

A Moment for Me

A PRACTICAL WELLBEING JOURNAL
FOR STUDENTS

T A B L E O F C O N T E N T S

SELF-MAINTENANCE TRACKER 02

This section aims to increase awareness of daily self-maintenance behaviours that support physical and emotional regulation

HEDONIC WELLBEING LOG 03

This section aims to reflection on wellbeing through pleasure, comfort and positive affect

EUDAIMONIC WELLBEING LOG 04

This section encourages reflection on purpose, meaning and personal growth

DAILY GRATITUDE 05

This section reflects on positive aspects of their daily experiences to support emotional well-being and positive mood

REFLECT & REFRAME 06

This section aims to normalise setbacks and promote healthy, adaptive coping strategies to work through them

WELLBEING ACTIVITES 07-8

This section offers brief, managable wellbeing activities to reduce barriers to consistent self-care

SELF-MAINTENANCE TRACKER

Date: / /

Day:

S M T W T F S

SLEEP

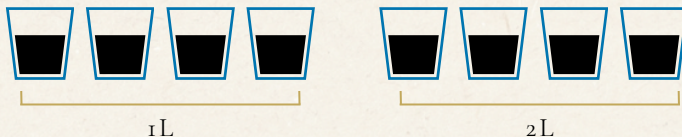
- Hours slept:
- Sleep quality: poor/fair/good

MOVEMENT

- Type of Movement:
 NONE GENTLE MODERATE VIGOROUS
- Duration: minutes
- Body state after movement: tense/neutral/relaxed
- Energy after movement (1-10):

NUTRITION

- How much water did you drink today?



- Balanced meals today: yes/no

BOUNDARIES

- Did I respect my physical or emotional limits today? yes/no

REFLECTION

- How did my body feel overall today?

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HEDONIC WELLBEING

LOG

What brought me pleasure, comfort, or joy today?

A series of horizontal dotted lines for writing.



DAILY GRATITUDE

TODAY I'M GRATEFUL FOR

PEOPLE I'M GRATEFUL FOR TODAY

TOMORROW I LOOK FORWARD TO

SOMETHING
I'M PROUD OF

TODAY'S AFFIRMATION

MOOD TODAY



ONE WORD TO REFLECT TODAY'S
MOOD

Reflect & Reframe



WHAT DIDN'T GO WELL TODAY?

WHAT FACTORS CONTRIBUTED TO THIS?

WHAT CAN I TAKE FORWARD FROM THIS EXPERIENCE?



5 minute Wellbeing Activities



CHOOSE A 5-MINUTE WELLBEING ACTIVITY TO DO

- **SELF-COMPASSION PAUSE:** PLACE A HAND ON YOUR CHEST, TAKE THREE SLOW BREATHS, AND REPEAT ONE KIND SENTENCE TO YOURSELF
- **MOOD CHECK-IN:** RATE YOUR MOOD FROM 0-10 AND NOTE ONE THING INFLUENCING IT
- **THOUGHT DOWNLOAD:** WRITE DOWN EVERYTHING ON YOUR MIND RIGHT NOW, WITHOUT EDITING
- **REFRAME ONE THOUGHT:** IDENTIFY ONE UNHELPFUL THOUGHT AND WRITE A MORE BALANCED ALTERNATIVE
- **POSTURE RESET:** SIT OR STAND TALL, ROLL SHOULDERS BACK, AND BREATHE DEEPLY
- **BREATHING EXERCISE:** INHALE FOR 4, EXHALE FOR 6, REPEAT





5 minute Wellbeing Activities



CHOOSE A 5-MINUTE WELLBEING ACTIVITY TO DO

- **CONNECTION CHECK:** SEND ONE SUPPORTIVE MESSAGE TO SOMEONE
- **GRATITUDE:** SEND ONE SUPPORTIVE MESSAGE OF GRATITUDE TO SOMONE (CAN EVEN BE YOURSELF!)
- **MUSIC PAUSE:** LISTEN TO ONE SONG THAT MATCHES (HAPPY) OR SHIFTS (SAD) YOUR MOOD
- **GROWTH REFLECTION:** NOTE ONE THING YOU LEARNT TODAY
- **5-4-3-2-1 GROUNDING EXERCISE:** NAME 5 THINGS YOU CAN SEE, 4 THINGS YOU CAN FEEL, 3 THINGS YOU CAN HEAR, 2 THINGS YOU CAN SMELL, AND 1 THING YOU CAN TASTE

