

GRADES 9 - 12

# *Social-Emotional Learning workbook*

**Providing you with the essential tools to  
better your well-being and lead a  
healthy joyous life.**



+ many insightful quotes and practical  
templates to help you reach your goals.

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## CREATED WITH MUCH LOVE

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# Character Strengths

Character strengths are positive personality traits that help define the character of an individual. After conferencing with your teacher and classmates, highlight your top 5 character strengths in blue. Highlight 5 more in yellow which you plan on developing in the coming 3 months and write below how you will achieve them.



PERSEVERANCE



GRATITUDE



KINDESS



ZEST



LOVE



LOVE OF LEARNING



CREATIVITY



FAIRNESS



TEAMWORK



FORGIVENESS



HOPE



SPIRITUALITY



PERSPECTIVE



BRAVERY



JUDGEMENT



CURIOSITY



HONESTY



HUMILITY



PRUDENCE



HUMOR



LEADERSHIP



SOCIAL INTELLIGENCE



SELF-REGULATION



APPRECIATION OF  
BEAUTY

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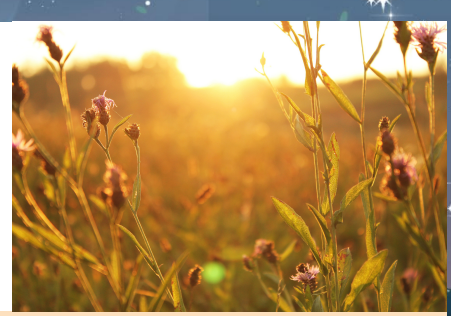
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# Prepare for a successful day



It is true that you can plan your day at the beginning of every morning, but an even better way is to prepare for a successful morning the night before. Here are some useful ideas you can try out yourself.

Look at the pictures below. Write the correct phrases under each picture.

**tidy up your work area**

**set the table for breakfast**

**place some water on your bedside table**

**layout your work gear**

**focus on your breath before you sleep**



# Success

In short, in order to become successful, you must be committed, learn from the journey and have fun along the way. Moreover, think positively, think from different perspectives and stay focused. Here are things you should avoid if you want to become successful. Fill in the blanks with the words given.

failures

blame

negative



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toxic

doubt

excuses

\_\_\_\_\_

everyone for your  
mistakes/failures

\_\_\_\_\_

yourself

give yourself too many

\_\_\_\_\_

afraid of

\_\_\_\_\_

\_\_\_\_\_

thinking

\_\_\_\_\_

people

# No more excuses

~~I HAVE EXCUSES~~  
RESULTS

Running is good exercise but don't run from reality! Stop giving yourself excuses.

Instead, turn your excuses into actions! Remember, slow and steady progress is better than no progress! Celebrate all small wins. Turn failures into opportunities for growth!

Look at the pictures below. Write the correct phrases under each picture.



**Set a savings goal**

**Do a 10 minutes HITT workout in the morning**

**Try something else**

**Prioritize 2 tasks and take short breaks between**

I am always too tired.

---

---

I can never afford that.

---

---

I don't have the time.

---

---

I can't do that.

---

---

# Positivity



Rather than focusing on our flaws, try shifting the focus to our real self. We have all endure hardships and pain. We are allowed to have emotions. Look on the bright side.

Think positive, and positivity will follow you.

**A Positive mindset brings Positive things.**

**-Philipp Reiter-**

## Instead of ...

**seeing only your flaws**

**Trying to be perfect**

**Doubting yourself**

**Trying to please everyone**

## Try ...

---

---

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# Bullying



Bullying refers to an ongoing, purposeful behavior that is upsetting. It is unwanted physical or verbal aggression directed at a specific person, repeated over a period, involves an imbalance of power, and acts to exclude the victim from a group. Twenty-eight percent of young people from grades six through 12 have been the victim of bullying

**There are at least six types of bullying.**

**Match the following types of bullying with its definitions and examples.**

## **VERBAL BULLYING**

- involves hitting, kicking, pinching, pushing, or otherwise attacking others.

## **PREJUDICIAL BULLYING**

- focuses on the use of words to harm others with name-calling, insults, making bigoted comments, harsh teasing, taunting, mimicking, or verbal threats.

