

The Circles of Worry

Here are two circles...

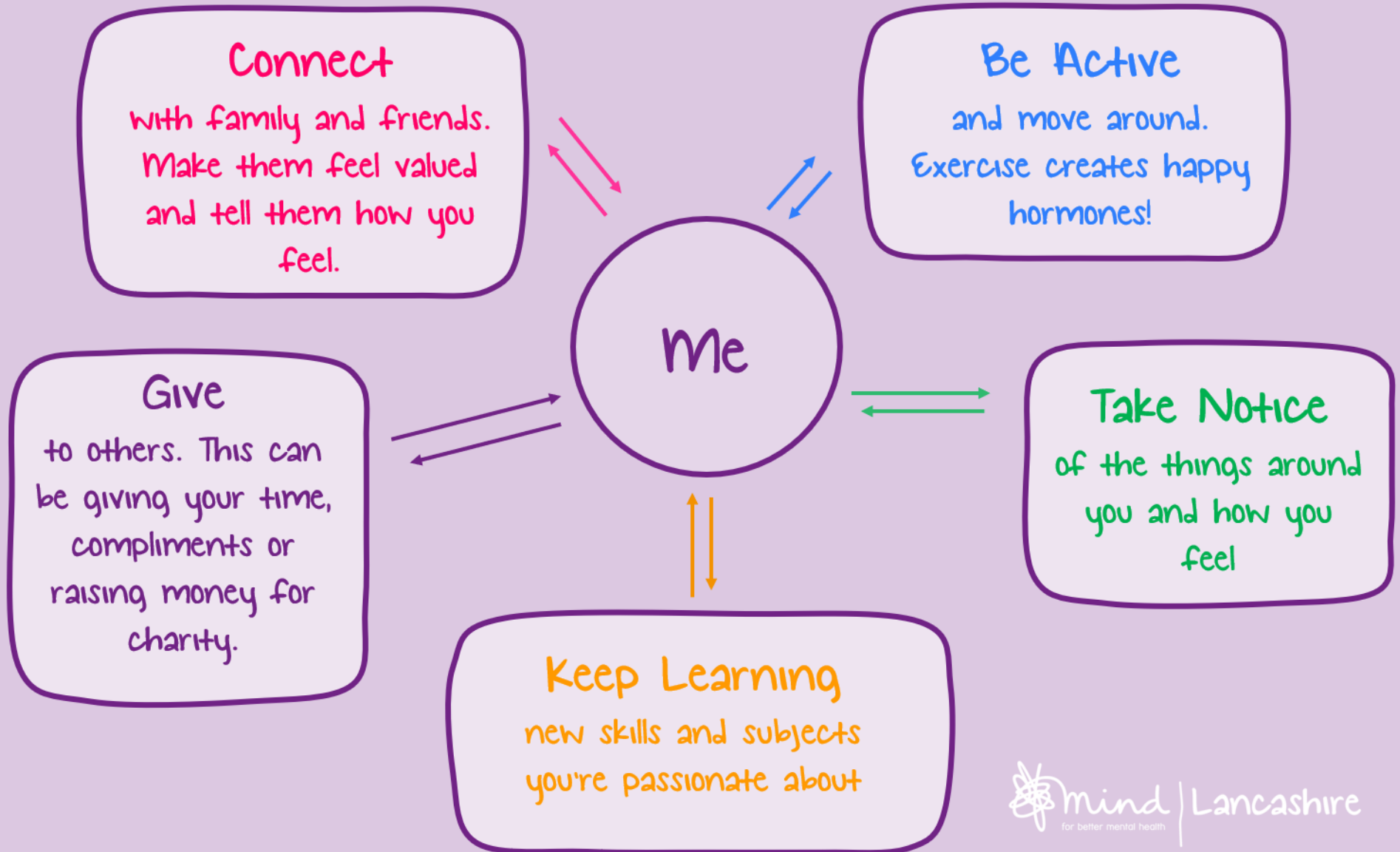


THINGS I CAN CONTROL



THINGS I CAN'T CONTROL

The 5 Ways to wellbeing



My 5 Ways to wellbeing

Connect

Be Active

Take Notice

Keep Learning

Give

Wellbeing Bingo



Write down
ten positive
things

Do some
exercise

Read your
favourite
book

Go to bed early

Treat
yourself

Play your
favourite game

Spend time with
friend (virtual
hang outs)

Listen to music

Eat a healthy
and balanced
diet

Practice
Mindfulness

Spend time in
nature

Watch a film or
TV show



Hunt the Good Stuff

EXAMPLE

Charlie made me
laugh today

My lunch was
delicious

Lou complimented me

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY