



# MSJ WELLBEING

---

# WORKBOOK

# WHAT DOES 'WELLBEING' MEAN?

Wellbeing is defined by the Oxford English Dictionary as  
“**the state of being comfortable, healthy, or happy.**”

However, it is important to realize that wellbeing is a much broader concept than moment-to-moment happiness. While it does include happiness, it also includes other things, such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they feel.



Still not sure what it means?

Watch the videos below to gain a better understanding!

<https://www.youtube.com/watch?v=mxz8KyV3Ydc>

<https://www.youtube.com/watch?v=4ju2G3KtKNA>

# INDEX

2	An introduction to 'Wellbeing'
4	An introduction to Mindfulness
5-11	Mindfulness Activities
12-13	Self Care
14-16	Sleep Therapy
17-18	Anxiety
19-20	Managing your emotions
21-24	Coping Strategies and Grounding Techniques
25-31	Bereavement
32-33	Friendships
34	Kindness
35-36	Gratitude
37-39	Inspiring quotes
40-41	Challenges
42-43	Further Support and Guidance



# MINDFULNESS



Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than thinking about the past or imagining the future. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time and slowing down to really notice what you're doing.

<https://www.youtube.com/watch?v=iN6g2mrop3Q>

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

# MINDFULNESS ACTIVITIES TO TRY!

YOUNG  
MINDFULNESS

## well being bingo

FOR KIDS

Laugh out loud	Listen to a meditation	Do a yoga pose	Say self affirmations
Paint or draw	Pick some flowers	Do 'lion breath'	Help someone
Make a gratitude diary	List your talents	Make a mind glitter jar	Squeeze a teddy
Sing a song	Sit in silence and breathe	Have a warm bath	Go for a walk
Draw your happy place	Pop bubble wrap	Play a sport	Make someone laugh

### Create a GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



Big Life Journal - [biglifejournal.com](http://biglifejournal.com)



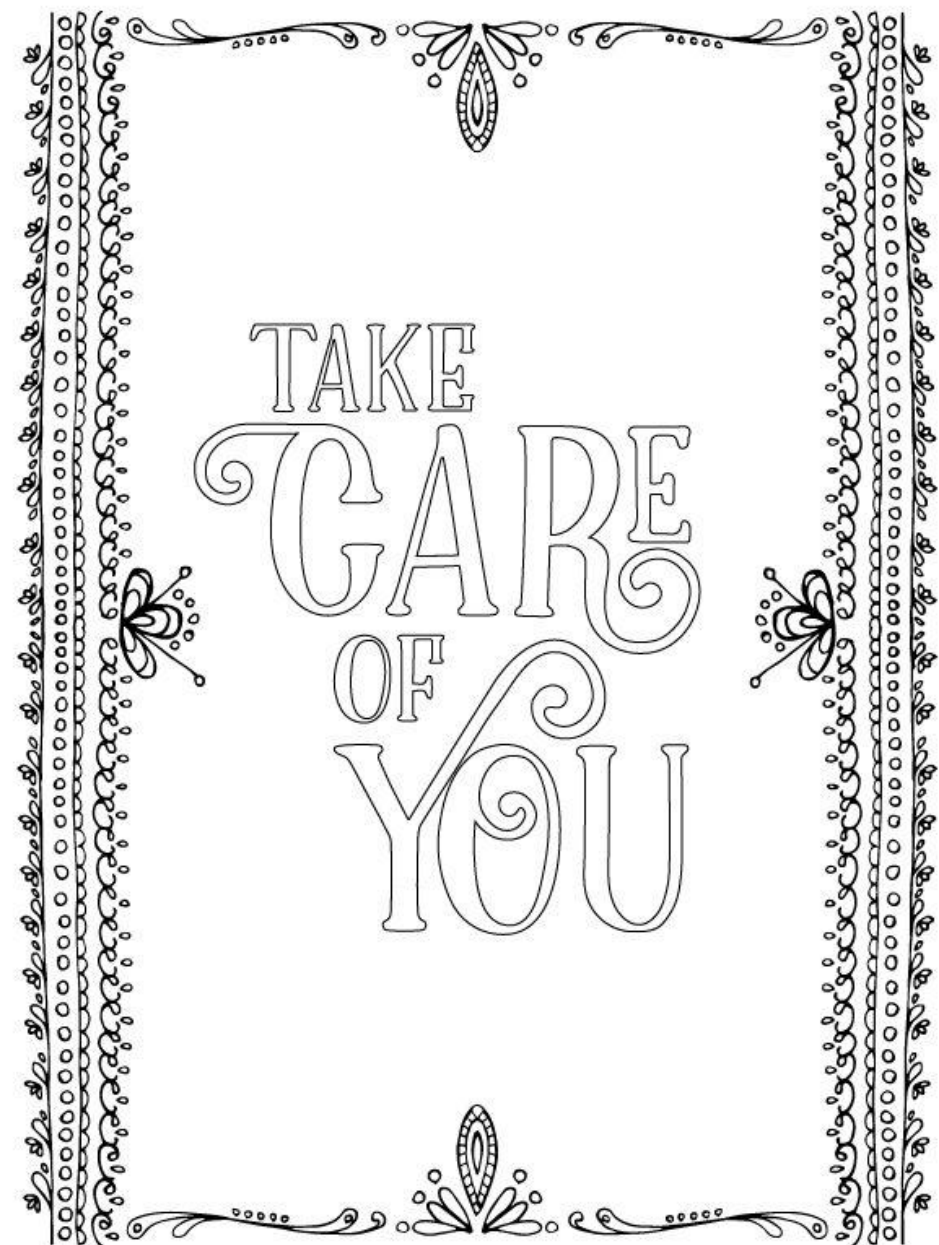
## Mindfulness FORTUNE TELLER

# MINDFULNESS COLOURING

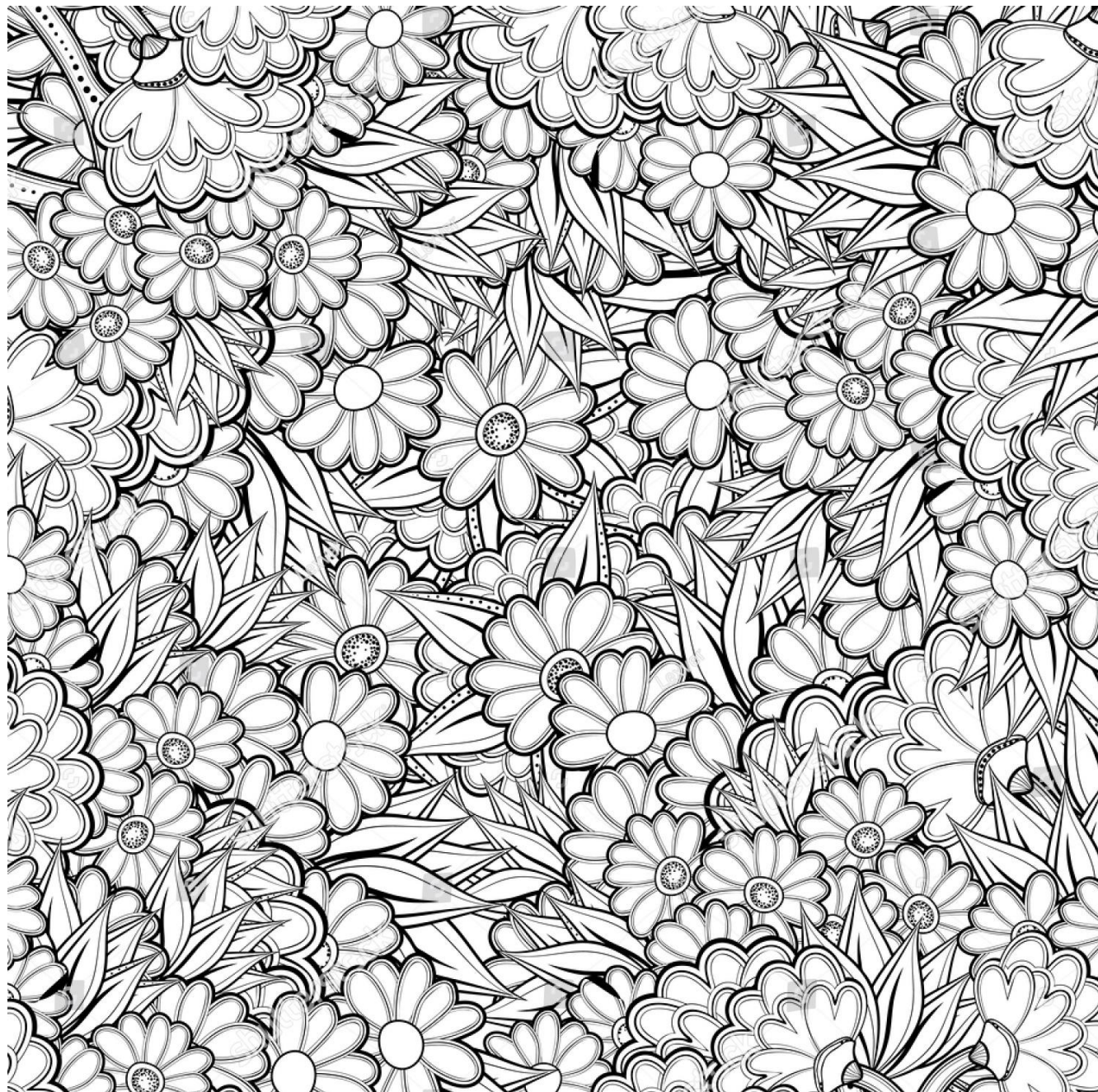
Mindfulness colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish. "In this current moment, I am colouring in."











