

FREE YOUR MIND



WELLBEING

JOURNAL

A SWEET LITTLE GUIDE TO HELP YOU ON YOUR JOURNEY TO
BETTER MENTAL HEALTH

SWEETART
COMICS

WHAT DOES PRACTICING WELLBEING MEAN ANYWAY?
ISN'T IT ANOTHER ONE OF THOSE TRENDS HELLBENT ON
SELLING ME KOMBUCHA AND YOGA PANTS?

I don't know much about kombucha based conspiracies but erm, wellbeing is, simply put: **taking care of your mental and physical health**, and it's has been around centuries before yoga pants.

Being conscious of your wellbeing and actively seeing where you can make improvements helps to increase your emotional resilience, physical health, and creativity.

WHAT IF I'M TOO BUSY TRYING TO SURVIVE TO FOCUS
ON THIS WELLBEING STUFF!

Steady on, mate!

If you exhaust yourself to the point of burnout then you can't do much of thing at all, can ya? The great news is that practicing wellness takes up only as much time as you choose and there's lots of ways to do it.

This journal is designed to get you started on your wellbeing journey; I want you to thrive, not merely survive.

Let's get to it >>>

“YOU WANNA FLY,
YOU GOT TO
GIVE UP THE THING
THAT WEIGHS YOU
DOWN.” -
TONI MORRISON

THE WHEEL OF WELLBEING

*Based on the principles of positive psychology, The Wheel of Well-being is a simple approach to promoting **positive mental health and wellbeing**.

Each segment is linked to an action. For example, 'body' encourages you to think of ways to improve your wellbeing through being **active**.



THE WHEEL OF WELLBEING

Some of the segments look at the ways that being of service can improve your sense of wellbeing. For example, 'planet' encourages you to think of ways you can care for the environment.

Do you dare to except this



Yeahh, go on

Fill out the table on the next two pages with ideas of how you can incorporate the six segments of the wellbeing wheel into your routine.

There are some examples to help get you started >>>

CONNECT

TAKE NOTICE

CARE

Call or message someone you haven't checked in on for a while

Think of a colour: see how many times you can spot variations of it while you're outside

Cut down on your use of single use plastic by getting a bag for life/ tote bag

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PRACTICING MINDFULNESS

BREATHING

WHY DO I NEED TO PRACTICE
SOMETHING I ALREADY DO
EVERYDAY?

Most of us who breathe shallowly do it throughout the day and are unaware that we're doing it.



If you often wake up feeling like you could huff-and-puff-and-blow-the-house-down then breathing exercises can help you relax, relieve tension, and reduce stress:

5 MINUTE EXERCISE

Keep your shoulders down and relaxed

Let your breath flow into your belly without forcing it.

Breathe in through your nose for 5 counts

Without pausing, gently breathe out through your mouth counting down from 5.

PRACTICING MINDFULNESS

HERE'S THE SCIENCE BIT

When we're stressed or anxious our sympathetic nervous system fills our bodies with adrenaline. This can be helpful if you happen upon a grizzly bear but not so helpful when there's no real danger present.



Deep breathing helps to activate something called the parasympathetic nervous system which helps to slow down your body's response to stress.



SPEND SOME TIME

PAYING ATTENTION TO THE SOUNDS AND
SIGHTS AROUND YOU. TAKE DEEP BREATHS
AND LET YOUR THOUGHTS DRIFT BY.

WHEN YOU'RE READY, WRITE DOWN HOW
YOU FEEL

USE THIS PAGE TO WRITE DOWN A LIST OF THINGS YOU FIND SOOTHING

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RESOURCES

THE WHEEL OF WELL-BEING (WOW)*

<https://www.wheelofwellbeing.org/>

The Wheel of Well-being is an ongoing collaboration between the Mental Health Promotion Team at South London and Maudsley NHS Foundation Trust, Uscreates, and Implemental.

They have excellent resources and printables to help you on your mental health journey.

MIND

<https://www.mind.org.uk/>

Mind is a mental health charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

You Matter Marathon

<https://youmattermarathon.com>

The YMM is a global initiative that creates positive connections between individuals and within communities.

"I TOOK A DEEP BREATH
AND LISTENED TO THE
OLD BRAG OF MY HEART.

I AM, I AM, I AM."

-SYLVIA PLATH

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