

REFLECTION JOURNAL

Thurrock School Wellbeing Service

SWS Support Line:
01375 652537 or 01375 652558
SWS@thurrock.gov.uk

5 Ways to Wellbeing

Looking after your mental health is just as important as looking after your physical health. The 5 Ways to Wellbeing are simple and proven actions which have been found to build resilience and enhance mental health and wellbeing. It doesn't have to intervene with other commitments; taking as little as 10 minutes every day to adopt each of the five ways can be beneficial to maintaining positive wellbeing during lockdown.

Give: Random acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Be Active: Being physically active improves both our physical health and mental health. It can improve mood and wellbeing and decrease stress, depression and anxiety.

Connect: Having strong relationships and feeling close and valued by others is important in boosting wellbeing.

Keep Learning: Being curious and seeking out new experiences in life positively stimulates the brain.

Take Notice: Paying attention to the present moment, to thoughts and feelings and to the world around helps improve our wellbeing.



Ideas for each way:

Give

- Are you in a position to offer your services to volunteer locally?
- Give your time to check in on your friends and family.
- Carry out a random act of kindness for somebody else and note a random act of kindness someone does for you.



Be Active

- Online gym classes and fitness apps e.g. couch to 5K
- Workout challenges e.g. run 5K, donate £5, nominate 5 people



Connect

- Create group chats with friends, family and colleagues to stay connected
- Do weekly quizzes
- Contact Thurrock Covid-19 child wellbeing helpline to access wellbeing support



Keep Learning

- Free courses on the Open University website
- Apps offering free/discounted courses e.g. Duolingo



Take Notice

- Mindfulness apps e.g. headspace, calm, worry time
- Take notice of how you are feeling e.g. write in a journal
- Pay attention to what makes you happy and make record of them in some way, e.g. photos, videos, journals



This Journal Belongs To

In addition to this journal, the School Wellbeing Service helpline is available to help any school staff in need of support, advice or information.

01375 652537 or 01375 652558
SWS@thurrock.gov.uk

This Month's Goals

health

work

life

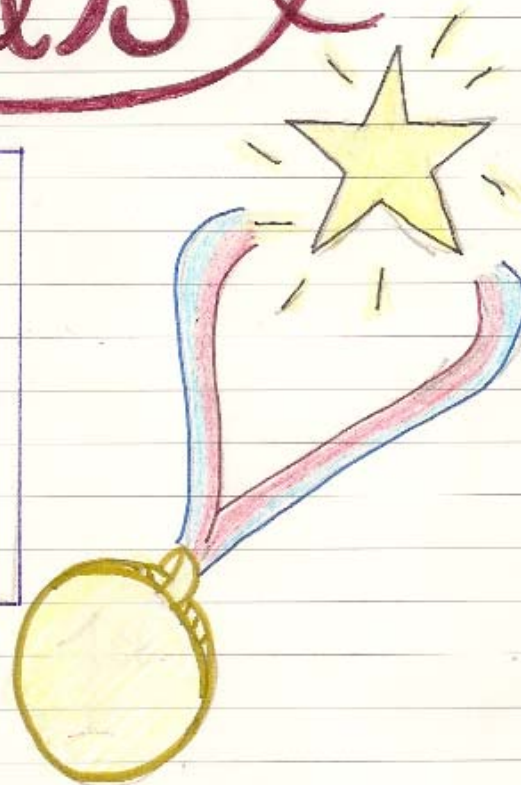
“Every accomplishment begins with the decision to try”



MY Goals

WORK

- 1)
- 2)
- 3)



LIFE

- 1)
- 2)
- 3)

HEALTH

- 1)
- 2)
- 3)