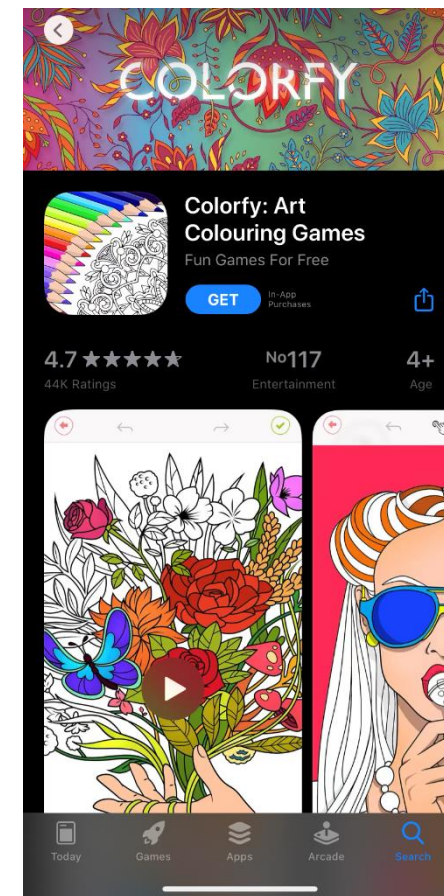
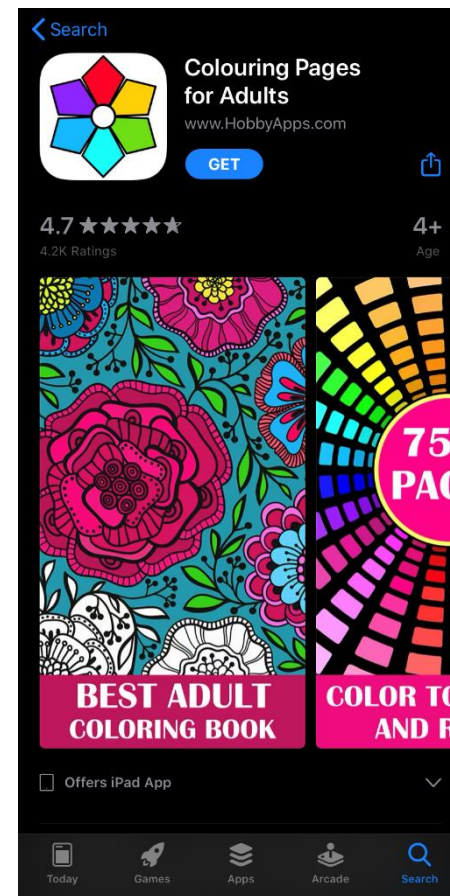
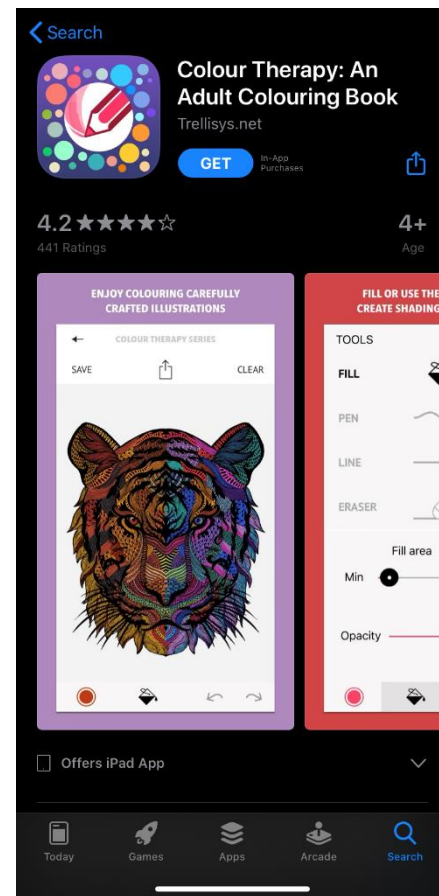
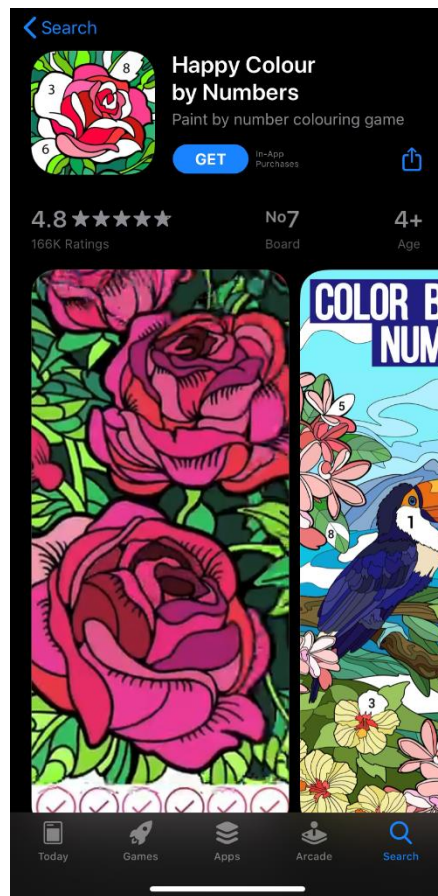






# MINDFULNESS COLOURING APPS

Don't worry if you do not have a printer at home! There are plenty of mindfulness colouring apps available to download to your phone or tablet for free!





# CREATE YOUR OWN!

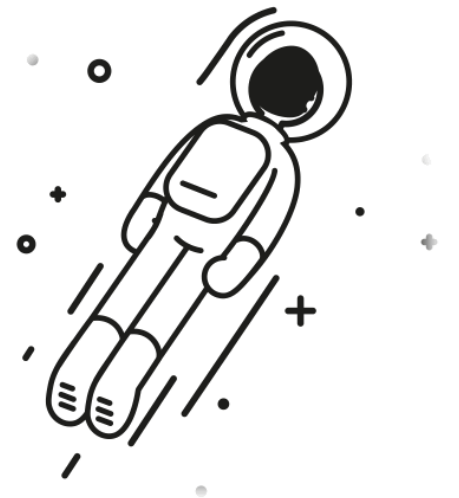
Create your own Mindfulness Colouring just by picking up a pencil and doodling. Once you have filled the page you can then begin to colour it!

Here are some short tutorials to help get you started:

[https://www.youtube.com/watch?v=vxCts\\_bdxRs](https://www.youtube.com/watch?v=vxCts_bdxRs)

<https://www.youtube.com/watch?v=VXsoczMhsZw>

<https://www.youtube.com/watch?v=xWhXbBaCfxw>



We would love to see some of your finished colourings!  
Don't forget to Tweet us @MsjPastoral

# SELF CARE

'Self-care' includes all the things you do to take care of your well-being in four key dimensions: emotional, physical, social, and spiritual health. Self-care is essential for managing stress and preventing burnout.