## **PHYSICAL BULLYING**

- focuses on excluding someone from a peer group, usually through verbal threats, spreading rumors, and other forms of intimidation.

## **RELATIONAL BULLYING**

- occurs in connection with a person's sex, body, and sexual orientation. It can be physical, verbal and/or emotional.

## **SEXUAL BULLYING**

- uses the Internet, a smartphone, or other technology to harass, threaten, embarrass, or target another person

## **CYBERBULLYING**

- based on prejudices toward people of different races, religions, or sexual orientation. This type of bullying can encompass all the other types of bullying.



# Bullying



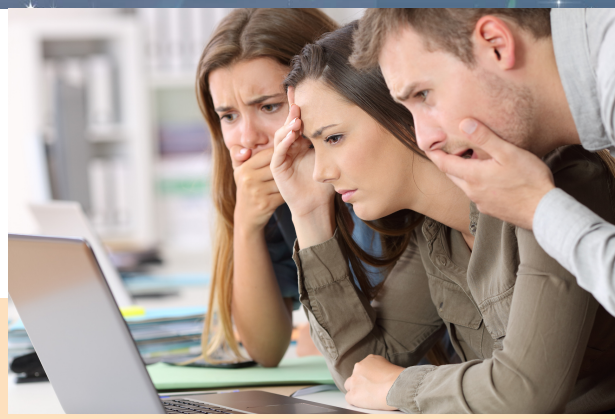
Look at the following picture. Answer the questions below in the blank space provided.



1. What do you think is happening here?
2. What makes you think so?
3. How do you think the girl feels? Why?
4. What should the girl say or do in this situation?
5. What would you do or say if you were an observer of this situation?
6. How could this situation be resolved ?
7. Describe a time when you have felt like the girl.
8. What could you say or do to the boys behind?



# Dealing with bad news



Use the following phrases to fill in the blanks below.

Yes, we should stay informed about what is happening around us, but do you ever get yourself overwhelmed?

The key to this is to take note of when and how you consume the news.



**stop and take a deep breath**

**and get fresh air**

**listening to music**

**but don't get obsessed with it**

**24/7**



**Keep up to date with current news**



**Relieve stress by**



**When it feels overwhelming,**



**Spend some time outdoors**



# Do you procrastinate?



Delaying tasks at times? Yes, we have all done that before. It's a bad habit that seems difficult to get rid of, but don't fret. First, acknowledge tasks that need to be done, then set small achievable milestones which enable you to see and monitor your progress and increase focus, allowing you to lay out the urgency of each step of the task ahead of you.

Use the following words to fill in the blanks below.

**block out**  
**disturbed**  
**manageable**  
**productive**  
**Resist**  
**Awareness**

1. \_\_\_\_\_ is key to making changes to your bad habits.
2. Write down what you need to do. Keep a schedule and write down tasks so you can \_\_\_\_\_ time to do them.
3. Divide tasks into smaller, more \_\_\_\_\_ steps.
4. \_\_\_\_\_ the urge when you are about to put something off.
5. Find a place where you will not be \_\_\_\_\_ so you can focus on your task and be \_\_\_\_\_.

**KNOW THAT PROCRASTINATION IS SOMETHING THAT YOU CAN ADDRESS, CORRECT, AND PREVENT. ALL YOU NEED TO BEGIN WITH IS TO GET THE BALL ROLLING.**



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# Respect



By respecting others, you are also showing respect to yourself. An example would be to listen to what others have to say. When we give another person our time, we validate them, which in return conveys respect.

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and well-being.

