

**FORCES  
CHILDREN  
SCOTLAND**

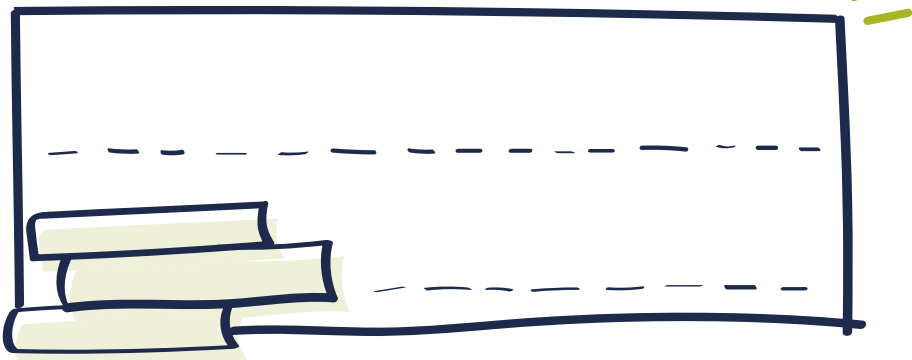


# My wellbeing journal



Supporting children and young people from armed forces and veteran families.

This wellbeing journal belongs to:



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# INTRODUCTION

## This is your wellbeing journal.

Wellbeing means different things to different people, and there is no one 'right' way to look after your wellbeing.

This journal is your space and is specifically for you – you don't need to share it with anyone.

Throughout the pages of this journal, you will find helpful tips to promote positive wellbeing. These tips are there to help you when you're struggling with specific things that you might experience. The journal is laid out according to the months of the year. We have twelve chapters, each including activities and reflection opportunities. Don't worry though, you can start this journal whenever you want!

We've also included a helpful month tracker, to help you keep on top of the different activities you'll get up to. Feel free to add whatever you need to it.

We hope that this journal is helpful for you.

**Forces Children Scotland Team**



# JANUARY

**JANUARY 1ST  
IS THE FIRST  
PAGE OF A  
365 DAY NOVEL**

-The Random VibeZ

# ACE YOUR DAY!

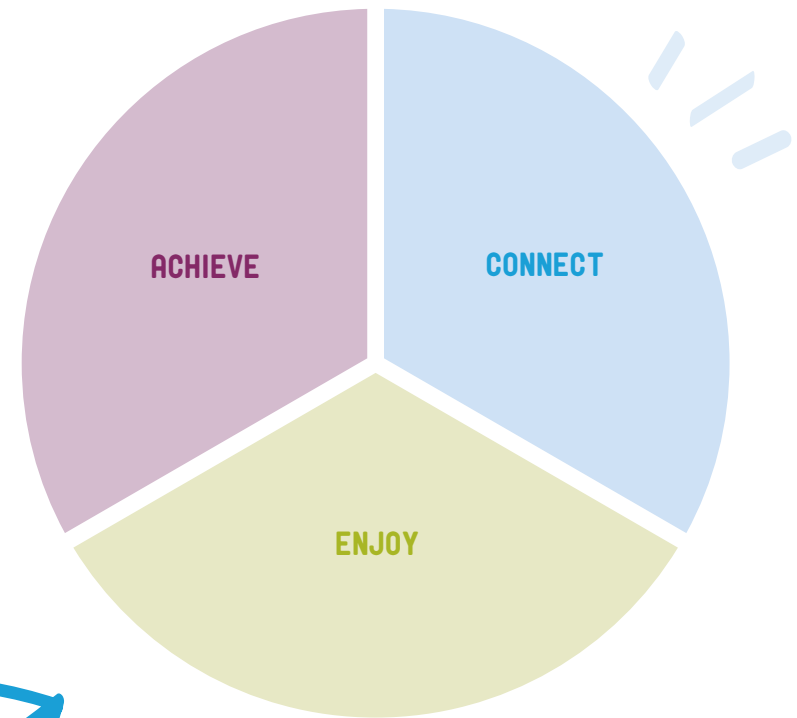
Our mood is affected by what we do and who we connect with. When we focus too much on one and not the other, it can impact our mental health by increasing stress and anxiety and lowering our mood. We need a balance in our everyday life.

By having an equal balance of **Achieving**, **Connecting** and **Enjoyment** each day, our brain releases neurotransmitters, which act as our natural anti-stress and anti-depressants.

**Achieve:** Our brain gets a boost when we achieve something during the day; be it work, schoolwork, projects or housework. However, when we focus too much on achieving and not enough on connecting and enjoyment we can get stressed.

**Connect:** With family, friends or others - when we are depressed or anxious we tend to avoid people and situations.

**Enjoy:** Play, Fun, Pleasure – Ensuring you make time to look after yourself and do the things you enjoy.



So now we understand how to ACE our day, let's put some of that into practice.

Throughout the month of January, list in the columns the different activities you have done to **Achieve**, **Connect** and **Enjoy** the day. Using the scale at the top of the page, rate how much enjoyment you gained from doing these different activities.



Once you've filled in the page, think about the following questions:

**What did you notice about yourself?**

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**Did you have any days that brought you the most joy?**

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Using the scale below, monitor your daily ACEs:



**Achieve**

**Connect**

**Enjoy**

Doing a laundry load	<b>5</b>	Spoke to a friend on the phone	<b>7</b>	Met a friend for dinner	<b>8</b>
School work		Meet up with friends after school		Played netball after school	

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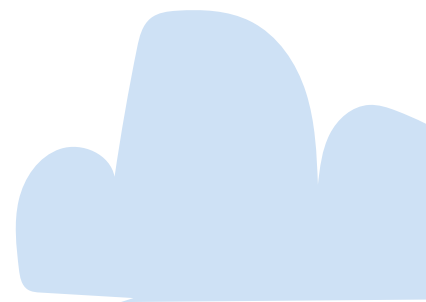
31.



**YOU DON'T  
HAVE TO BE  
GREAT TO  
START, BUT YOU  
HAVE TO START  
TO BE GREAT**

-Zig Ziglar

# FEBRUARY



**HOPE IS A  
WAKING DREAM.**

-Aristotle





# POSITIVE SELF-TALK

We all have our own internal dialogue. It's the voice we hear giving us instructions, observing things about our environment or when we're thinking in our head.

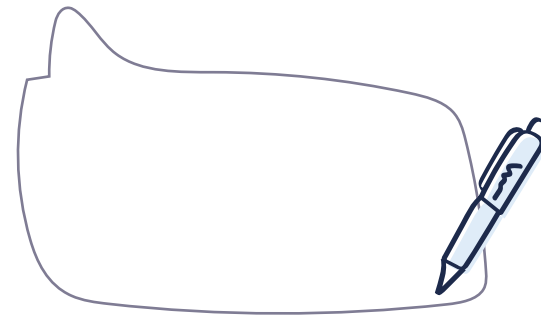
This dialogue is called self-talk. Sometimes this can be positive, or sometimes it can be negative.

If you feel as if your own self-talk is more negative than positive, there are some things you can do to help change it.

By talking to yourself in a positive way and by being your own cheerleader, you can boost your self-esteem and your self-talk.

On the next page are some different statements that you can practice saying to yourself. You can say them out loud, in your head or standing in front of a mirror!