Self Care



Be Active

Take Notice

Give

Connect

Keep Learning

MORNING

Routine



DAY -

: am

: am

: am

: am

: am

: am

: am

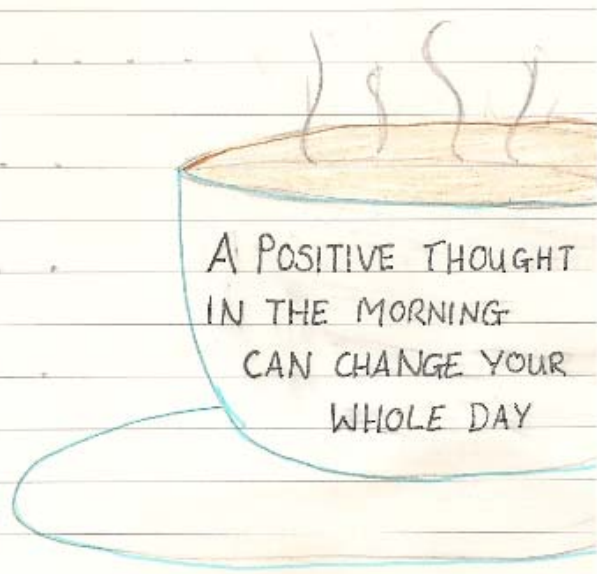
: am

: am

: am

: am

