellbeing at the chatty table



Contact Phone: 07710 392 078
Email: lockleaze@groundwork.org.uk



Youth and play sessions



Weekly foodclub call 0117 9103930



Wellbeing support sessions

Useful mental health support

Childline (24/7) call 0800 1111

YoungMinds 24/7

Young people text YM to 85258

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OFF The Record

www.otrbristol.org.uk

Samaritans (24/7) call 116 123

Mind (9-6pm weekdays) call
0300 123 3393

**Ebenezer Church Befriending
service** call 0117 979 1399

MY EMOTIONAL SAFARI

When we start to notice what we are feeling and identify what the triggers are, we can start to manage them.

We can change how we **feel** by what we **do** - especially acting in the **opposite** to how we feel. Feel sad - tell some jokes, feel sleepy - dance round the kitchen, too crazy and hyper - practice slow breathing.

Use the boxes below to help you identify what triggers different feelings

People, places, stories, objects and times I get angry for myself or on behalf of others

Things and people that make me laugh, get me excited, my happy places, when I have energy and fun

Things that make me sad, what makes me feel low or want to cry, stories and situations where I feel empathy

Places I feel peaceful. Activities that make me calm and relaxed, wise people I can always talk to

MY 7 DAY CHALLENGE

Challenge yourself to focus on a daily activity to improve your wellbeing, using the 6 ways to wellbeing. Identify a buddy who will support you, keep each other on track. Choose a reward to celebrate your success, it is important to celebrate each success on your wellbeing journey.

GOAL	_____
BUDDY	_____
REWARD	_____

Write down what you did each day and how it made you feel

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Mind Helpline- help with information and signposting on any mental health condition.

9am-6pm- Monday to Friday.

Tel-0300 123 3393

Befriending Two's Company Service-. A telephone befriending service aimed at those most in need living in Lockleaze/Horfield.

Ebenezer Church, 286 Filton Avenue. Bristol. BS7 OBA. Contact Rachel Varley. Tel-0117 9791399 or website:www.ebe.org.uk/telephonebefriending

Lockleaze Foodbank Outlet

St Marys and St James Church, Gainsborough Square. Lockleaze. Bristol. BS7 9XA.

Tuesday's 10am- 12 o'clock

Further information: info@northbristol.foodbank.org.uk

Foodclub for Families living in Lockleaze

Contact the Vench to register. £1 a year to join and costs £3.50 for a share of food estimated to be worth up to £20.

Tuesday or Friday 9.30am-11.30am

Tel-07710 392078

email: lockleaze@groundwork.org.uk

Safeguarding Information: Families in Focus

Advice about making a safeguarding referral to First Response. When you are concerned about the welfare of a person. Advice about what help can be offered to a child or family before making a referral to First Response.

Tel-0117 3521499- Monday to Friday 9am-5pm

Wellbeing Navigator at the Hub. Information, advice and support about wellbeing in Lockleaze.

Jonathan Ford- I work at the Hub from Tuesday to Thursday.

Tel-07708471787 or email:wellbeing@lockleazent.co.uk

Tel the Hub- 0117 9141129

a song from my favorite movie or tv series

a song I'd like to wake me up

We go through different positive and negative emotions everyday. It is okay to have all those feelings.

Songs can be a good way to cope with feelings. Fill in the boxes with songs that you think fit the descriptions provided to create some mood managing playlists. You could try something similar with films and share it with a friend.

FOR DIVERSION

a song that makes me feel safe

a song that helps me think positively

a song that inspires me

TO DISCHARGE

a song for when you get anxious worried

a song for when you get angry or annoyed

a song for when you feel lonely or afraid

FOR STRONG EMOTIONS

a song that reminds you of a good memory

a song that makes you think of a loved one

a song to remind you that you are loved

HOW ARE YOU DOING?

Write down what you are building on and something you aspire to. By writing it down you are making a commitment and increasing the chances of it happening.



People who support me

Person I'd like to connect with more



Movement that I enjoy

I challenge myself to be more active by



Thing I could teach someone about

One thing I'd like to know more about



Something I am thankful for

A new habit to practice thankfulness



A place or activity I feel at peace

A new habit to be present and notice



People who I support

I commit to helping others by

PLANNING MY WELLBEING JOURNEY

Your wellbeing journey is NOT A RACE!