**Use the blank speech bubbles to write your own positive statements.**



**OTHER PEOPLE CAN SAY WHAT THEY WANT ABOUT ME. I GET TO DECIDE WHAT'S TRUE!**

**I DON'T HAVE TO BE PERFECT. I JUST HAVE TO GIVE IT MY BEST EFFORT.**

**WHAT WOULD I SAY TO A FRIEND THAT WAS FEELING THE SAME WAY?**

**I DON'T NEED TO COMPARE MYSELF TO OTHERS. WE ALL HAVE DIFFERENT STRENGTHS.**

**WHAT WOULD THE PEOPLE WHO LOVE ME SAY ABOUT ME?**

**THERE ARE SOME THINGS THAT I JUST CAN'T DO WELL YET. I CAN CHOOSE TO GET BETTER!**

**I'M GLAD THAT I'M DIFFERENT. I LIKE MYSELF JUST THE WAY THAT I AM.**



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11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

Notes:

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**DON'T TELL ME  
THE SKY'S THE  
LIMIT WHEN THERE'S  
FOOTPRINTS ON  
THE MOON**

- Inspirmore

# MARCH

**PEOPLE WHO WANT TO BE LIKED, OR THOSE WHO FEEL THE NEED TO PLEASE OTHER PEOPLE, GENERALLY HAVE A HARD TIME SETTING BOUNDARIES.**

# SELF-COMPASSION

Setting and maintaining boundaries can be difficult.

Having good boundaries can help a person feel safe, respected, and valued. Boundaries help increase self-esteem and self-compassion, allowing us to prioritise our own needs. However, not setting good boundaries can increase stress levels, increase feeling of anger, resentment, and can sometimes cause physical changes to our bodies.

Examples of when we do not hold good boundaries:

- We say 'Yes' when we would really like to say 'No'
- Other people's problem become our priority
- We apologise too much and don't say what we are really feeling and needing

Healthy boundaries allow us to conserve emotional energy and help us to prioritise ourselves, whether it is self-care, relationships, or career aspirations.

There is no set rule. Boundaries vary from person to person.

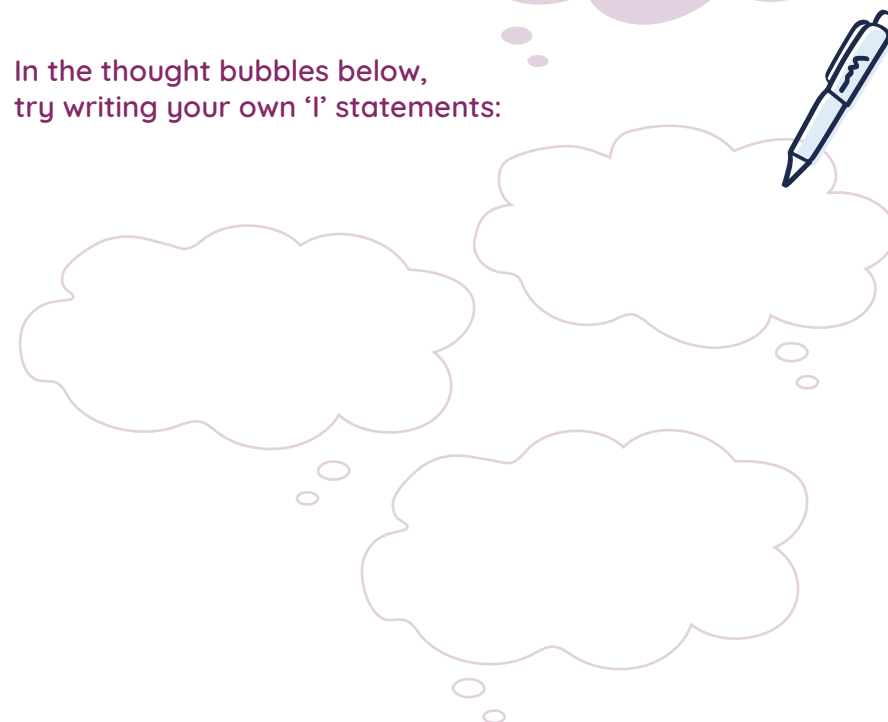
**This is about you and your needs.**

Setting boundaries can be difficult if you have not been used to it. But changing how you reply to asks of you can help.

Be assertive by using 'I' statements



In the thought bubbles below, try writing your own 'I' statements:





Learn to say 'No' - No is a complete sentence.

Example - if someone asked you out on a date  
- you can absolutely say **'NO'** without giving any reason.

If a colleague asks you to cover their shift  
- you can absolutely say **'NO'**, without giving a reason.

"WHEN YOU SAY, 'YES'  
TO OTHERS MAKE SURE YOU ARE NOT



SAYING 'NO' TO YOURSELF."

- Paulo Coelho

# WHAT IS SELF-COMPASSION?

We tend to be supportive, compassionate, and understanding towards others and more critical of ourselves. Being compassionate to ourselves helps to reduce anxiety, depression, creates better relationships and increases our self-worth.

Self-compassion is about how we should treat ourselves with kindness, understanding and acceptance.

**SELF-COMPASSION IS SIMPLY GIVING THE SAME KINDNESS TO OURSELVES THAT WE WOULD GIVE TO OTHERS.**

-Christopher Germer

This includes:

- Allowing our feelings and not always judging them
- Making mistakes and understanding that it is okay to make those mistakes
- Instead of always doing what is expected, doing things for our own wellbeing

## Why is self-compassion important?

- It increases our happiness
- Decreases anxiety and depression
- It's considering ourselves the way we would consider someone we care about.

**THE OPPOSITE OF SELF-COMPASSION IS SELF-CRITICISM, WHICH IS NOT HEALTHY FOR US.**

## How can I develop more self-compassion

There are many ways to develop self-compassion. By practising ways to stimulate our body's soothe system, we can begin to grow an attitude of kindness, warmth, concern, understanding and strength within us. We can then use this attitude to respond to our own struggles, rather than going back to our usual self-critical habits.

## Taking care of ourselves

By being kind and caring to ourselves, we can increase our own compassion. It's important to treat yourself by spending time doing something that you enjoy.

Everyone is different; someone's idea of treating themselves could be someone else's nightmare. Experiment with activities and find out what you enjoy.

The activities might not take your emotional pain away or solve your problem but see what happens when you are kind to yourself.

### Activity Examples

- Bake
- Ride a bike
- Watch TV
- Have a hot bubble bath
- Go for a walk in nature
- Do relaxation/meditation
- Read a book
- Paint, draw, colour in



Write down your own activities that you enjoy:



A large, empty rectangular box with a thin purple border, intended for writing down activities. A small illustration of a pen is positioned at the top right corner of the box, as if it is about to write on the page.

Try and plan one activity into your day – it does not have to be time consuming; it could be something that may only take 5 minutes.

When would you do this activity? Morning, afternoon or evening?

---

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What stops you from doing this activity?

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What activities have you tried this month?

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Are there any activities that you would like to include in your future?

---

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What could you do to make this happen?

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## TAKING CARE OF OTHERS

Taking care of others' should never come at the expense of taking care of ourselves. However, the more time we spend being compassionate, be it towards ourselves or others, the more our soothe system is active and helps with our general mental health and wellbeing.

Some ways that you can take care of others include:





## TAKING CARE OF BUSINESS/SCHOOL

Compassion is not just about the warm fuzzy stuff but involves facing some of the hard stuff and struggles.

Sometimes when we come across a problem we might want to run away, instead of face it. However, with compassion, there are things that we can try to break it down into manageable steps. This can help build our confidence and self-esteem.



Different problems will require different compassionate actions. One way of doing this is to act opposite of what you are thinking/feeling, for example:

### Threat thought/behaviour

### Opposite

**Avoid** – Not doing things that I need or would like to be doing because it makes me anxious.

**Don't avoid** the situation. If realistically it is a safe situation find a way to gradually face it and stay in the situation. This could be done by breaking it down into more manageable steps. The more you place yourself into a repeating situation, will help reduce your anxiety and slowly build confidence.