: am

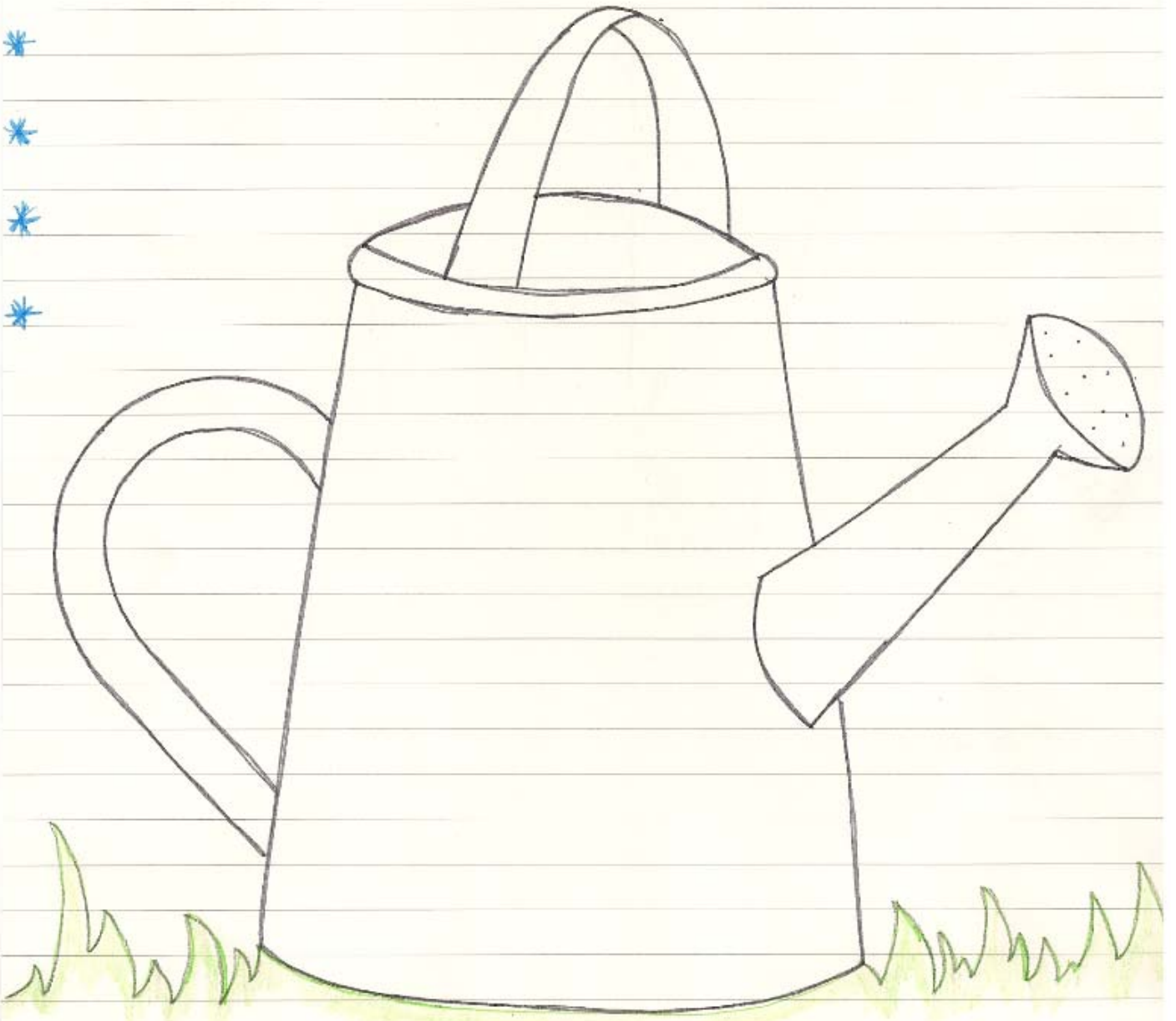


This Week's Stressors



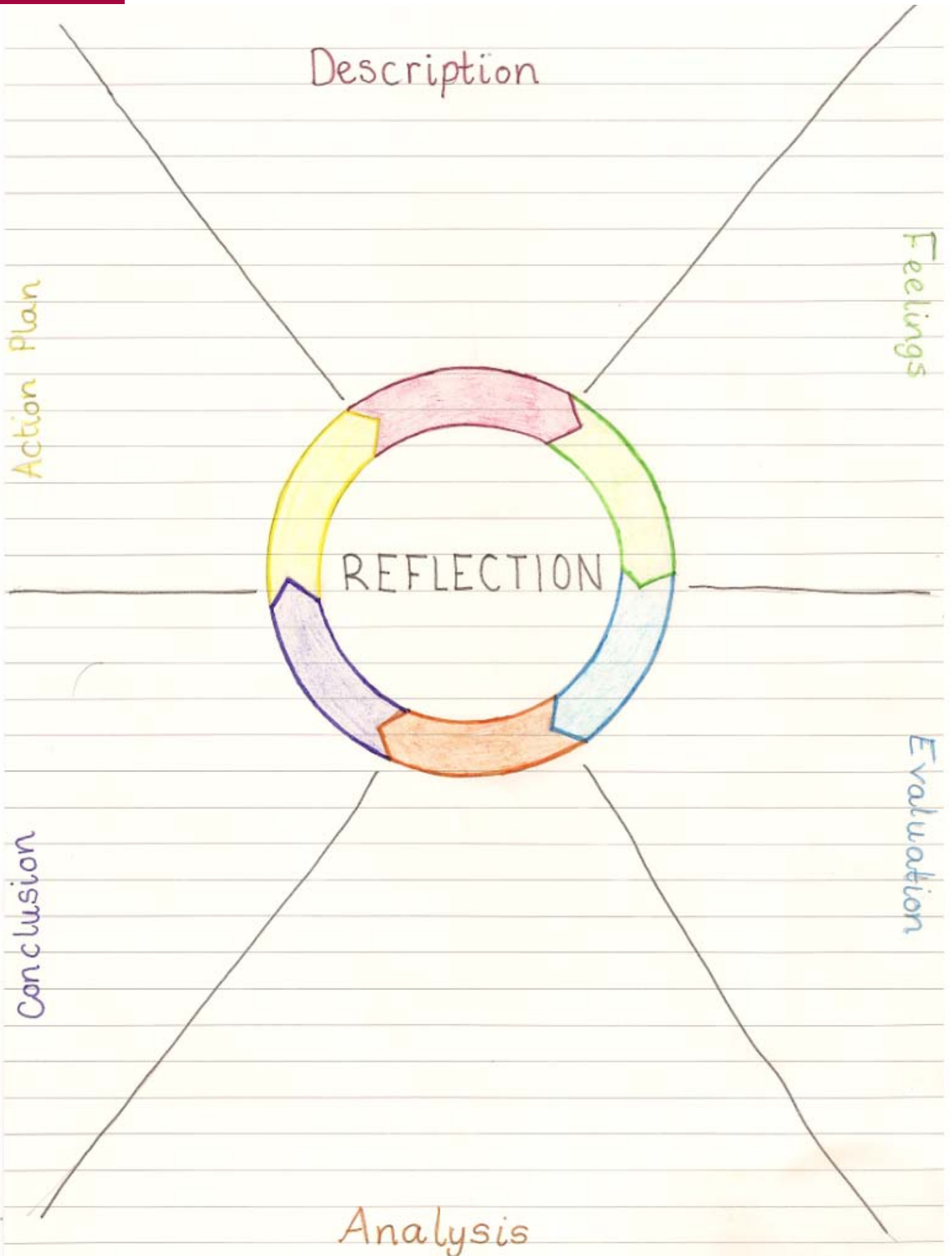
To Do

- *
- *
- *
- *



THIS WEEK'S THOUGHTS





WEEK ONE

MONDAY

SELF CARE :

