

WELLNESS STRATEGIES

BRAIN STORM NAME: _____ DATE: _____

PART 1 - COMPLETE THIS BEFORE PART 2 – PERSONAL JOURNAL

Strategies that can be helpful in day-to-day situations that cause stress and are triggers to becoming unwell:

(Tick those you might try below and the brainstorm others that could help. Decide on a list of 3 – 6 options that could work in your lifestyle)

- Bring to mind your strengths (to be identified in Part 2 – Personal Journal)
- Take slow deep breaths and concentrate on the air going in and out of your body
- Meditation
- Go for a short walk and take a moment to calm your thoughts
- Go for a walk in the park or along the beach/ go for a run or a swim
- Phone or talk to someone about what has happened and how you are feeling
- Take you mind off the stressor by listening to music, youtube, video, movies, etc.
- Take a shower or bath
- Keep a notebook handy to use as a journal about how you are feeling and why
- Keep a visual diary handy and create an artwork about how you are feeling
- Make a painting, sculpture, digital artwork, collage
- Call a friend to play a game of squash or tennis
- Go out for coffee with a friend
- Go out for a drive to your favourite place in nature
- Read a good book
- Go to the gym, yoga, Pilates, tai chi
- Try out some new cooking recipes
- Aroma therapy

Now add your own ideas in the space below:

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