**Give up** – you feel unable to do anything about the problem.

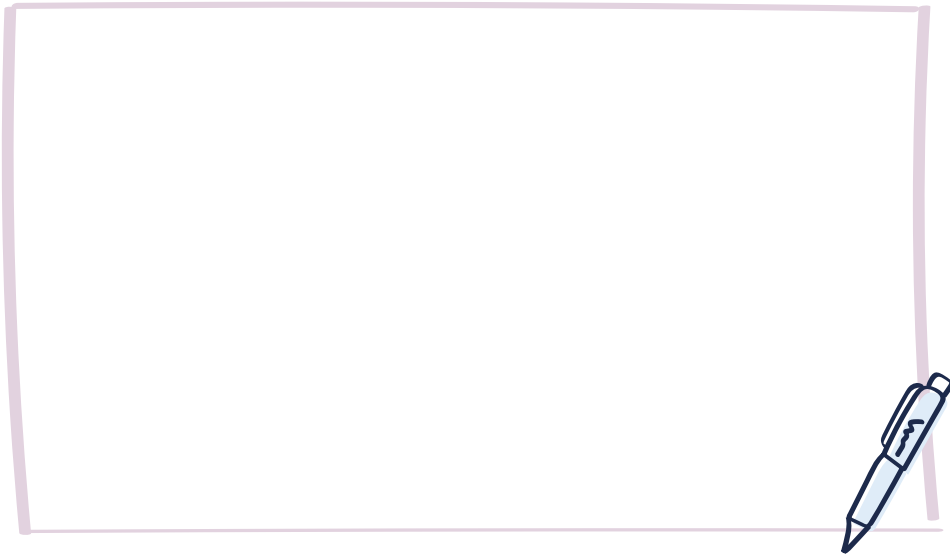
**Don't give up** – try problem solving. Write down what the problem is. Then write the possible solutions and the pro's and cons of each. Pick one solution and break it down into steps. If it doesn't work try a new one.

**Procrastinate** – put off things that need to be done as you might think it is too hard, you are not good enough or you may find it boring.

**Get started** – Break the task into small steps. No matter how you feel, get started. Once you start you might find it is easier than expected.

## TRY IT!

Write down your problem....



Write down your threat thought/behaviour....



Write down the opposite of your threat thought/behaviour...



Write down steps to overcome your problem....



1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
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16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

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**SELF-COMPASSION IS LIKE A MUSCLE.  
THE MORE WE PRACTICE FLEXING  
IT, ESPECIALLY WHEN LIFE DOESN'T  
GO EXACTLY ACCORDING TO PLAN (A  
FREQUENT SCENARIO FOR MOST OF  
US), THE STRONGER AND MORE  
RESILIENT OUR COMPASSION  
MUSCLE BECOMES.**

- Sharon Salzberg



# APRIL

**YOU CAN DO ANYTHING,  
BUT NOT EVERYTHING**

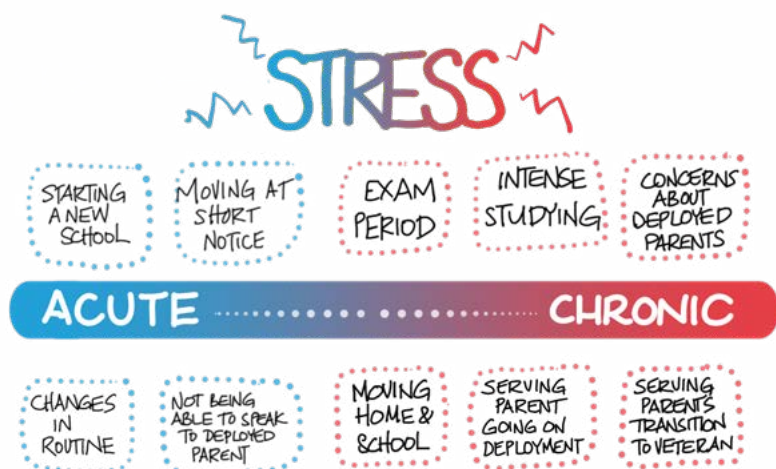
- David Allen

# STRESS

Stress is a part of life and is experienced by everyone from time-to-time. However some people experience stress more than others and it can sometimes be so severe that it impacts their quality of life.

There are two different types of stress;

- **Acute** (short-term) and
- **Chronic** (longer-term).



Stress can come from different sources such as:

- Relationships
- Work
- Study
- Illness
- Life changes – marriage, divorce, moving home
- Day-to-day activities
- Organising events

Some people know their stress triggers and know how to manage it whilst others may find it difficult to recognise triggers. Being able to identify your stressors is key.

Symptoms of stress could include:

- Irritability or moody
- Issues sleeping
- Worrying/feeling anxious
- Back and neck pain
- Changes in appetite (increases/decreases)
- Headaches/migraines

These symptoms can impact your quality of life, relationships and/or work.

## TIPS TO MANAGE STRESS:

### Identify and write down your stressors.

- Some stressors may be out of your control for example deadlines at work, but what things could you do to help? For example – create a schedule, go to bed earlier, ensure you take breaks throughout your working day



### Include regular exercise into your life.

- Some people find this helps with your overall wellbeing and gives you energy. Some people find that exercise also helps them to unwind
- Find an exercise that you enjoy – swimming, gym, fitness classes, going for a walk, horse riding
- What time of day are you more likely to carry out the exercise? Morning, Afternoon, Evening



### Eat healthier

- Try and include more veg and fruit into your day
- Keep hydrated throughout the day



### Sleep well

- Set yourself a bedtime routine. This varies from person to person. One person may feel they need 9 hours sleep, whilst another may only need 7 hours. The happier someone feels, the less sleep they need



### Make time to connect with others

- Some people may find it difficult to make time for this, but sometimes it is good to try and take steps towards doing this. Set a day, morning or evening aside to meet up with family or friends





### Problem-solving techniques

- If a problem seems overwhelming, try and write a list of possible solutions and then pick one
- Break the solution down into steps. If you find that did not work, try one of your other solutions
- If you struggle with it, try talking to someone

### Learn calming techniques

- This could include meditation, breathing exercises, painting, taking some time to yourself, hot bubbly bath
- Remember your calming techniques may be different from someone else, find what suits you

### Ensure you have healthy boundaries

- Knowing when to say **'No'** or if you feel you are putting someone else's needs before your own, stop and ask yourself:
  - Are your needs being met, is it what you really want?

### Challenge negative thinking

- We have 1000's of automatic thoughts a day, most of which we do not recognise, but they still have an impact on how we feel. Have you ever noticed a sudden change in how you are feeling?
- **STOP** and try and recognise your thought. Is your thought true, look at it as if it was your friend that was having that thought, what would they say?

You can also use a timetable to help with your day. It is also useful when studying, such as below:

	Mon	Tue	Wed	Thu
8am				
10am				
12pm				
2pm				
4pm				
6pm				
8pm				
10pm				



	Fri	Sat	Sun
8am			
10am			
12pm			
2pm			
4pm			
6pm			
8pm			
10pm			



1.	2.	3.	4.	5.
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26.	27.	28.	29.	30.

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**SOMETIMES THE MOST PRODUCTIVE  
THING YOU CAN DO IS RELAX**

- Mark Black

# MAY



**ALMOST EVERYTHING WILL  
WORK AGAIN IF YOU  
UNPLUG IT FOR A FEW  
MINUTES INCLUDING YOU.**

-Anne Lamott

# RELAXATION

This time of year can often feel stressful. Whether it's because of exams or new projects at work, it's important to make sure we relax as often as we can.