---

**EMOTIONAL:** Stress management, Coping skills, Compassion, Therapy, Journaling.

**PHYSICAL:** Sleep, Stretching, Walking, Exercise, Nutrition, Yoga, Relaxation.

**SOCIAL:** Support network, Positive social media, Reading, Communication, Hobbies and interests.

**SPIRITUAL:** Time alone, Meditation, Prayer, Nature, Sacred Space, Belief.

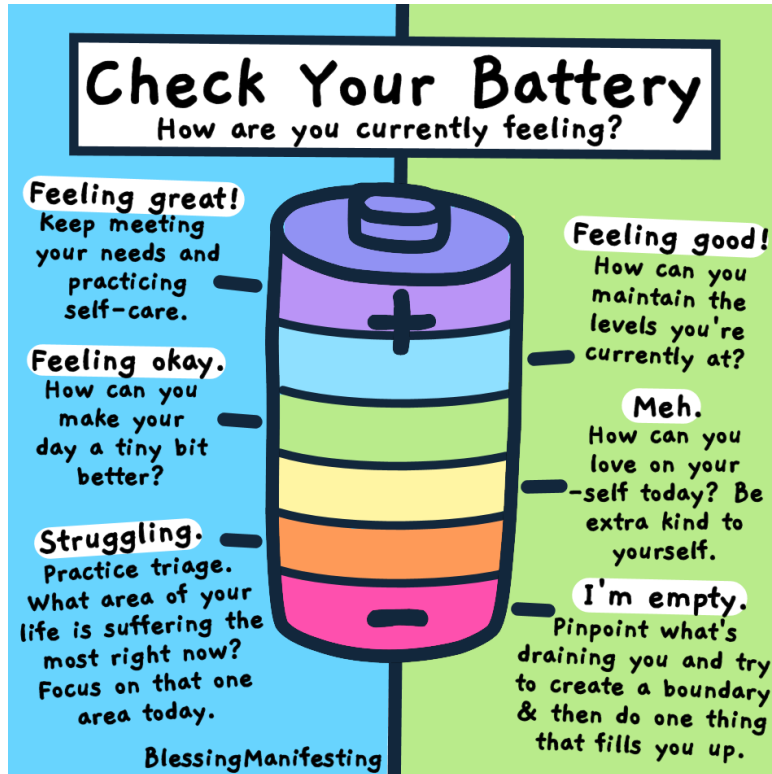
Watch the video below to gain a better understanding of what 'Self Care' means:

[https://www.youtube.com/watch?v=\\_X55radTB-M](https://www.youtube.com/watch?v=_X55radTB-M)





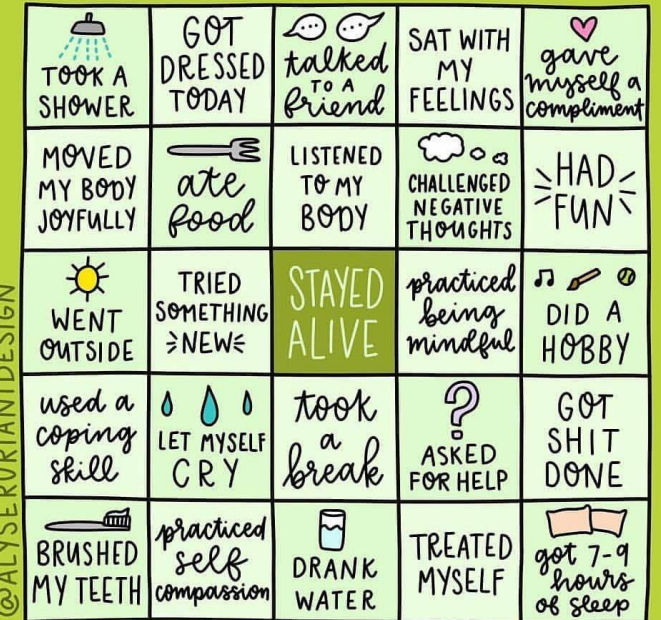
# SELF CARE



## Self-Care & Mental Health for Kids



## SELF-CARE BINGO



<https://www.blessingmanifesting.com/freebies/>

<https://youngminds.org.uk/find-help/looking-after-yourself/>

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/taking-care-of-yourself/>

# SLEEP THERAPY

Teenagers are notorious for not getting enough sleep. The average amount of sleep that teenagers get is between 7 and 7 ¼ hours (or less!) However, studies show that they need between 9 and 9 ½ hours.

Below are NHS top tips for a better nights sleep:



Limit screens in the bedroom

Exercise for better sleep.

Cut out the caffeine.

Don't binge before bedtime.

Have a good routine.

Talk through any problems.

Avoid long weekend lie-ins.

Create a sleep-friendly bedroom (that means keep it tidy!)







### Feel alert

Your brain produces waste as it works, which clogs up its pathways and can make you feel foggy. When you sleep, cells clear out that gunk so you can think clearly.



### Not get sick

Sleep keeps your immune system functioning at its best!



### Learn

Sleeping helps your brain store memories and information, so they're easier to retrieve later.

## 6 Amazing Things

# SLEEP DOES FOR YOUR BRAIN & BODY



### Stay calm

Self-control takes mental energy. When you're sleep deprived, you may not have the energy to stop yourself from crying or snapping at a friend.



### Be mentally healthy

Sleep is an important tool for good mental health. For those prone to them, not getting enough sleep can be a trigger for depressive or psychotic episodes.



### Keep tabs on your health

Changes in your sleep habits can be a sign of an emotional, mental or physical health issue.



[www.teenhealthcare.org](http://www.teenhealthcare.org)  
(212) 423-3000  
312-320 E 94th St., Manhattan

# TOO-LITTLE SLEEP

Got less than six hours of shut-eye last night?  
Here's what's going on in your body.

## Eyes

Your eyes are bloodshot, your eyelids appear droopy, and you have dark circles under your eyes.

## Brain

You have a harder time making decisions, concentrating, and remembering things, and your reaction time is slowed.

## Skin

Fine lines and wrinkles are more noticeable.

## Immune System

Your body has a harder time mounting a response to fight off infection.

## Appetite

Your metabolism slows down and your appetite goes up, causing you to consume extra calories you don't need.



# SLEEP TIPS

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

[https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?gclid=EAIaIQobChMIhbKP4tD86wIVE NZ3Ch1uKgB7EAAAYASAAEgIKVfD\\_BwE](https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?gclid=EAIaIQobChMIhbKP4tD86wIVE NZ3Ch1uKgB7EAAAYASAAEgIKVfD_BwE)

<https://www.youtube.com/watch?v=TRgVlslcSeo>





# ANXIETY

Anxiety is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain's in-built alarm system, which tells us something isn't right and that we need to deal with it.

Our brain wants the difficult situation to go away, so it makes us feel more alert, stops us thinking about other things, and even pumps more blood to our legs to help us run away.

Most of us worry sometimes – about things like friendships or school – and feel anxious when we're under stress, like at exam time. But afterwards we usually calm down and feel better. But when you're not in a stressful situation, and you still feel worried or panicky, that's when anxiety can become a problem.

Find out more at:

[https://youngminds.org.uk/find-help/conditions/anxiety/?gclid=EAIaIQobChMIo6Wxntr86wIVyuntCh1ahQJxEAYAyAAEgIJZvD\\_BwE](https://youngminds.org.uk/find-help/conditions/anxiety/?gclid=EAIaIQobChMIo6Wxntr86wIVyuntCh1ahQJxEAYAyAAEgIJZvD_BwE)

# ANXIETY

## What can I do to help my Anxiety?

Take a time-out

Eat well-balanced meals

Limit caffeine (there is lots of caffeine in fizzy drinks!)

Get enough sleep

Exercise daily

Take deep breaths and count to 10 slowly

Do your best

Accept that you cannot control everything - Put your stress in perspective: Is it really as bad as you think?

Maintain a positive attitude - Replace negative thoughts with positive ones

Learn what triggers your anxiety

Talk to someone



<https://www.youtube.com/watch?v=oqnYXCLk5bQ>



# MANAGING EMOTIONS

What does it mean to 'manage your emotions'? The answer is learning to react well.

Managing emotional reactions means choosing how and when to express the emotions we feel. People who do a good job of managing emotions know that it's healthy to express their feelings — but that it matters how (and when) they express them. Because of this, they're able to react to situations in productive ways.