Write your own definition for respect:

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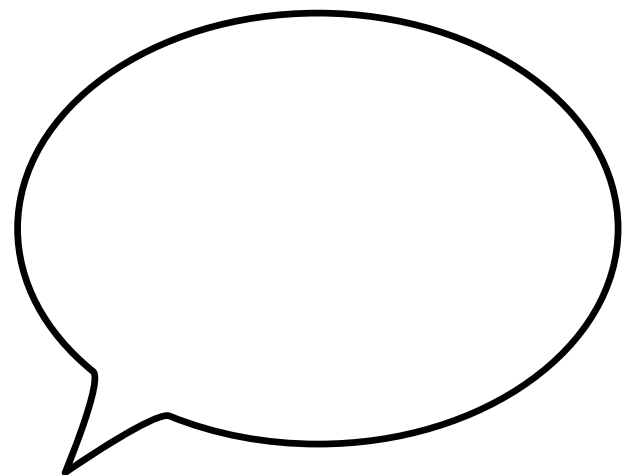
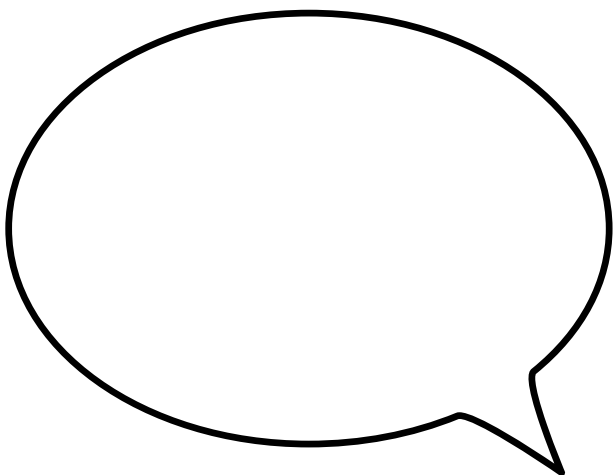
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Fill in the speech bubbles to demonstrate a respectful conversation:



# Courage

Courage is not having the strength to go on, it's going on when you don't have the strength.

-Theodore Roosevelt-

**Courage** is the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation.

Being courageous allows you to face our fears and overcome obstacles our life.

What does it mean to be courageous?

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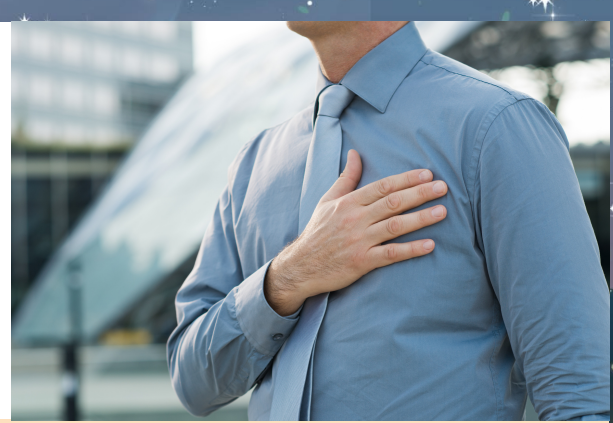
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Describe a time when you had to be brave, and how you felt before, during and after:



# Honesty



Honesty promotes openness, empowers us and enables us to develop consistency in how we present the facts.

Honesty is not just about telling the truth. It's about being real with yourself and others about who you are, what you want and what you need to live your most authentic life. Honesty can lead you to a fulfilling, free life.

**No legacy is so rich as honesty.**

**-William Shakespeare-**

List three good things that can come from telling the truth:

---

---

---

Think of one time you were dishonest. What led you to that? What happened in the end? Did you find joy in getting away with your dishonesty?

---

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---

# Focus on positivity



When life gives you lemons, make lemonade!

Many people don't realize how much power they have over their emotions.

When you are having a hard day, thinking about the things that trigger your positive emotions can help.

Complete the following to focus on positive thoughts, memories and emotions.

1. What is the one thing that always bring you joy?

---

2. Write down a time when you had a wonderful surprrise.

---

3.What is something you did that you are proud of?

---

4. Name a person who always makes you feel confident.

---

5. Write down something that always makes you feel hopeful.

---

6. Name an activity that almost always makes you feel calm and centered.

---

7.Think of a time when you efforts were sincerely acknowledged.

---



# Social responsibility



Social responsibility is an ethical theory in which individuals are responsible for fulfilling their social duty. Our actions come with consequences, and we should work to make sure that our impact on others and the world is positive.

Join the game. We all have our part to play, each in our own way.