Relaxation will look different to different people. For some, it might look like having a nice long bath. For others, it might be going for a long hike, or going for a run. Relaxation might also look like playing your favourite computer game or watching your favourite TV show.

As we saw in April's activity, stress, whilst perfectly natural, can sometimes negatively impact on our physical health. This is why it's so important to make sure we relax – it helps to bring down the stress hormones running through our body, whilst also ensuring we take care of ourselves.



## Try answering the following questions:

What do you like to do to relax?

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Why do you like doing these activities?

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One simple way to help you relax is writing. Using the prompts below, answer the questions. You can do this every day, or every week.

Before you start, let's do a quick check in. How stressed are you feeling right now?

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Why?

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How is your overall mood?

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Have you done your usual relaxation activities recently?

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## Prompts:

- What is on your mind right now?
- What's going well in your life right now?
- What are you grateful for?
- What are the things that make you happy?
- What are three things that made today a good day?
- What are five things you like to do for fun?

Another technique you can use to help you relax your body is deep breathing. Deep breathing works by helping to slow down our breathing and by sending signals to our brain that we're ready to chill out. Practicing deep breathing helps our body to respond to this signal better.



There are lots of different ways to practice deep breathing. One of the simpler ways is to:

Breathe in slowly. Count in your head to 5 whilst you're breathing in. Pay attention to the feeling of the air filling your lungs. How does it feel?

Hold your breath for 5-10 seconds. This should feel longer than a normal breath.

Breathe out very slowly for 5-10 seconds. Pretending to break through a straw can help!

**Repeat these steps until you feel calmer.**

There are lots of other ways you can relax. Some different techniques include:

- Meditation
- Listening to relaxing music

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**WHILE YOU MAY HAVE MANY OTHER RESPONSIBILITIES IN LIFE LIKE YOUR FAMILY, WORK, SCHOOL, OR RELATIONSHIPS, YOU SHOULD ALSO LEARN TO RELAX AND PLAY.**

-Christopher Michaels, Think Positive

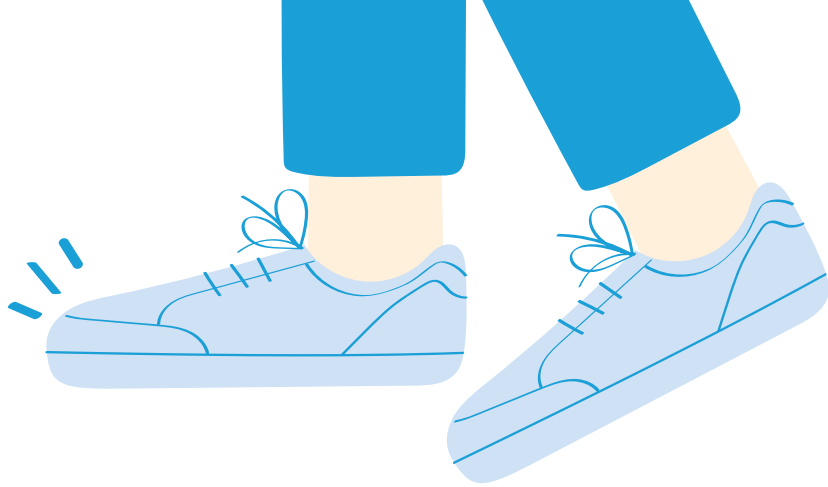
**RELAX. ENJOY THE MOMENT. BE YOURSELF.**

- Gene Coates, Jeannette Murueta

# JUNE

**I LOVE WALKING BECAUSE IT  
CLEARS YOUR MIND, ENRICHES THE  
SOUL, TAKES AWAY STRESS, AND  
OPENS UP YOUR EYES TO A  
WHOLE NEW WORLD.**

- Claudette Dudley



## MINDFUL WALKS

As we know, going for a walk can often help us to relax and unwind. The mental health benefits of going for a walk are endless – and going for a mindful walk can boost these effects even further!

Mindful walking comes from the Japanese practice of forest bathing. By immersing ourselves in nature, and mindfully using all of our senses, we can feel more grounded and connected to our bodies, leading to relaxation and general positive wellbeing.

When we walk mindfully, the journey is less about the destination or being on auto pilot. It's about being outside in nature and enjoying the here and now.

On the next page is a simple **'script'** to help guide you through the practice of mindful walking.

Feel free to take it out with you or take a picture of it on your phone. Once you've done it once, you'll be able to get into the swing of things!

Remember, there's no one correct way to walk mindfully  
**- the goal is to be present.**

### BEFORE YOU WALK:

- Find somewhere safe to walk where you won't be disturbed. Some ideas include:
  - Your garden
  - A park
  - Country lane
  - Busy street
- Wear comfortable clothing and good shoes
- Stand still and become aware how you feel
  - Ask yourself how you're feeling today
  - How does your body feel?
- Notice the weight of your body, the feeling of your feet in your shoes, the feeling of your muscles as you balance yourself
- Take a few deep breaths and bring yourself into the present

## AS YOU START:

- Start walking, a little slower than normal
- Walk as mindfully as you can
- Keep awareness of:
  - Each footstep as it rolls from heel to toe – how does it feel?
  - The way your feet and legs feel as you flex those muscles
  - The movement of your body – what are your arms doing, how do they feel?
  - Do you need to open your hands slightly more?
  - Does your back feel tense?
- Pay attention to your senses as you walk:
  - What can you hear?
  - What can you smell?
  - What can you feel?
  - What can you see?

- Be aware of your breathing – breathe easily but deeply
- If you find your mind drifting from walking and breathing, gently guide your thoughts back
  - Acknowledge each thought as it comes up, but gently tell yourself to park it for now – you can always revisit it later
- Continue walking for as long as you feel safe and comfortable

## TO FINISH:

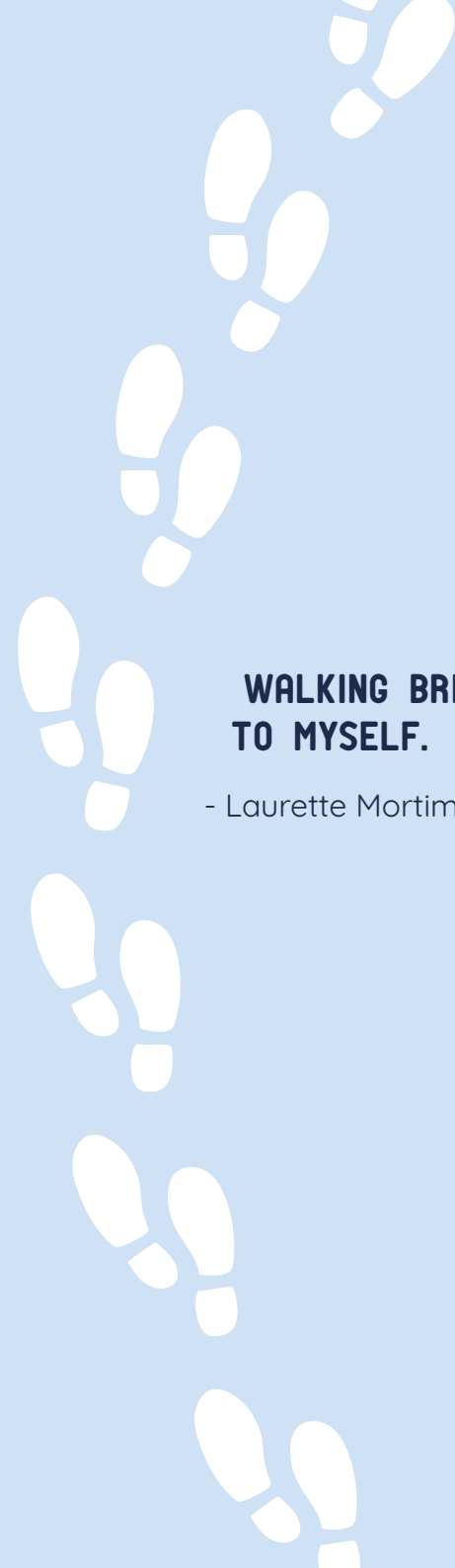
- When you feel ready to come to an end, stop and stand still
- Take a few deep breaths
- You are now ready to finish



1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

Notes:

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**WALKING BRINGS ME BACK  
TO MYSELF.**

- Laurette Mortimer

# JULY

I HOPE IN THIS YEAR TO COME,  
YOU MAKE MISTAKES.