For example they know they can choose the way they react instead of letting emotions influence them to do or say things they later regret.

They have a sense of when it's best to speak out — and when it's better to wait before acting on, or reacting to, what they feel.

They know that their reaction influences what happens next — including how other people respond to them and the way they feel about themselves.

Watch the video below:

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

# MANAGING EMOTIONS



A short story about emotions:

<https://www.youtube.com/watch?v=SJOjpprbfeE&pbjreload=101>

You are not your thoughts:

<https://www.youtube.com/watch?v=oQXmmP4psbA>

Will Smith motivational speech about FEAR:

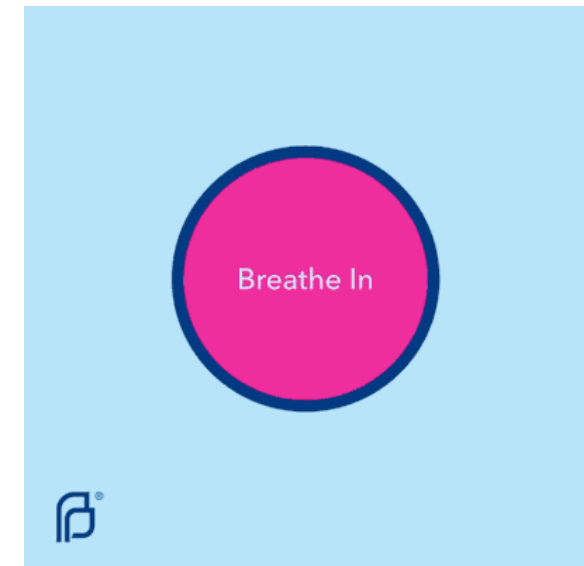
<https://www.youtube.com/watch?v=Hpd61o6TvXM>

# COPING STRATEGIES

Coping strategies are techniques that help reduce negative feelings when someone is feeling under stress or overwhelmed. Those feelings might be the result of anxiety, anger, depression, or just general day-to-day stress. Practicing coping strategies can help children and young adults learn how to manage their emotions in a positive way. Health coping skills give you strength to get over difficult symptoms and situations. It works to relieve stress as well as establish wellness.

Examples of healthy coping skills are:

- Meditation and relaxation/grounding techniques
- Time to Yourself
- Exercise
- Reading
- Going out with friends
- Going out into nature
- Doing art – Show off those Mindfulness colouring skills!
- Get enough sleep
- Eat healthy
- Seek support – talk to someone!





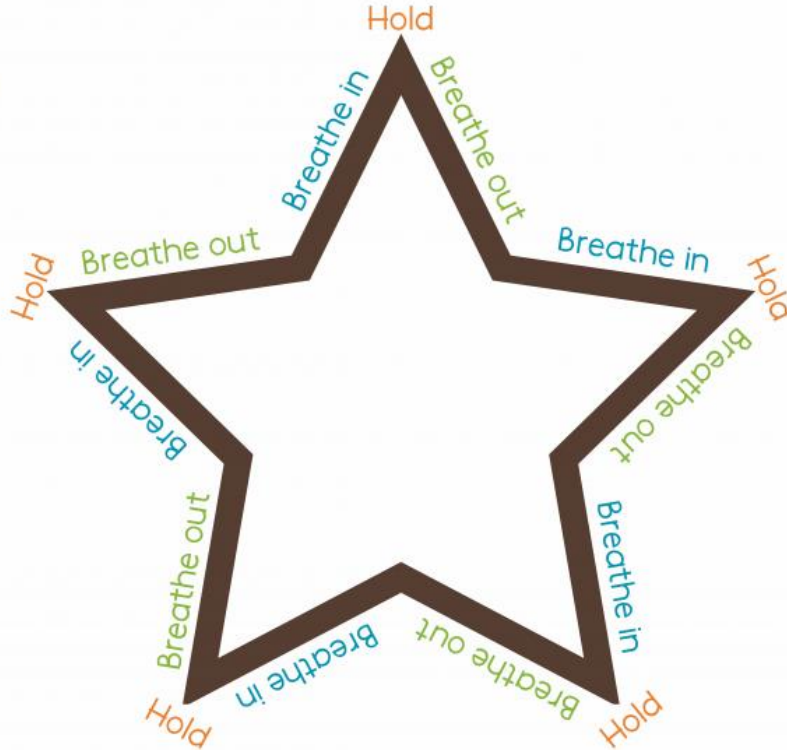
# COPING STRATEGIES TO TRY



## STAR BREATHING

Get your finger ready to trace all over the place! Start at any "Breathe in" side of the star, hold your breath at the point, then breathe out. Keep going until you've traveled around the whole star.

© 2016 - 2018 Coping Skills for Kids™  
www.copingkillsforkids.com

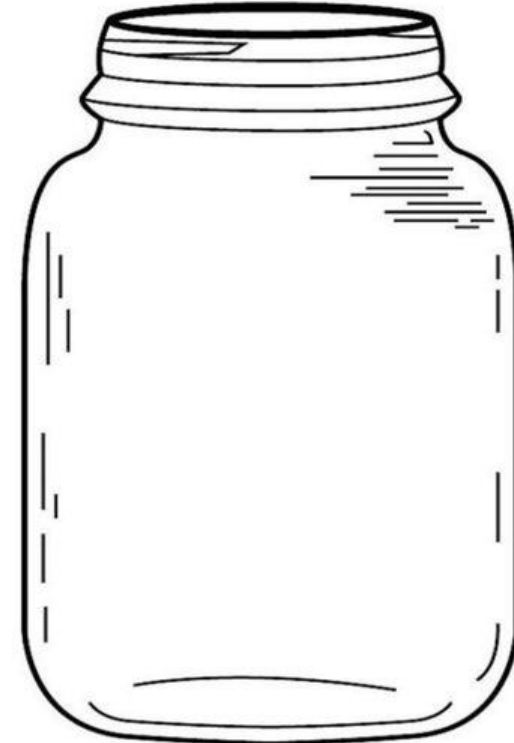


A-Z of Coping Strategies:

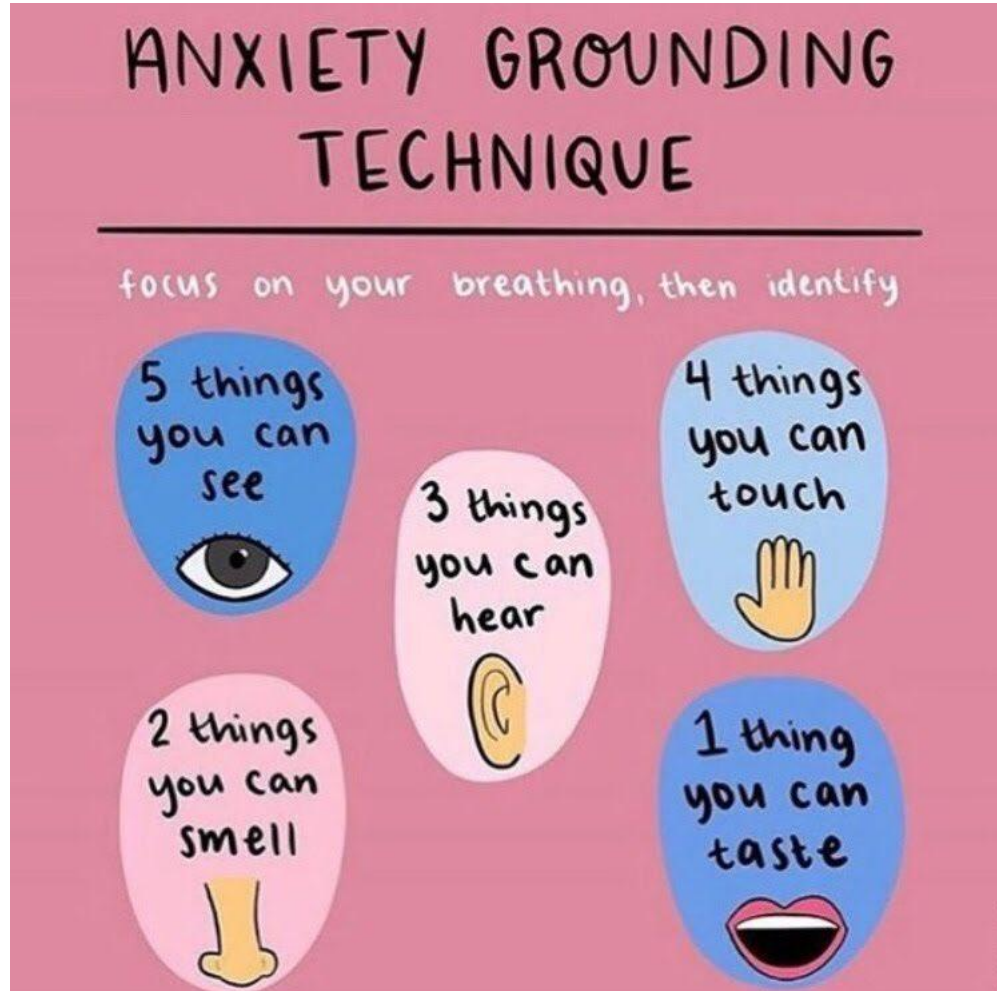
<https://www.youtube.com/watch?v=5EXpkVw3fho>

## MY WORRY JAR

It's normal for a kid to worry. Write down your worries in the jar below. Pick a small time during the day to come back and visit and think about your worries, then leave them there and spend the rest of the day thinking about happy things.