-Celine Harleaux-

What does it mean to be socially responsible during the pandemic or in difficult times?

---

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Write an example of what you did before that demonstrated social responsibility.

---

---

---

What was the consequence? Who benefited from your act of social responsibility?

---

---

How did you feel?

---



# Execution



Executing plans is never one simple task, but once you convert concepts into behaviors, you have something you can observe, measure and manage.



“A goal without a Plan is Just a dream.”

There are 5 things to keep in mind when setting goals. Pick the correct choices below and write them on the lines.

**S** \_\_\_\_\_

**M** \_\_\_\_\_

**A** \_\_\_\_\_

**R** \_\_\_\_\_

**T** \_\_\_\_\_

- time-bound
- measurable
- analytical
- meaningful
- special
- achievable
- tiresome
- specific
- relevant
- rewarding

# Leadership qualities



Leadership is the art of motivating a group of people to act toward achieving a common goal. A leader motivates and inspires people that helps them deliver that vision.

Think of a leader you admire. What quality about them are you attracted to?

Leader: \_\_\_\_\_

Quality: \_\_\_\_\_

How they demonstrated it: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Think about a leader you don't admire, and identify the quality you don't like:

Leader: \_\_\_\_\_

Quality: \_\_\_\_\_

How they demonstrated it: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# Leadership Legacy



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What's your leadership legacy?

My definition of leadership:

Qualities of a good leader:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

A leader I admire and why:

My leadership legacy (how I want to be remembered):

# Leadership relationships



Leadership is the art of motivating a group of people to act toward achieving a common goal. A leader motivates and inspires people that helps them deliver that vision.

Explain why relationships are important in leadership:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List three essential ingredients for healthy relationships:

① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_

List three strategies to get to know people better:

① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_

Are the people you are leading growing as a result of your leadership?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe one change you will make to help you better connect with others:

\_\_\_\_\_

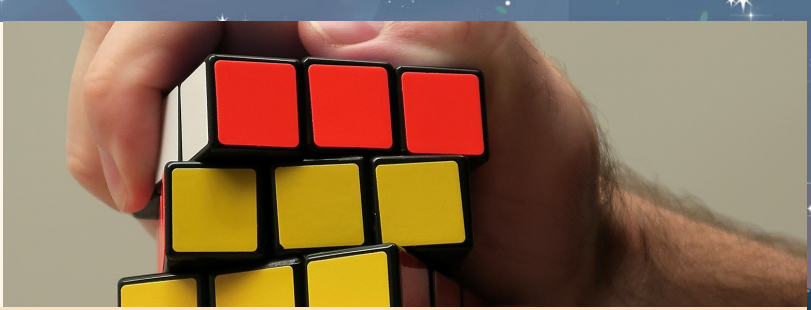
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Problem discovery



## ———— The Five Ps Case Formulation ————

Helping yourself make sense of a current difficulty. Pinpoint the root of the problem and address it from there.

**Presenting Problem:** the feelings, thoughts and behaviours that are causing me concern:

### **Predisposing Factors:**

Factors that predisposed me or made me vulnerable to the problem:

### **Precipitating Factors:**

Current triggers that contribute to the problem:

**Perpetuating Factors:** Things that are keeping the problem going:

**Protective Factors:** The good things in my life that are a source of strength:



# Solving your problem one step at a time

Many people display symptoms of depression. They feel that their problems are beyond their control and will never get better, but most problems CAN be addressed by setting a realistic goal and determining the steps necessary to achieve that goal.



1. Write down a goal that will address a problem that is bothering you.

2. How will your life be different when you meet the goal?

3. Who can support you in achieving the goal?

4. Do you anticipate any obstacles to achieving the goal? Are there any ways to address these obstacles?

**Write the steps you need to take to solve the problem.**

**STEP 1:**

**STEP 2:**

**STEP 3:**



# Connecting with others



Sometimes people don't tell others how they feel, which can lead to a variety of frustrating problems. It helps when you practice using "I" statements, like the ones on this worksheet.

"I" statements are a method of saying precisely how you feel and what you want others to understand.