BECAUSE IF YOU ARE MAKING MISTAKES,  
THEN YOU ARE MAKING NEW THINGS,



LEARNING, LIVING, PUSHING YOURSELF,  
CHANGING YOURSELF,

CHANGING YOUR WORLD.

YOU'RE DOING THINGS YOU'VE  
NEVER DONE BEFORE,

AND MORE IMPORTANTLY,  
YOU'RE DOING SOMETHING.

- Neil Gaimon

## TRY SOMETHING NEW

As we start to make it into the summer months, it's time for us to try something new. This might sound scary, but getting out of our comfort zone and trying a new activity can be really beneficial for our mental health. By trying something new, we can have new doors opened to us, create more experiences and fundamentally start enjoying different things!

This month, we're going to look at new activities that we've maybe always wanted to try but haven't been able to for whatever reason.

Before we start, let's have a quick think about what it is we do now. These activities can be hobbies, or daily activities that you partake in. Activities can also be habits or behaviours that we choose to engage in.

What are your hobbies at the moment?

---

And why do you enjoy doing these hobbies?

---

Is there something you've always wanted to do? If so, what is it?

---

What stops you from doing this activity or activities?

---

List all of the reasons that come into your head:



Now we've got a bit more understanding as to what it is you want to do, but also why you've been struggling to do it.

So, let's look at breaking those barriers down.

It's important to recognise that breaking barriers does take time. Taking small steps is much better than trying to leap into something all at once.

We often struggle to do new things because we're afraid: afraid of failing or of getting it wrong, afraid of making ourselves look stupid or even being embarrassed.

Whilst this fear can feel very real, it's not. Failure can't harm or hurt you. Nor will looking stupid or being embarrassed.

What is it that you're afraid of?

Now that you've named your fear, let's try to reframe that.

If your fear comes to pass, what would you do? How would you cope? List the different things you could do to manage the worst case scenario.

You've taken the first big step to overcoming one of the most common barriers in your way!

Next, let's focus on taking those first small steps towards engaging in something new.

First, you need to think about the process involved in getting to where you want to be. For example, if your new activity is swimming, what would be involved in actually going to the swimming pool and doing a lap? Look at the example below.

<b>EXAMPLE GOAL</b>	Going swimming 3x a week
<b>Step 1</b>	Find local swimming pool
<b>Step 2</b>	Find opening/closing times and swim times
<b>Step 3</b>	Get a swimming costumes
<b>Step 4</b>	Travel to the swimming pool
<b>Step 5</b>	Get changed and do some slight stretches
<b>Step 6</b>	Get into the pool
<b>Step 7</b>	Start to swim your first lap

As you can see, the process of actually getting to where you want to be involves more steps than you probably thought but involves much smaller steps.

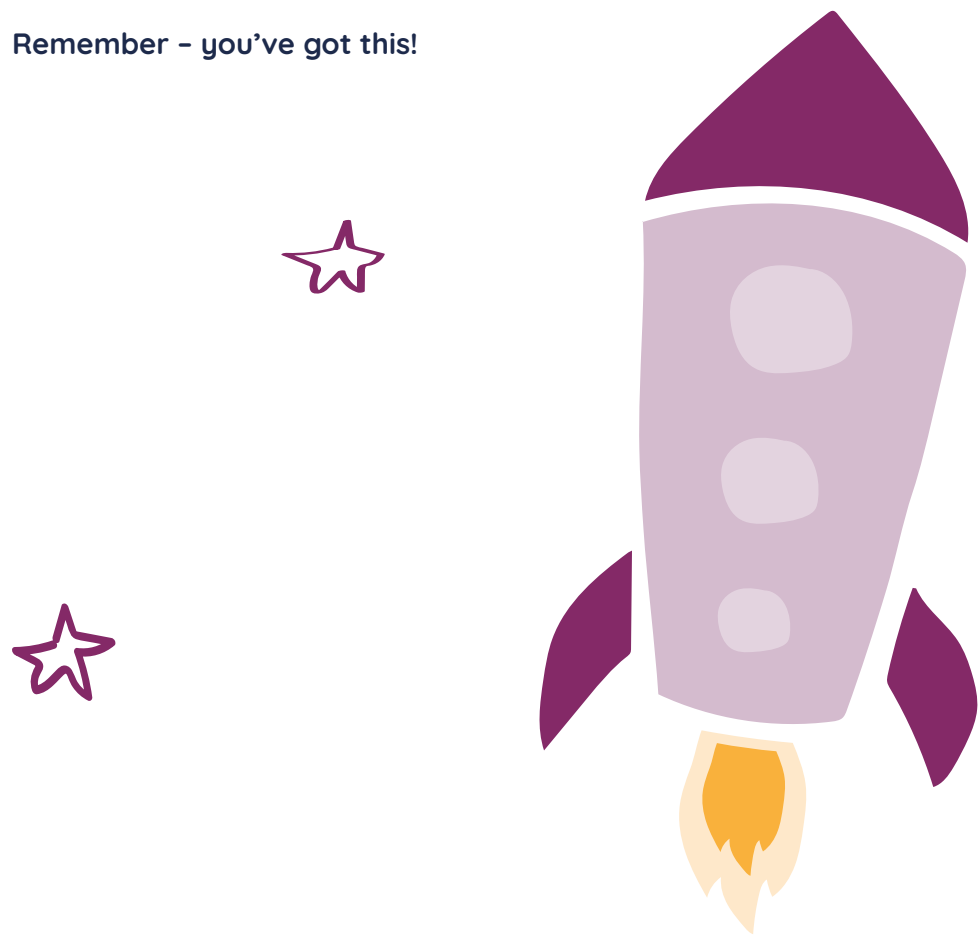
Why not give it a try yourself? Write down where you want to be, and list all of the small steps it will take to get there. Don't worry if you run out of boxes – make some more up! There's no such thing as taking too many steps!



<b>GOAL/NEW ACTIVITY</b>	
<b>Step 1</b>	
<b>Step 2</b>	
<b>Step 3</b>	
<b>Step 4</b>	

Well done! Now we've visualised what it is we need to do to get to our new activity, it's time to give it a go.

**Remember - you've got this!**



After you've done your activity, write down below how you felt.

Did you enjoy trying something new?

**Why not try something new every week this month?**



**THE ONLY WAY YOU IMPROVE IS TO TRY SOMETHING NEW.**

- Charles Koch

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

Notes:

31.