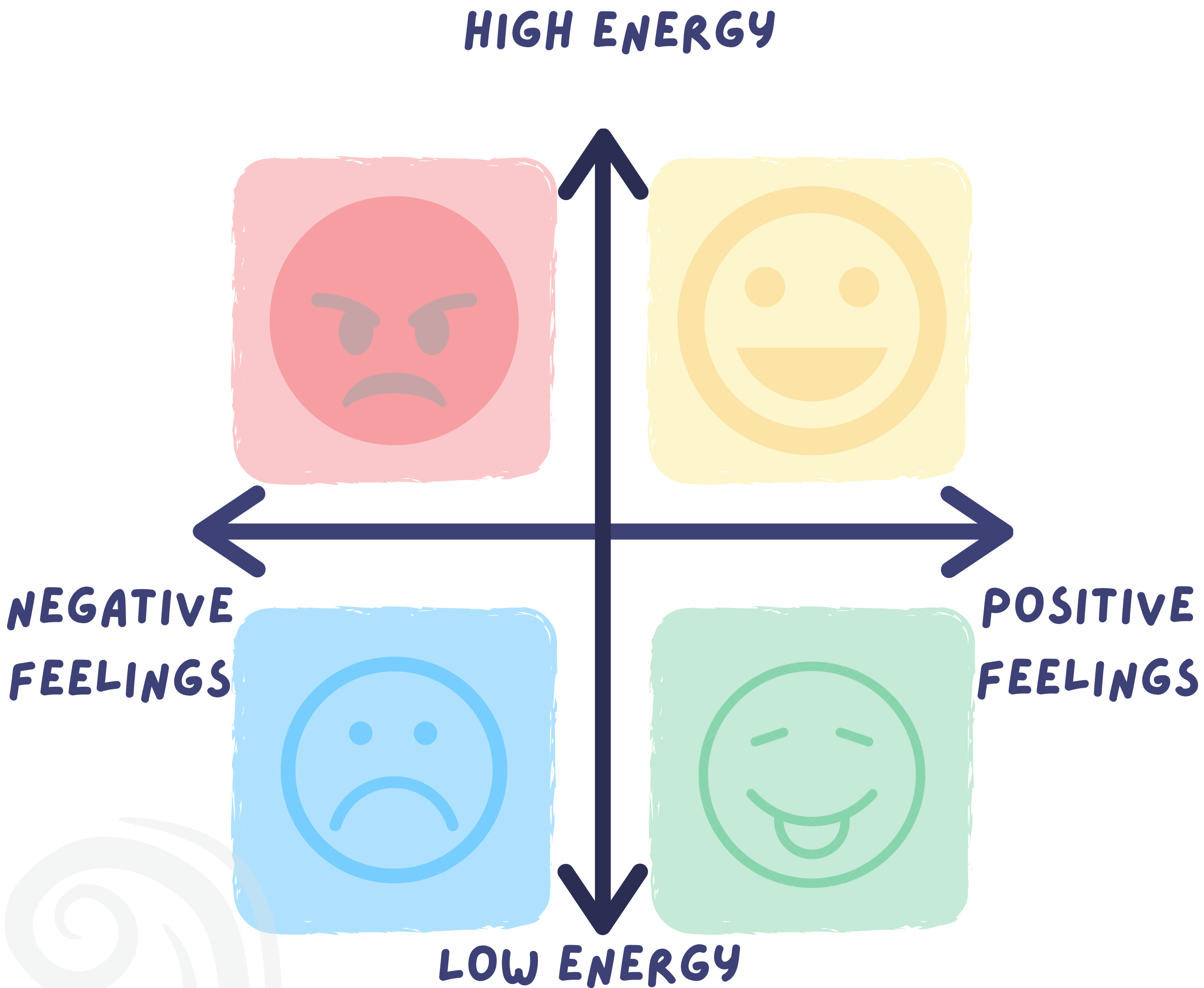
It's a lifelong journey. Sometimes you are speeding along and at other times you might feel lost.



Don't worry, just acknowledge where you are now and what small step you want to take to look after yourself.

<p>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</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>I feel close to other people, speak with regularly and can share my problems with others</p>
<p>I do not do any movement, I have no active habits, I don't know what physical activity I enjoy</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>I am moving every day, raise my heartbeat for 30 mins 5 times a week and have sport or exercise I enjoy doing</p>
<p>I have no curiosity, there is nothing and no-one I want to know more about</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>I am curious about the world and I never stop learning, each day has something new to discover</p>
<p>I am full of self pity and see only what is wrong in my life. I don't notice anything I should give thanks for</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>I regularly notice my good fortune, count my blessings and offer my appreciation to others</p>
<p>I am focused on things in the past or worrying about things that might happen. My mind is far away from my body, I don't notice what is happening around me</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>I am fully present right now, can appreciate the world around me, I have techniques for being calm and present</p>
<p>I have no capacity to help others, not even a phone call or a kind word, I need people to help me</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>I live a life of helping others. I love seeing how I can use my skills and passions to help other people</p>

“If it can be mentioned, it
can be managed
- Fred Rogers”



We all experience different feelings at different times.

Feelings are a chemical response in our body triggered by circumstances which we often can't control. Sometimes they are useful: anger identifies things worth fighting for, sadness processes pain and builds compassion, sometimes we are energetic and sometimes we relax.

But we don't need to be ruled by our feelings, we can choose how we respond and we can take action to manage our emotional responses. Sometimes we can avoid situations and places which cause unwanted feelings, or develop strategies for dealing with them. Notice when you feel angry, sad, happy or relaxed, what makes you feel like that? Notice your emotions, what provokes them? What can shift them? Start to develop your strategies for noticing, acknowledging and then shifting your emotions. The 6 ways to wellbeing provide keys to managing emotions.

MOOD METER

LOW ENERGY HIGH ENERGY

ENRAGED	FURIOUS	FRUSTRATED	SHOCKED	SURPRISED	UPBEAT	MOTIVATED	ECSTATIC
LIVID	FRIGHTENED	NERVOUS	RESTLESS	HYPER	CHEERFUL	INSPIRED	ELATED
FUMING	APPREHENSIVE	WORRIED	ANNOYED	ENERGIZED	LIVELY	OPTIMISTIC	THRILLED
REPULSED	TROUBLED	UNEASY	PEEVED	PLEASANT	JOYFUL	PROUD	BLISSFUL
DISGUSTED	DISAPPOINTED	GLUM	ASHAMED	BLESSED	AT EASE	CONTENT	FULFILLED
MORTIFIED	ALIENATED	MOPEY	APATHETIC	HUMBLED	SECURE	CHILL	GRATEFUL
EMBARRASSED	EXCLUDED	TIMID	DRAINED	CALM	SATISFIED	RELAXED	CAREFREE
ALONE	DOWN	BORED	TIRED	RELIEVED	RESTFUL	TRANQUIL	SERENE

← NEGATIVE POSITIVE →

THINGS THAT TICKED ME OFF

THINGS THAT CHEERED ME UP

MONTHLY MOOD JOURNAL

Throughout the next 12 month
You can earn a stamp for
participation in wellbeing activities.