Effective communication is perhaps the most important of all life skills. It builds and maintains relationships, facilitates innovation and helps you go about your daily life.

Fill in these "I" statements with a particular person in mind:

**Name of person:** \_\_\_\_\_

I feel \_\_\_\_\_

because \_\_\_\_\_

I would like it if you would \_\_\_\_\_

I really want \_\_\_\_\_

I hope you understand that \_\_\_\_\_

**Name of person:** \_\_\_\_\_

I feel \_\_\_\_\_

because \_\_\_\_\_

I would like it if you would \_\_\_\_\_

I really want \_\_\_\_\_

I hope you understand that \_\_\_\_\_



# Don't be alone

If you find yourself being alone much of the time, even if it “feels” okay to you, you should consider increasing your social contact. Take a look at the social activities listed below. When you get up each morning, think about at least one social activity you can do each day.

Note: Internet-based social activities like social media and email are helpful but they do not replace real-life contact with people.

Humans are social animals. We need the company of others. Social isolation can be a big problem, particularly during times of emotional stress. Ideally, people should have at least several close friends, as well as a group of people who make them feel they are connected to a community.

## Social Activities Checklist

(Choose at least one to do each day)

- \_\_\_\_\_ Have dinner with a friend.
- \_\_\_\_\_ Attend a gathering with your family.
- \_\_\_\_\_ Take a walk with a friend.
- \_\_\_\_\_ Attend a community service group
- \_\_\_\_\_ Attend a spiritual or religious group.
- \_\_\_\_\_ Go on a nature-related activity (e.g., hiking, bird watching, travel).
- \_\_\_\_\_ Attend a hobby or craft-related group (e.g., knitting, photography, etc.).
- \_\_\_\_\_ Attend a course.
- \_\_\_\_\_ Attend a community or political meeting.
- \_\_\_\_\_ Attend a support group.
- \_\_\_\_\_ Volunteer to help others.
- \_\_\_\_\_ Attend local lectures at the library.
- \_\_\_\_\_ Reconnect with friends and family. List three people who come to mind:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Relationship Trust



Trust can be defined as a firm belief in the reliability, truth, ability, or strength of someone or something. The thing is trust is something that is irrefutably necessary for the success and happiness of ALL relationships, be it romantic relationships or friendships. It also promotes work efficiency in a workplace.

In your own words, what is trust?

---

---

---

List two things that can break trust:

1

---

---

---

2

---

---

---

What practical things can you do to build trust?

---

---

---

---

Is teamwork possible without trust? Explain your answer:

---

---

---

Who is someone you trust?

What makes you trust them?

---

---

---

---



# Commitment



Making a commitment involves dedicating yourself to something, like a person or a cause. Before you make a commitment, think carefully. Do you have the necessary resources and tool to get it done?

Commitment is beneficial. When you commit to the people and things that are important to you, the results are that your relationships will improve, and you will be more successful in achieving your goals.

**Circle the ones that are examples of commitments and explain why.**

GETTING MARRIED

EATING ITALIAN FOOD TONIGHT

TRYING OUT PILATES

TAKING A JOB

SAYING YOU WILL MEET YOUR FRIEND AT 6PM FOR A MOVIE.

SEE TO YOUR GROUP PROJECT FROM START TO END

WANDERING ON THE STREET

STUDYING AFTER SCHOOL TO GET GOOD GRADES.



# Synergy

## Two heads are better than one.



Synergise is the habit of creative cooperation. It is teamwork, openmindedness, and the adventure of finding solutions to old problems. Through synergy, people bring their individual expertise to the table, and together, they could produce better results than they could individually.

### Circle the correct answers below.

1. Choose the best definition of synergy.

- A. A synergy exists if companies or two groups merge as one.
- B. A synergy exists if the whole is greater than the sum of its parts.
- C. A synergy exists if the whole is less than the sum of its parts.
- D. A synergy exists if you combine two or more individuals together.

2. What would be an appropriate representation of synergy mathematically?

- A.  $3 + 3 = 4$
- B.  $2 + 2 = 0$
- C.  $2 + 2 = 3$
- D.  $2 + 2 = 5$

3. Which statement about synergy is true?

- A. You value other people's strengths and seek out ideas from them.
- B. Valuing the differences is the essence of synergy.
- C. Working in groups help generate better ideas.
- D. All of the above.