# COPING STRATEGIES TO TRY



<https://www.youtube.com/watch?v=8lM8pgMgjEs>



# GROUNDING TECHNIQUES

Grounding exercises are things you can do to bring yourself into contact with the present moment – the here and now.

They can be quick strategies like taking three deep “belly breaths” or longer, more formal exercises like meditation or yoga.

Here are some guided meditation/yoga links for you to try:

[https://www.youtube.com/watch?v=ihwcv\\_ofuME](https://www.youtube.com/watch?v=ihwcv_ofuME)

<https://www.youtube.com/watch?v=jKSkAtFUjoo>

<https://www.youtube.com/watch?v=QS2yDmWkovs>

<https://www.youtube.com/watch?v=inpok4MKVLM>

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>





# BEREAVEMENT

Losing someone important to you is one of the hardest things to experience in life. If you're young, bereavement can be even more difficult. But support and advice are available to help you get through it. Grieving is a natural part of recovering from a bereavement, and everyone's experience of grief is different.

There are no rules about what we should feel, and for how long. But many people find they feel a mixture of the following:

Sadness

Shock, particularly if the death was unexpected

Relief, if the death followed a long period of illness

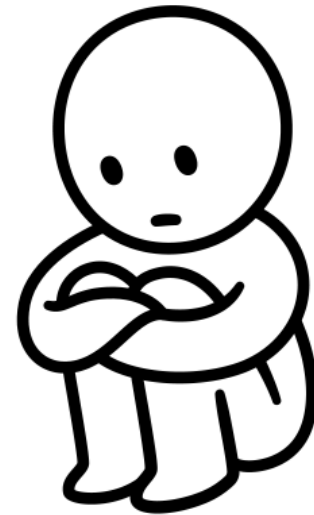
Guilt and regret

Anger

Anxiety

Despair and helplessness

Depression



# BEREAVEMENT

## Finding support for bereavement

Talking about your grief is an important part of getting through a bereavement. Choosing who to talk to about your feelings is a very personal decision. Sometimes the most unlikely person can actually offer the most support.

If you've lost a family member, someone else in your family may also be good to open up to because they're likely to understand how you're feeling.

A close friend can be a good listener and a source of comfort and support, even if they haven't gone through this themselves.

There are lots of other sources of advice and support available, including: Websites and Blogs, Helplines, your Pastoral or Teachers at School or your Doctor.

<https://www.youtube.com/watch?v=7yp9ql1puws>

# BEREAVEMENT ACTIVITIES

Memory bracelets are a great activity for those who have lost or are missing a loved one. As you choose your bracelet colours, associate each colour with one or the following memories (or choose your own!) We recommend between 3-5. The bracelet will act as a gentle reminder on your wrist.



How to make: <https://www.youtube.com/watch?v=dTZ58HliYLs>



# BEREAVEMENT ACTIVITIES

## Making a Jar of Memories

You may like to make a coloured "Salt Sculpture" to help you remember important things about the person who has died.

**You will need:**

- A small jar with a lid and wide neck (e.g. baby food jar)
- Salt
- 5 coloured chalks
- 6 pieces of paper

**What to do:**

1. Fill your jar to the brim with salt. On one of the pieces of paper write down 5 things you remember about the person who has died. These could be things you know they liked, something they enjoyed doing, perhaps somewhere you went together or what you remember about them as a person. Then choose a different colour to represent each memory and put a dot of that colour next to each memory.
2. Spread out 5 sheets of paper and divide the salt from the jar between them.
3. Then colour each pile of salt using one of the 5 chalks. Rub each chalk backwards and forwards into the salt. The salt will begin to take on the colour of the chalk. The harder you rub the brighter the coloured salt will become.
4. Carefully pick up each piece of paper and pour the coloured salts into your jar one at a time. (If you tilt your jar you can make waves of colour appear)
5. When all the colours have been added, hold the jar and tap it down on a work surface to settle the salt. Do not shake the jar unless you want to mix up all the colours. Then fill any remaining space with plain salt (right up to the very top!) This is important and will prevent the colours mixing.
6. Secure the lid firmly and use some sellotape to hold it in place. Try to keep your list of what the colours mean to you close by your jar. You may like to show other people in your family your 'jar of memories'. Can you think of a special place where you can put your jar?

*my dad*  
his smiles and his funny jokes  
Fishing  
Camping  
Man. United  
Sometimes he would get cross with me

Winston's Wish

## Things left unsaid




**The Last Post** Write to someone departed and send it to the post office (see address below) or drop it in to the PUD Post Box in Tod Library. All your letters will be kept safe and unread until the next dying matters event when they will be burnt at the Unitarian Church event.

**All Welcome.**

Address them to our Post Office Manager (see photo above).

The Last Post Pushing Up Daisies,  
Post Office, 7 Brook St,  
Todmorden,  
OL14 5AJ.

## What's in your heart?



Create a memory book:

[https://www.youtube.com/watch?v=jlL\\_2wRaQAs](https://www.youtube.com/watch?v=jlL_2wRaQAs)