**UNLESS YOU TRY TO DO  
SOMETHING BEYOND WHAT YOU  
HAVE ALREADY MASTERED,  
YOU WILL NEVER GROW.**

- Ralph Waldo Emerson

**YOU NEVER CHANGE YOUR  
LIFE UNTIL YOU STEP OUT OF  
YOUR COMFORT ZONE; CHANGE  
BEGINS AT THE END OF  
YOUR COMOFRT ZONE.**

- Roy T. Bennett

# AUGUST

**SUCCESS IS NOT OBTAINED  
OVERNIGHT. IT COMES IN  
INSTALMENTS; YOU GET A  
LITTLE BIT TODAY, A  
LITTLE BIT TOMORROW  
UNTIL THE WHOLE PACKAGE  
IS GIVEN OUT. THE DAY YOU  
PROCRASTINATE, YOU LOSE  
THAT DAY'S SUCCESS.**

- Israelmore Ajivor



# PROCRASTINATION

This month's activity focuses on procrastination. August tends to be the month of preparing for our new chapters in life, but sometimes we can procrastinate getting ready!

## What is procrastination?

Some people mistake procrastination for 'laziness', however, procrastination is a decision to delay or not complete a task or goal, and doing something of lesser importance that can then lead to negative consequences.

## What do you procrastinate about?

Procrastination does not mean that everyone necessarily puts everything off in their lives.

However, we may find we do it certain parts of our life, for example:

- Work or study
- Exercise, healthy eating, health check-ups, making dental appointments

For some people, they might find it difficult to stay on top of everything and areas where procrastination reigns.

**To assess your procrastination, carry a notebook or piece of paper or use your notes on your phone and over the next week, write down anything you put off, such as activities, tasks, goals or problems.**

**This will help you recognise the areas you procrastinate more or follow through on.**

Now look at the list below and tick any that you can relate to or add your own.

### WORK

Making deadlines  
Attending meetings  
Paperwork  
Research

### HOUSEHOLD

Washing  
Ironing  
Dinners  
Looking after children  
Shopping  
Daily chores

### STUDY

Making deadlines  
Research  
Assignments  
Homework  
Studying for exams

### HEALTH

Attending medical appointments  
Losing weight  
Giving up smoking/alcohol /drugs

### FINANCIAL

Bills  
Losing your job/income  
Debts

### SOCIAL, FAMILY

& Relationships  
Making calls  
Replying to messages  
Arranging dates

List of other things you put off:




## How do you procrastinate?

As mentioned before, we tend to put off the big things with some lesser activities, these are things that take you further away from your goals, tasks and activities. Look at the table and mark any that apply to you.

### Pleasurable Task

Watching TV  
Reading magazines,  
newspapers  
Scrolling social media  
Shopping

### Lower priority tasks

Sorting things  
Tidying  
Less important projects

### Socialising

Seeing friends  
Eating  
Drinking

### Daydreaming

Thinking about past or future  
Imagining a task/goal  
is finished

### Distractions

Sleeping  
Eating

Others

It is important to be aware of what takes you away from your task, goals or activity that you are meant to be focusing on. It is not that these activities are bad and should be stopped, as we all need pleasurable activities in our life. However, when we are doing these activities to avoid our tasks, goals and activities that we are meant to be focusing on, this can be detrimental towards us achieving.

Next time you are doing one of the above ask yourself;



### Do you Excuse Procrastination?

- I'm too tired, I will do it tomorrow.
- I don't have enough time today; I'll wait until I do.
- It's too late to start now
- It is better to wait until I am in the mood
- It is such a nice day, I can do it another time
- I have to clean the house or have washing to do

### Write down your excuses....

A large empty rectangular box with a light green border, intended for writing down excuses. A blue pen icon is positioned in the top right corner of the box.

The thing is with excuses, there is normally some truths to them, such as feeling tired, or that you may not have time to do it. By doing this you conclude that it is okay not to focus on your task or goal. That needs to change.

However, sometimes it can be challenging as we may not want to complete our tasks or goals because of how it makes us feel.

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

Notes:

31.

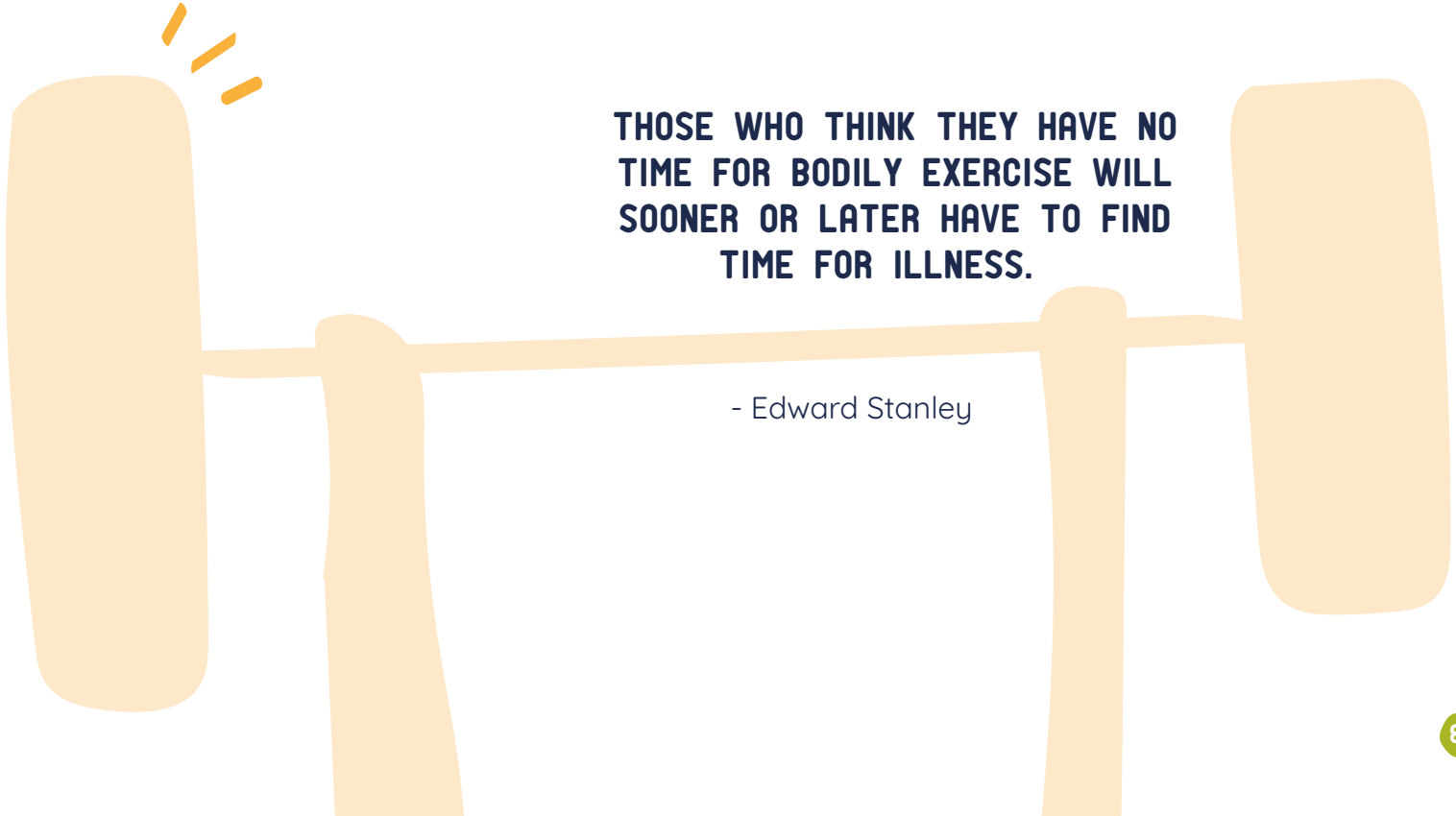


**A DAY CAN REALLY SLIP BY  
WHEN YOU'RE DELIBERATELY  
AVOIDING WHAT YOU'RE  
SUPPOSED TO DO.**

- Bill Watterson



# SEPTEMBER



**THOSE WHO THINK THEY HAVE NO  
TIME FOR BODILY EXERCISE WILL  
SOONER OR LATER HAVE TO FIND  
TIME FOR ILLNESS.**

- Edward Stanley

# WELLBEING DAILY PLAN

This month, we are going to work on creating a **Wellness ToolBox**. Everyone is unique, remember this is about you and no one else. This about your own needs. Someone else's toolbox may look completely different from yours.