# Synergy

Strong people don't put others down. They lift them up.



Synergy allows us to discover jointly things we are much less likely to discover ourselves. Everyone has their own strengths. By combining all heads together, we will be able to produce greater results than one could on their own.

Place the following phrases in the correct boxes.

1

celebrating differences

tolerating differences

2

working independently

teamwork

3

thinking you are always right

being open to suggestions

4

finding new and better ways

compromising

Synergy is

1

2

3

4

Synergy is not:

1

2

3

4



# Synergy

Synergy may be  
**combined effort**  
than the sum of

Let's get a better understanding of synergy by using the words in the word bank on the right to fill in the missing words in each sentence.

1. If you want to go fast, go \_\_\_\_\_.  
If you want to go far, go \_\_\_\_\_.

2. Few people experience synergy in their lives because most people have been scripted into \_\_\_\_\_ or \_\_\_\_\_ communications.

3. Synergy can be \_\_\_\_\_ unless one has a high tolerance for \_\_\_\_\_.

4. It's important to value our differences. That's the \_\_\_\_\_ of synergy.

5. A truly effective person has the \_\_\_\_\_ to recognise their own perceptual \_\_\_\_\_ and to realize the rich \_\_\_\_\_ available.

**Word bank:**  
limitations  
essence  
together  
defensive  
alone  
resources  
unnerving  
humility  
protective  
ambiguity

# A peek inside my mind



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In these clouds, write down all of your thoughts and feelings that are having. They can be happy thoughts, sad thoughts, worried thoughts, excited thoughts! Remember, it's okay and perfectly normal to experience all kinds of emotions. We are human after all.



# Creativity



Creativity allows us to view and solve problems more openly and with innovation. Creativity opens the mind. Use your non-dominant hand to draw some pictures around the quote below to illustrate the idea of 'creativity is intelligence having fun'.



“

---

**CREATIVITY IS  
INTELLIGENCE  
HAVING FUN**

---

ALBERT EINSTEIN



# Reaping benefits



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It sure doesn't feel encouraging when we don't see immediate benefits for our actions.

Remember everything takes time and effort. You are guaranteed to see results after a while after investing your time in yourself.



Try setting both short term and long term goals.

Celebrate every single short-term win, and enjoy the journey it takes to reach each milestone.

What do you think are the short term and long term benefits of the following daily habits?

**Daily Habit**

**Short Term**

**Long Term**

**Short walks**

**Tidy up**

**your room**

**Meditation**

# MY goal in \_\_\_\_\_

(month)

2020

**Instructions:** Think about the year ahead, and complete the following questions:

## I am most excited

---

---

---

---

---

---

---

---

## Friendships:

This year, I would like to make the following new friends:

## Confidence:

I want to improve my confidence in:

---

---

---

---

---

---

A bad habit I want to change is:

## Legacy:

At the end of the year, I want people to remember me for:

## Grades:

I am aiming for the following grades:

Literacy:

Art:

Math:

Sport:

Science:

Health:

Geography:

Music:

\_\_\_\_\_:

\_\_\_\_\_:





# A weekly planner



MONDAY

TUESDAY

WEEK OF:

WEEK GOALS

- 1.
- 2.
- 3.

WEDNESDAY

THURSDAY

FRIDAY

Grateful for

SATURDAY

SUNDAY





# Budget overview



# 202\_\_

MONTH: \_\_\_\_\_

A budget helps you map out your goals, save your money, keep track of your progress, and make your dreams come true!

PRODUCT'S NAME	DESCRIPTION	PRICE
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		





# Savings Overview



A savings overview is one of the greatest tools to keep your wallet intact through the year. You are now a step closer to reaching your goals!

Date:

## Savings Goals

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

## Actual Savings

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

Current balance:

Amount to be saved:



# My Resilience Plan



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**Failure downtime is fine. Come back stronger. How? With a resilience plan**

People I can talk to for help:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How I can look after myself:

---

---

---

---

---

---

My strengths:

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

What has helped me in the past:

---

---

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---

Advice I would give a friend if they were in the same situation:

---

---

---

---

---

---

---

---

Try out the advice yourself if you ever need one.