<https://www.youtube.com/watch?v=Dgpsx6-qVno>

## Goodbye Letter

To: \_\_\_\_\_

I am saying goodbye because \_\_\_\_\_

Saying goodbye makes me feel \_\_\_\_\_

I remember a time when we \_\_\_\_\_

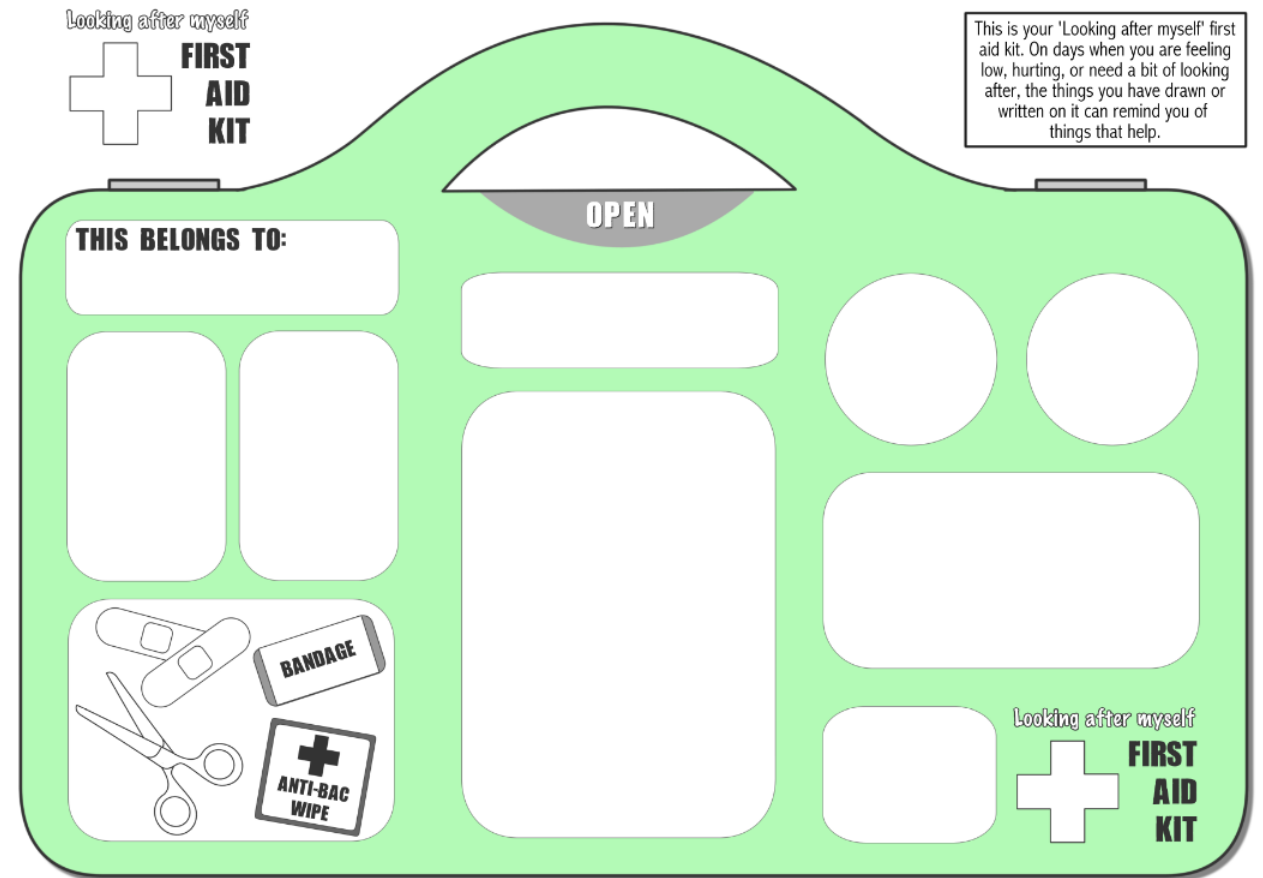
You taught me \_\_\_\_\_

Something I want you to know is \_\_\_\_\_

I will always remember \_\_\_\_\_

From: \_\_\_\_\_

# BEREAVEMENT ACTIVITIES



## Finish the following sentences:

The thing that makes me feel the saddest is...

If I could talk to the person who died I would ask...

Since the death my family doesn't...

My worst memory is...

If I could change things I would...

One thing that I liked to do with the person who died was...

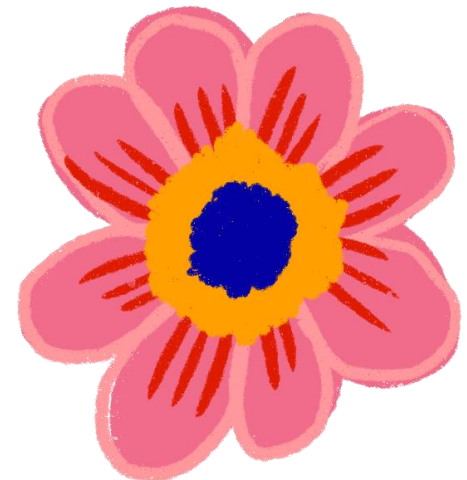
When the person died I...

Since the death my friends...

After the death, school...

When I am alone...

**Is there anyone you want to share this with?**





# BEREAVEMENT SUPPORT

[https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/?gclid=EAlaIQobChMI-In-u\\_v86wIV1OJ3ChoKOOQ46EAAYAiAAEgKCKPD\\_BwE](https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/?gclid=EAlaIQobChMI-In-u_v86wIV1OJ3ChoKOOQ46EAAYAiAAEgKCKPD_BwE)

[https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/?gclid=EAlaIQobChMI-In-u\\_v86wIV1OJ3ChoKOOQ46EAAYASAAEgLFHvD\\_BwE](https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/?gclid=EAlaIQobChMI-In-u_v86wIV1OJ3ChoKOOQ46EAAYASAAEgLFHvD_BwE)

<https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/>

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

# FRIENDSHIPS



- Everyone is allowed to have many friends and many types of friends.
- Honesty is important in a friendship.
- Friends sometimes hurt each other, but they can always apologize and forgive each other.
- Friends can influence each other, both in a positive way and in a negative way. It is important to be aware of what peer pressure means.
- Who you choose to be your friend is important. It is essential that you choose wisely and that you benefit from the friendship.
- It takes many learned skills to make and maintain a friendship. It also takes many skills to end a friendship.
- It is okay and even beneficial to make friends with the opposite gender.
- It can take time to make a good friend. It is often worth the effort because a good friend can be a confident to help a teenager with stress or problems.
- Spending time together will help you get to know your friends well so that you can feel comfortable sharing feelings.
- A good friendship will make you feel good about yourself.
- It is okay for friends to outgrow each other. People change as they find new interests and people to hang out with as they mature.

# FRIENDSHIPS

How do you know if you are friends with the right people?

<https://www.youtube.com/watch?v=SaNo3xlhMHw>

The 5 levels of friendship:

<https://www.youtube.com/watch?v=FfiFge1ss5c>

Conflict resolution:

<https://www.youtube.com/watch?v=QyXFirOUeUk>

What is peer pressure?

[https://www.youtube.com/watch?v=Qxkkzq\\_TlXk](https://www.youtube.com/watch?v=Qxkkzq_TlXk)





# KINDNESS

Kindness means: the quality of being generous, helpful, and caring about other people, or an act showing this quality.

### 30 Days OF KINDNESS

<input type="checkbox"/> DAY 1 Send a Thank You Note to an old teacher	<input type="checkbox"/> DAY 2 Buy a cup of Coffee for someone and smile	<input type="checkbox"/> DAY 3 Stop and Hold the Door today for someone
<input type="checkbox"/> DAY 4 Call your Mom and Dad and Talk	<input type="checkbox"/> DAY 5 Leave a "Hope You're Having a Good Day" Note on someone's car	<input type="checkbox"/> DAY 6 Buy Flowers for Someone
<input type="checkbox"/> DAY 7 Do something KIND and unexpected for your spouse	<input type="checkbox"/> DAY 8 Acknowledge a Book that Changed you Life and Recommend it	<input type="checkbox"/> DAY 9 Wave to Someone Today
<input type="checkbox"/> DAY 10 Leave a Bottle of Water for your Mailman	<input type="checkbox"/> DAY 11 Drop an Email to your Sibling with a memory	<input type="checkbox"/> DAY 12 Bake Cookies for an elderly neighbor
<input type="checkbox"/> DAY 13 Leave \$\$ in a vending machine	<input type="checkbox"/> DAY 14 Write a Letter to a Soldier	<input type="checkbox"/> DAY 15 Pay someone a complement
<input type="checkbox"/> DAY 16 Pick up the tab somewhere	<input type="checkbox"/> DAY 17 Call someone you haven't talked to in awhile	<input type="checkbox"/> DAY 18 Just TALK with someone today who needs it
<input type="checkbox"/> DAY 19 Show support to someone today	<input type="checkbox"/> DAY 20 Donate something today	<input type="checkbox"/> DAY 21 Pick up trash
<input type="checkbox"/> DAY 22 Pass out a balloon to someone	<input type="checkbox"/> DAY 23 Make a Wish for Someone	<input type="checkbox"/> DAY 24 Buy from a small business
<input type="checkbox"/> DAY 25 Forgive someone	<input type="checkbox"/> DAY 26 Surprise a friend	<input type="checkbox"/> DAY 27 Tell someone why you admire them
<input type="checkbox"/> DAY 28 Offer to help someone	<input type="checkbox"/> DAY 29 Tell 5 people today to have a GOOD DAY	<input type="checkbox"/> DAY 30 Encourage someone else to take a 30 Day Kindness Challenge

in a world  
where you can  
be anything.  
BE Kind.

<https://www.youtube.com/watch?v=ju3ygNPFH98>

<https://www.youtube.com/watch?v=rwelE8yyYoU>

### spread love through KINDNESS

HOW CAN YOU SHOW KINDNESS TO THOSE AROUND YOU?  
TRY TO COME UP WITH AN IDEA FOR EACH LETTER, THEN  
SEE HOW MANY YOU CAN COMPLETE IN 30 DAYS.

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____

FOR PERSONAL USE FROM WWW.FUNLOVINGFAMILIES.COM

What is Gratitude?