## Write down the things that support your wellness.

For example:

- Spending time with family/friends/on own
- Cuddling your pet
- Relaxing in a hot bubble bath
- Drawing/painting



Write down what gives you meaning and/or important to you  
(What inspires you and reminds me of my values)

For example:

- Being around people who are important to me.
- Spending time with friends
- Achieving well in exams or work
- Working towards your goals
- Making time for yourself to do the things you enjoy.



## Is there anything that you would like to try that would help support your wellness?

For example:

- Yoga
- Painting
- Time to read
- Meet up with friends
- Try a new hobby

## Is there anything you need to avoid that doesn't support your wellness?

For example:

- Late nights – not getting enough sleep
- Eating the wrong types of food
- Not making time

## What do you need to do everyday to help with your wellness?

For example:

- Set time aside
- Recognise challenges that may arise – You may have arranged time for yourself and something else has come up. Can it wait? Is there another time you could set yourself?

## Create a Wellness Table

For example:

	Mon	Tue	Wed
Morning	Yoga		Mindfulness
Afternoon			
Evening		Hot bubble bath	
Night	Read a book		



	Mon	Tue	Wed	Thu
Morning				
Afternoon				
Evening				
Night				

	Fri	Sat	Sun
Morning			
Afternoon			
Evening			
Night			



1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

Notes:

31.



**CREATE A DEFINITE PLAN FOR  
CARRYING OUT YOUR DESIRE AND  
BEGIN AT ONCE, WHETHER YOU  
READY OR NOT, TO PUT THIS  
PLAN INTO ACTION.**

- Napoleon Hill

**THE GREATEST WEALTH  
IS HEALTH**

- Vigil

# OCTOBER



**I HAVE COME TO BELIEVE  
THAT CARING FOR MYSELF  
IS NOT SELF-INDULGENCE.  
CARING FOR MYSELF IS  
AN ACT OF SURVIVAL.**

- Audre Lorde

# SELF-CARE

**As we come into the winter months, it's especially important to look at our self-care.**

There is no 'one size fits all' for self-care, and what works for one person won't work for someone else. Self-care can range from making sure we are eating well and are staying hydrated to tidying our space or going for a run. Looking after our wellbeing starts with some fundamental building blocks. These building blocks, when complimented by self-care can really boost our mental health and wellbeing.

For this month's activities, we're going to explore self-care further.

**What does self-care look like to you?**



**How often do you practice self-care?**

**Great!** Now that we've explored what you do already, lets delve deeper into what self-care is.

**When you do your self-care activities, how do you feel?**



If you already engage in self-care, you might have already determined what type of self-care works for you. That's fantastic!

If you struggle with engaging in self-care, then that's also okay. Sometimes it can be difficult to know where to start!

One easy way to discover what self-care might work for you is to think about what activities you are already doing and enjoy.

Let's take a look at the next activity. This is a self-care assessment (which sounds scarier than it is!)

Read the different activities, decide how often or well you do them and whether you need to work on them. There's space under each activity to make notes. Remember, there is no right or wrong answers, this is just for you to see what might help you with your self-care.

1	I do this rarely, or not at all
2	I do this sometimes
3	I do this often

**Physical self-care**

1	2	3	
			Eat regularly
			Eat healthy foods
			Take care of my personal hygiene
			Take part in fun activities (e.g. sports)
			Get enough sleep
			Rest when sick
			Overall physical self-care

Notes:

**Emotional self-care**

1	2	3	
			Take part in hobbies
			Get away from distractions if I need to
			Learn new things, unrelated to work or school
			Express my feelings in a healthy way (e.g. talking, art, journalling)
			Recognize my own strengths and achievements
			Do something comforting
			Find reasons to laugh
			Talk about my problems
			Overall emotional self-care

Notes:

### Social self-care

1	2	3	
			Spend time with people I like
			Call or message friends and family who are far away
			Meet new people
			Ask others for help, when needed
			Do enjoyable activities with other people
			Keep in touch with old friends
			Overall social self-care

Notes:

### Spiritual self-care

1	2	3	
			Spend time in nature
			Meditate
			Recognize the things that give meaning to my life
			Act in accordance with my morals and values
			Set time aside for thought and reflection
			Participate in a cause that is important to me
			Appreciate art that is impactful to me (e.g music, film and literature)
			Overall spiritual self-care

Notes:

How did you find that activity?

What did you find by doing this activity?

**Well done!** Now that you have identified what type of self-care might work best for you, it's time to build a self-care routine.

Self-care is something that can be done daily, weekly, monthly, or even yearly! There are certain things that we need to do daily. This includes eating, drinking water, looking after our personal hygiene, going to work or school.

Weekly self-care might be attending a specific exercise class or going out with a friend.

Looking at the next table, build yourself your ideal self-care routine. Don't worry if you don't manage to do everything you plan to do! You can always tweak and edit your plan to make it work for you.

Frequency	Activity
Daily	
Weekly	
Monthly	

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

Notes:



**TO ACCEPT OURSELVES AS WE ARE  
MEANS TO VALUE OUR IMPERFECTIONS  
AS MUCH AS OUR PERFECTIONS**

- Sandra Bierig

# NOVEMBER

**OUR THOUGHTS SHAPE HOW WE BEHAVE**

- Bangambiki Habyarimana



# BEHAVIOURAL ACTIVATION

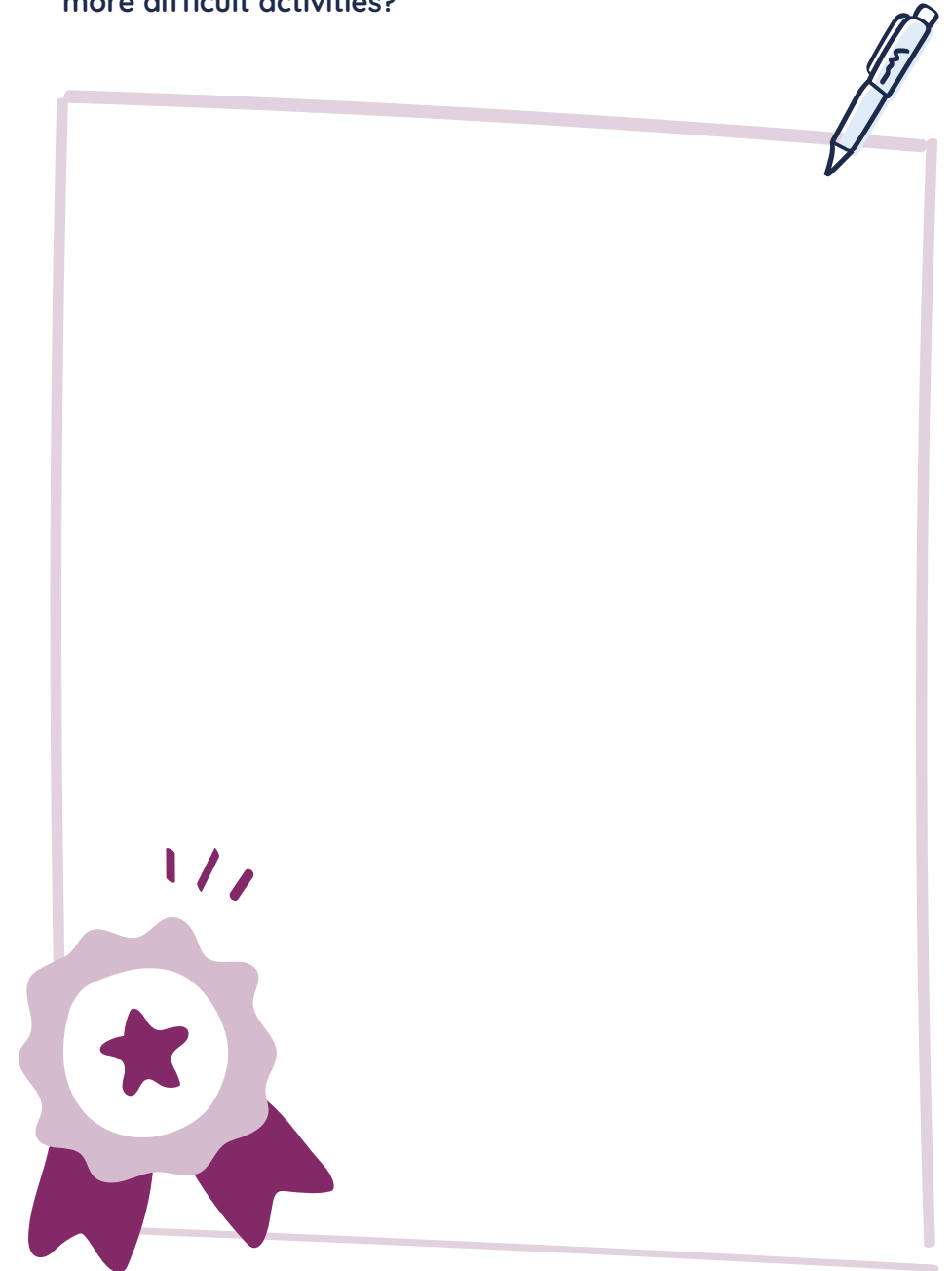
Sometimes we might find it hard to keep ourselves motivated. This can be especially true when we might be feeling low, or anxious. It can also be hard to keep motivated during the winter months – it's really easy to not want to do anything if the weather is cold and miserable!

**During this month, let's work through an activity to help us stay motivated.**

- Firstly, write down all the different things that help keep you motivated:
- Secondly, rank on a scale of 1-10 how difficult you find doing these tasks
- Next, rank how much reward you get from doing these activities on a scale of 1-10

Motivation	Difficulty	Reward

What can you do to reward yourself for doing some of the more difficult activities?





1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
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Notes:

31.



**BEHAVIOR IS THE END RESULT OF A PREVAILING STORY IN ONE'S MIND: CHANGE THE STORY AND THE BEHAVIOR WILL CHANGE.**

— Dr. Jacinta Mpalyenkana

**TO CHANGE ANY BEHAVIOR WE HAVE TO SLOW DOWN AND ACT INTENTIONALLY RATHER THAN FROM HABIT AND IMPULSE.**

- Henna Inam

# DECEMBER

CREATIVITY IS INTELLIGENCE HAVING FUN - Albert Einstein



# CREATIVE ACTIVITIES

## 12 DAYS OF CREATIVITY

People find that by being creative it can help with their mental health.

We are all born with the ability to imagine, play, explore, create and to dream. It gives us a sense of self, helps with where we fit in, meaning and helps to build energy.

### HERE IS A LIST OF CREATIVITY IDEAS:

- Decorate for the holidays
- Photography/videography
- Wrap a gift for someone
- Animation
- Music
- Read
- Paint/online art
- Watch an inspiring TED talk
- Crafts
- Play a game
- Poetry
- Creative things to do with friends - Host a spa day - clay mask and cucumber for relaxation
- Writing/story
- Start book club
- Baking/try a new recipe
- Plant/gardening
- Decorate
- Make jewellery
- Upcycle
- Learn calligraphy
- Museum or exhibit



Day	Activity
1	Decorate Christmas tree
2	Wrap presents
3	Decorate biscuits
4	Dance to music
5	Go and visit a place of interest
6	Make cards
7	Enjoy a home spa day with friends
8	Learn something new - calligraphy
9	Read something inspiring
10	Find a new song and sing along
11	Bake a cake
12	Learn a new dance/learn to dance

Fill in your own 12 Day Creativity list:



Day	Activity
1	
2	
3	
4	
5	
6	



Day	Activity
7	
8	
9	
10	
11	
12	

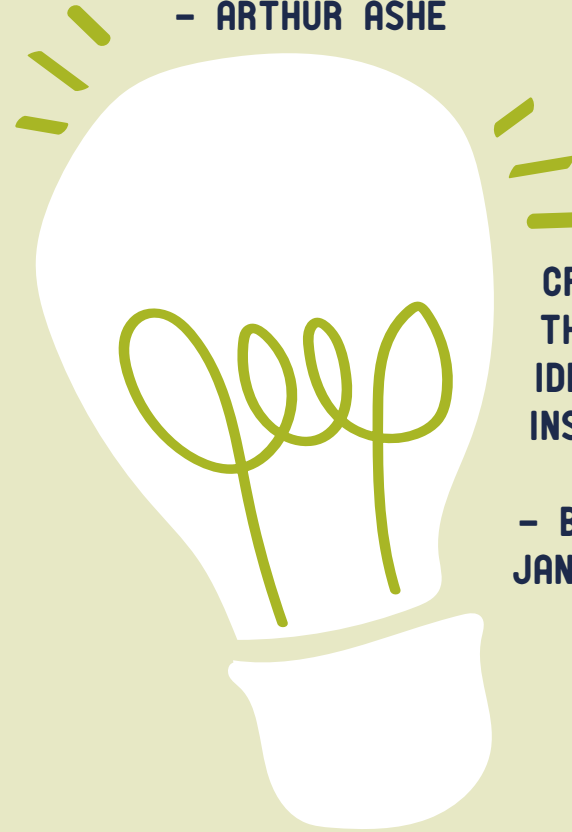
1.	2.	3.	4.	5.
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16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

Notes:

31.



START WHERE YOU ARE, USE WHAT  
YOU HAVE, DO WHAT YOU CAN  
- ARTHUR ASHE



CREATIVE  
THINKING INSPIRES  
IDEAS. IDEAS  
INSPIRE CHANGE

- BARBARA  
JANUSZKEWICZ

## USEFUL RESOURCES

We hope that you have benefited from this wellbeing journal!

Please visit our Your Mind Matters Digital Hub for lots of mental health and wellbeing resources co-produced with and for children and young people from armed forces and veteran families.

SCAN ME



## ABOUT FORCES CHILDREN SCOTLAND

We co-produce projects & services, with and for children and young people, to help overcome unique challenges to mental health & wellbeing, education & learning, isolation & loneliness & much more.

We deliver life-changing residential experiences & youth forums to help to build confidence, develop new skills, inspire academic aspiration & forge new friendships.

We provide financial support when it matters most to overcome financial hardship & to enable children & young people to dream big, enhance independence & pursue positive futures.

We co-develop campaigns to amplify lived experience, transform attitudes, and champion meaningful change to ensure the voice of children & young people is heard in future policy-making.

We deliver face-to-face & digital training to help educators & professionals better understand lived experience & to adopt a children's rights approach to meeting unique support needs.





**Forces Children Scotland**

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