# Social Media Do's and Don'ts



Who doesn't have multiple social media accounts these days? Despite how hard you try, you can't seem to resist scrolling down the pages. Instead of banning social media completely, let's practise these do's and don'ts to keep ourselves in check.

Place the following phrases in the do's and don'ts columns.



- Find communities you connect with
- Overwhelm yourself with content
- Get caught up with likes and followers
- Limit time spent on social media sites
- Set a purpose for each app and site
- Follow accounts that serve purposes
- Scroll mindlessly for lengthy periods
- Compare yourself to what you see



# Gratitude Journal

Why keep a gratitude journal? When you note down things you are grateful for, it helps cultivate positive emotions and develop an optimistic mindset.

## I'M GRATEFUL FOR...

1

2

3

4

5

6



# Enjoy the moment

Unwind yourself for a moment. Take a look around you. What do you see? What do you hear? What do you smell? What do you feel? Did you notice the colours of the leaves you walked past or the scent of the snow? Give yourself a moment. Write down below what you notice around you.

*Be present and  
notice what's  
around you.*



# My nature diary

We talked about being present, being about to take notice and appreciate things around you. Pick a spot around the house where you can see outside. Sit here during the day time, then draw what you see. Come back to the same spot at night and draw what you see. Compare your drawings, then list down what things are the same and what things are different.

DAY

NIGHT

SIMILARITIES

DIFFERENCES

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# I have got no time!



Did you say you are too busy to pick up or maintain healthy habits? Well you just haven't found the right moment yet. You always have the time for some good healthy habits. Don't believe that's true? Have a look at the following suggestions. Write the missing phrases onto the lines.

## Phrases to use:

**Listen to a podcast**

**Take deep breaths**

**Write your to-do list**

**Drink a glass of water**



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while you eat a nutritious breakfast.



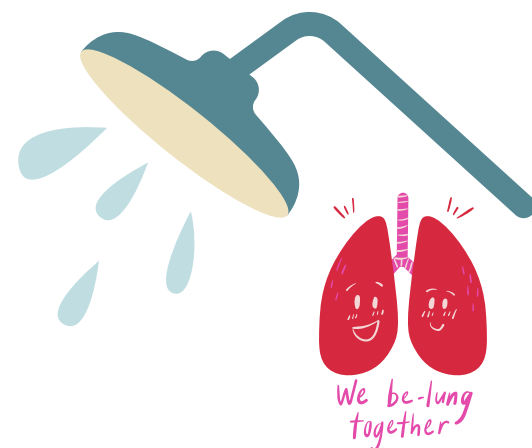
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while you get dressed.



\_\_\_\_\_

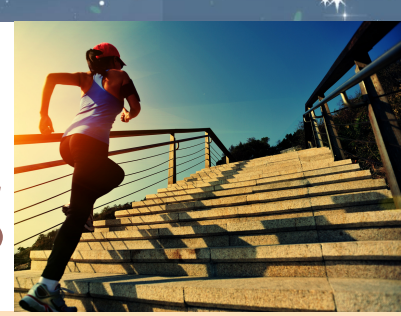
while you wait for the kettle to boil.



\_\_\_\_\_

while you are in the shower.

# Habits to try for different lifestyles



Whatever your activity level is, there are new habits for you to try to give your mind and body a boost!

Use the following phrases to fill in the blanks in the grey areas under each box below.

**Sedentary**

**Moderately active**

**Lightly active**

**very active**

- Do a 5-10 minutes workout when you get up**
- Walk around when you make calls**
- use a standing desk**

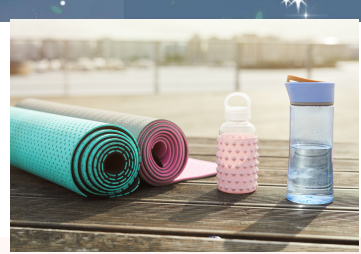
- Eat a full healthy breakfast**
- shower with hot water**
- Stretch your arms and legs to cool down after exercises**

- Exaggerate your movement when doing chores**
- Walk for a short while after lunch**
- Take the stairs when you can**

- Drink a lot of water**
- hit the gym 2-4 times a week**
- Spend 15 minutes on cooling down exercises after a workout**



# Exercising is key



If you are feeling hopeless, down or you are struggling with study or work, try exercising. During exercise, your brain increases the production of chemicals that lift your mood and regulate your emotions. With regular exercise, you will think more clearly, more rationally and more positively.