<https://www.youtube.com/watch?v=JMd1CcGZYwU>

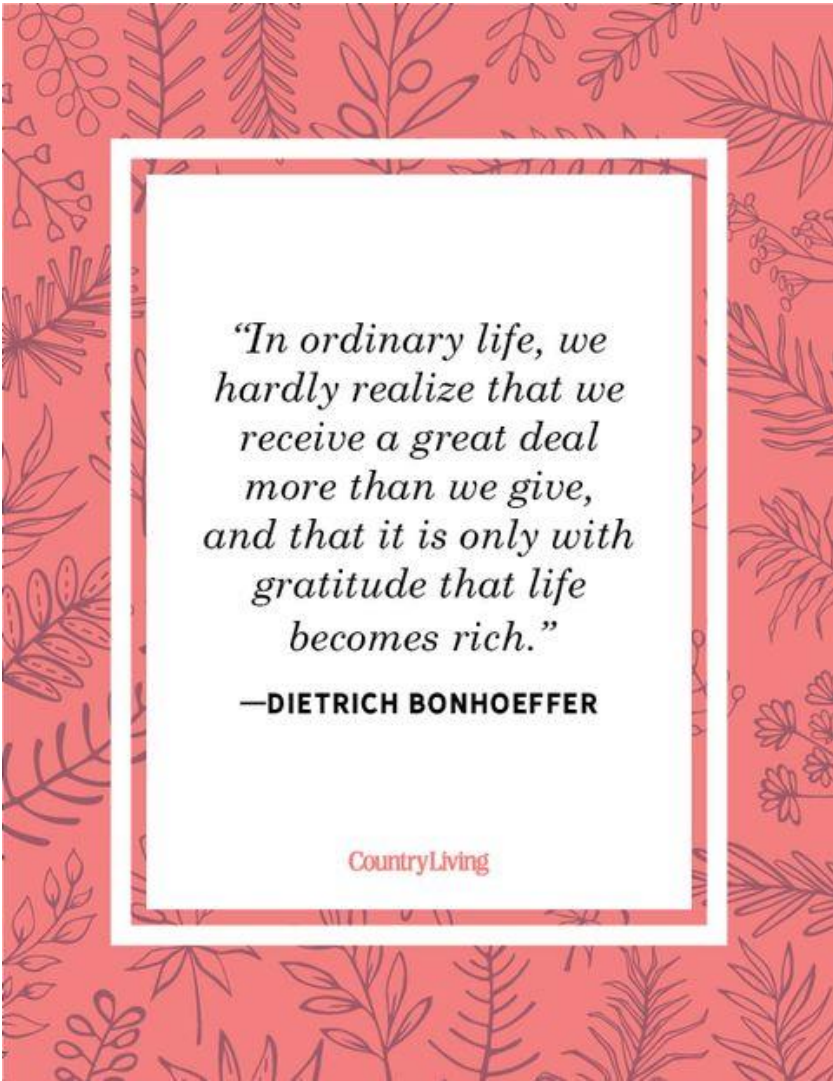
**Benefits of gratitude include:**

- Reduce stress
- Improves sleep quality
- Improves heart health
- Enhances relationships
- Reduces loneliness
- Increases happiness

**How to practice Gratitude:**

- Keep a gratitude journal
- Practice mindfulness
- Perform acts of kindness and show appreciation
- Write a thank-you note
- Use positive language
- Recite positive affirmations
- Surround yourself with uplifting people
- Reflect on positive experiences from your past
- Practice looking for the positive things in your environment
- Jot down what you're thankful for on sticky notes as reminders

# GRATITUDE



*“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.”*

—DIETRICH BONHOEFFER

CountryLiving





How to practice Gratitude...

Make a list of things you are grateful for using the topics below!

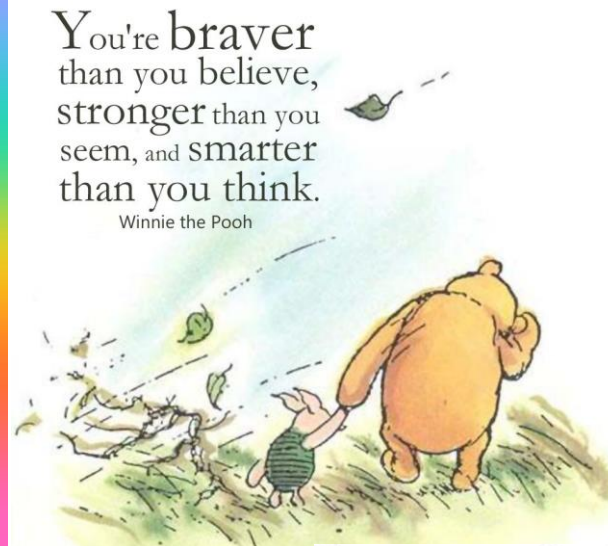


Create your own gratitude jar as a daily reminder of all the things you are thankful for!

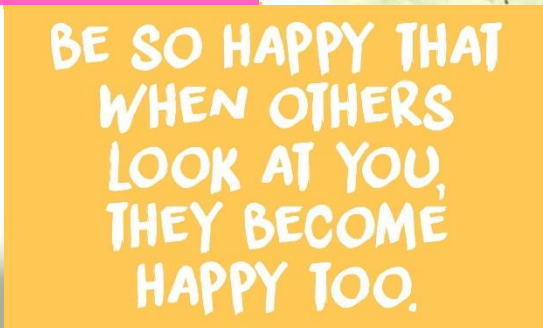
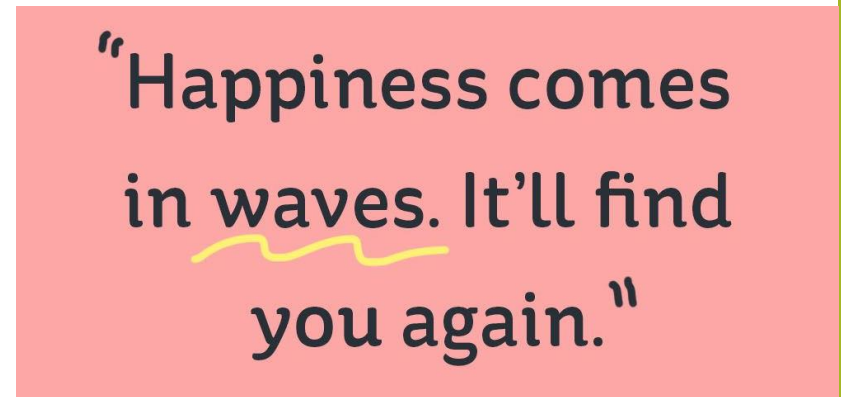


# INSPIRING QUOTES

Save the quotes to your phone as a daily reminder that 'You've got this!'



Keep going.  
you've got this





YOU  
ARE  
MAGIC

YOU  
ARE  
RADIANT

YOU  
ARE  
POWERFUL

YOU  
MATTER

YOU  
ARE WORTH  
IT

YOU  
ARE  
INSPIRING

*Don't let*  
THE SILLY LITTLE THINGS STEAL  
**YOUR HAPPINESS.**

Today  
I shall behave  
AS IF THIS IS THE DAY  
**REMEMBERED**  
-Dr. Seuss

THE MOUNTAIN VIEW COTTAGE RET

"HOWEVER SMALL THE  
CHANCE MIGHT BE OF  
STRIKING LUCKY, THE  
CHANCE WAS THERE."

Charlie and the Chocolate Factory

*You change the world  
by being yourself.*

\* -THE-  
*Harder*\*  
YOU  
WORK  
THE  
*Better*\*  
YOU  
-GET-\*

*Reminders*

I AM AMAZING

I CAN DO ANYTHING

I CHOOSE TO BE POSITIVE

I KNOW MY WORTH

I WILL SUCCEED

*There is a*  
**SUPERHERO**  
*in all of us. We just need the*  
**COURAGE**  
*to put on the cape.*

-SUPERMAN-

I AM ENOUGH.

WHO I AM IS  
ENOUGH.

WHAT I DO  
IS ENOUGH,  
AND WHAT I HAVE  
IS ENOUGH.