Circle the exercise you can do on a regular basis.

- cycling
- Playing hockey
- Jogging
- walking
- running
- Playing soccer
- dancing
- doing yoga
- Pilates
- others

Date & Time	Type of exercise	Mood before exercise	Exercising time	Mood after exercise	Helpfulness of exercise (1 to 10)



# Enough Snooze?



Do you have a hard time sleeping? A lack of sleep will reduce the serotonin levels in your brain, which may make it harder to control your moods or be productive during the day.

Here are some things you can try. Check the boxes if you will give it a try too.



## Techniques to help you get more sleep:

- Listen to soft music, read, take a warm shower, or meditate before going to bed.
- Avoid caffeine in the evenings.
- Keep your bedroom at a cool temperature (65–68 degrees).
- Practice deep breathing or progressive muscle relaxation before bedtime.
- Avoid eating heavy meals for at least two to three hours before bed.
- Make sure your mattress and pillows are comfortable.
- If you are sensitive to light and sound, wear earplugs and a sleep mask or try a white-noise machine to mask the sound. There are various white-noise apps available on your phone.



# Sleep Diary

Keep track of your sleep and the methods you use to sleep better. Track your progress for at least two weeks.

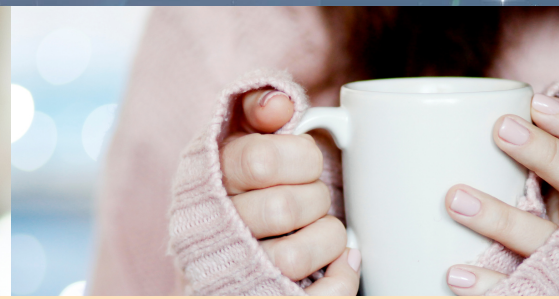


Date	Hours Slept	Trouble Sleeping?	Methods Tried	Successful?
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N

Find the pattern. Notice what works and doesn't work for you.



# Self-care checklist



A self-care checklist serves as a guide to help you maintain your designated habits. It is meant to help you monitor yourself and see whether or not you are complying. Having this kind of checklist helps you maintain a healthy mind and body. It makes your life less stressful.

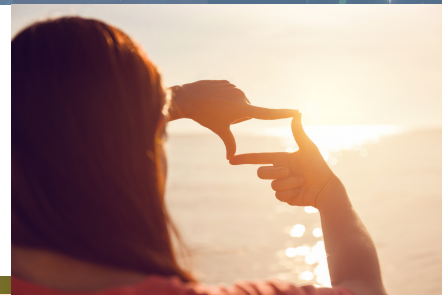
**It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary.**

**-Mandy Hale-**

Tasks	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meditate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat vegetables every meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read one chapter of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tidy up your space	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something creative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



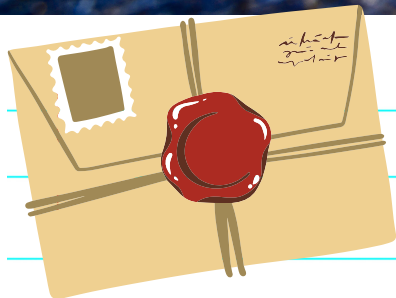
# Dear Future Self



We have all written letters to others. What about writing to your future self? Talk about how your life is at the moment and where do you wish you can get to 1,2,5 or 10 years away from now. Think about what you can do today to make your future self's life better and happier?

Do something today that your future self will thank you for.

-Sean Patrick Flanery-



**Write to your future self.**

A series of horizontal blue lines for writing, bounded by vertical red lines on the left and right sides.