**Is there a quote that inspires you?**  
Share it with us on Twitter @MsjPastoral





# CHALLENGES

## 30 DAY SELF - CARE CHALLENGE

- |  |   |   |  |   |
|--|---|---|--|---|
| <b>DAY 1</b><br>Book a year of doctor's visits in one day. | <b>DAY 2</b><br>Catch a movie alone.                    | <b>DAY 3</b><br>Set aside time for what you love.         | <b>DAY 4</b><br>Swap your hand soap for an aromatherapy one.           | <b>DAY 5</b><br>Start planning your next vacay.       |
| <b>DAY 6</b><br>Hire a babysitter.                         | <b>DAY 7</b><br>Schedule something fun.                 | <b>DAY 8</b><br>Go to bed on time.                        | <b>DAY 9</b><br>Let the kids help with chores.                         | <b>DAY 10</b><br>Read a book.                         |
| <b>DAY 11</b><br>Pick up a cheap plant.                    | <b>DAY 12</b><br>Frame a photo from your phone.         | <b>DAY 13</b><br>Savor your morning coffee.               | <b>DAY 14</b><br>Unsubscribe from marketing emails.                    | <b>DAY 15</b><br>Listen to a soothing podcast.        |
| <b>DAY 16</b><br>Have a phone-free night.                  | <b>DAY 17</b><br>Try a 10-minute meditation before bed. | <b>DAY 18</b><br>Affirm your worth.                       | <b>DAY 19</b><br>Close your eyes, drop your shoulders, roll your head. | <b>DAY 20</b><br>Take a mental health day.            |
| <b>DAY 21</b><br>Go outside.                               | <b>DAY 22</b><br>Two words: Target run.                 | <b>DAY 23</b><br>Unfollow negative social media accounts. | <b>DAY 24</b><br>Eat lunch anywhere but your desk.                     | <b>DAY 25</b><br>Listen to your fave childhood album. |
| <b>DAY 26</b><br>Budget 20 minutes of spa time.            | <b>DAY 27</b><br>Set a mini goal.                       | <b>DAY 28</b><br>Cross an item off your to-do list.       | <b>DAY 29</b><br>Plan a night in with friends.                         | <b>DAY 30</b><br>Just say no.                         |

## 30 DAYS OF GRATITUDE JOURNAL PROMPTS

- What made you smile today?
- What is one thing you love about yourself?
- Who are you grateful for and what do you love about them?
- What made you laugh today?
- What is different today than a year ago that you are grateful for?
- What is something you wear that you are grateful for?
- What is something beautiful you saw today?
- What freedoms are you grateful for?
- What challenge are you grateful for?
- What is something you love in nature?
- What about your body are you grateful for?
- What was the best thing that happened today?
- What family member are you grateful for today?
- What kindness did someone give you today?
- What do you like about where you live?
- What do you love about a friend?
- What spiritual gifts are you grateful for?
- What is your favorite family activity that you did recently?
- What book are you grateful for reading?
- What modern convenience are you most grateful for?
- What food are you grateful for?
- What is something you can't live without?
- What do you like about the current season?
- What happened today that are you grateful for?
- What about your home are you grateful for?
- What do you love about your parents?
- What memory are you most grateful for?
- What is your favorite family tradition?
- What are your talents?
- What gave you comfort today?



# 31 days self love challenge



Create your own wellness journal  
<https://www.youtube.com/watch?v=-3HwsWZI-1A>

Day 1: Write out your feelings.

Day 2: Post a picture that makes you feel pretty.

Day 3: Wear your favorite outfit.

Day 4: Cook yourself a big, healthy breakfast

Day 5: Take a long bath with lavender oil.

Day 6: Watch a movie that makes you laugh.

Day 7: Put on a face mask and paint your nails. Pamper yourself a little.

Day 8: Stretch. Do some sun salutations in the sunlight.

Day 9: Forgive yourself for a mistake that you mad.

Day 10: Talk to someone who makes you smile.

Day 11: Belt out your favorite song as loud as you can no matter who's listening

Day 12: Write down all of your dreams and aspirations

Day 13: Pick up a book you've always wanted to read

Day 14: Organize your closet, strip your bedsheets

Day 15: Go to bed an hour earlier than normal

Day 16: Wake up early and watch the sunrise

Day 17: Try a new food

Day 18: Call up an old friend you haven't talked to in awhile

Day 19: Do something you enjoy

Day 20: Make a conscious effort to be more positive

Day 21: Stare in the mirror and list 5 things you love about yourself today

Day 22: Spend the day outside. Go for a walk. Sit in the sun.

Day 23: Listen to new music

Day 24: Dye your hair the color you'd like

Day 25: Buy yourself flowers and watch them bloom

Day 26: Realize that you should be doing things for yourself and not for others.

Day 27: Lie in the sunshine and daydream about life.

Day 28: Buy yourself a new dress and go out with your best friends.

Day 29: Fill in a coloring book.

Day 30: Bake cookies. It's okay to treat yourself every once in awhile.

Day 31: Reflect on what makes you happy.

infograph by  
sasikumar  
Myinfomaniya.com



01. COLOR
02. LOVE
03. TRADITION
04. ART
05. CLOTHING
06. INSPIRATION
07. TOUCH
08. MEMORIES
09. MUSIC
10. WORDS
11. INDULGENCE
12. NATURE
13. REST
14. FRIENDSHIP
15. BEAUTY

#GRATITUDE30

## 30-DAY GRATITUDE PHOTO CHALLENGE

16. WEATHER
17. TECHNOLOGY
18. CHANGE
19. KNOWLEDGE
20. SCENT
21. KINDNESS
22. HOME
23. TASTE
24. COMFORT
25. FAMILY
26. ROUTINE
27. CREATIVITY
28. SKY
29. MOVEMENT
30. SELF

## 30 DAY MENTAL HEATH CHALLENGE

**DAY 1**  
Do a deep breathing exercise.

**DAY 2**  
Catch up with a friend.

**DAY 3**  
Schedule something fun.

**DAY 4**  
Donate something you never use.

**DAY 5**  
Do 30 minutes of yoga.

**DAY 6**  
Plan a healthy meal.

**DAY 7**  
Ask for help.

**DAY 8**  
Listen to your favorite music.

**DAY 9**  
Take 10 minutes to read.

**DAY 10**  
Go for a walk.

**DAY 11**  
Budget 20 minutes of spa time.

**DAY 12**  
Practice a favorite hobby.

**DAY 13**  
Get distracted by a movie.

**DAY 14**  
Go to bed 30 minutes earlier.

**DAY 15**  
Drink just water today.

**DAY 16**  
Schedule a game night.

**DAY 17**  
Set a mini goal.

**DAY 18**  
Cross an item off your to-do list.

**DAY 19**  
Compliment someone.

**DAY 20**  
Plan a night in with friends.

**DAY 21**  
Try a 5-minute meditation.

**DAY 22**  
FaceTime with family.

**DAY 23**  
Do something outside.

**DAY 24**  
Book a date night.

**DAY 25**  
Unfollow negative social media accounts.

**DAY 26**  
Say no to something.

**DAY 27**  
Have a phone-free night.

**DAY 28**  
Watch a silly video.

**DAY 29**  
Write down something good that happened.

**DAY 30**  
Adopt a new habit.

# SUPPORT & GUIDANCE

<https://twitter.com/MsjPastoral>

<https://boltonladsandgirlsclub.co.uk/>

<https://youngminds.org.uk/>

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

<https://www.place2be.org.uk/>

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

<https://www.kooth.com/>

<https://cypmhc.org.uk/>

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

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

<https://www.nhs.uk/oneyou/every-mind-matters/>





WE ARE IN THIS  
*together*



Mrs Burns - [burnsd@msj.bolton.sch.uk](mailto:burnsd@msj.bolton.sch.uk)

Laura O'Brien - [o'brienl@msj.bolton.sch.uk](mailto:o'brienl@msj.bolton.sch.uk)

Year 7 - Miss Adamson - [adamsona@msj.bolton.sch.uk](mailto:adamsona@msj.bolton.sch.uk)

Year 8 - Mrs Bond - [streetc@msj.bolton.sch.uk](mailto:streetc@msj.bolton.sch.uk)

Year 9 - Miss Gettins - [gettinsn@msj.bolton.sch.uk](mailto:gettinsn@msj.bolton.sch.uk)

Year 10 - Mrs Wolstencroft - [wolstencrofts@msj.bolton.sch.uk](mailto:wolstencrofts@msj.bolton.sch.uk)

Year 11 - Mrs Evans - [evansl@msj.bolton.sch.uk](mailto:evansl@msj.bolton.sch.uk)



*here for you.*



YOUR  
MIND  
MATTERS