TUESDAY

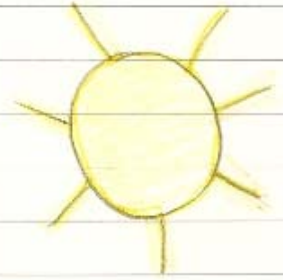
SELF CARE :

WEDNESDAY

SELF CARE :



THURSDAY



SELF CARE :

FRIDAY



SELF CARE :

SATURDAY

SELF CARE :

SUNDAY

SELF CARE :

WEEK ONE

TO DO

DAY

-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>

SELF CARE

My Progress

MON:

TUE:

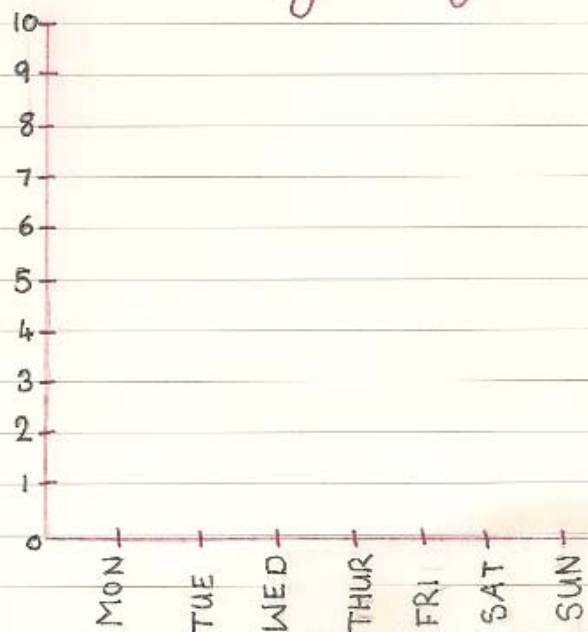
WED:

THUR:

FRI:

SAT:

SUN:



HELPing hand +

RATE HOW GOOD
YOU HAVE BEEN
TO YOURSELF

Reflect

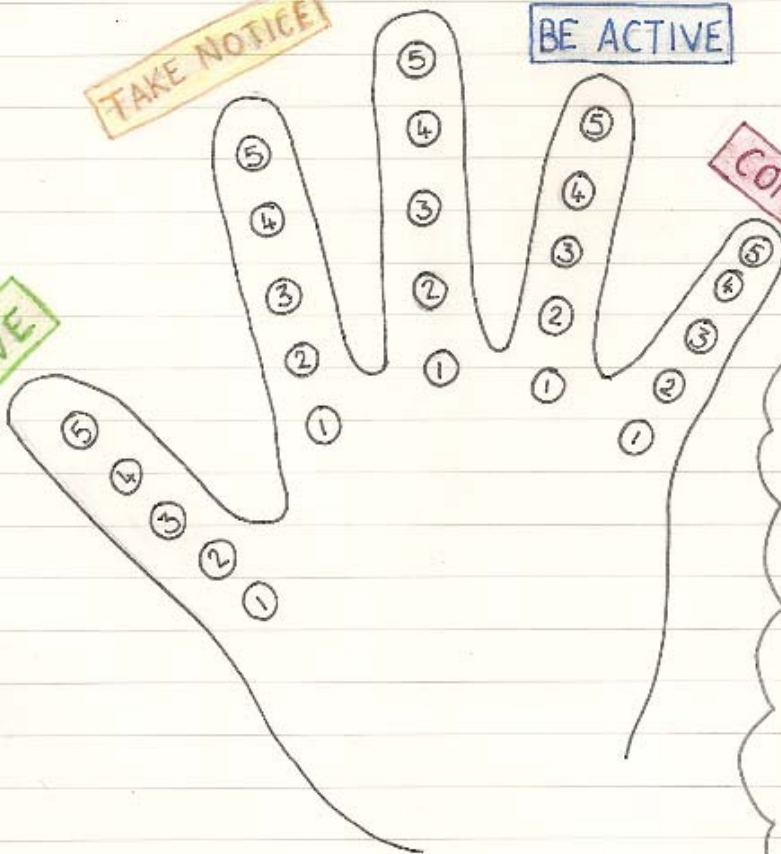
KEEP LEARNING

TAKE NOTICE

BE ACTIVE

CONNECT

GIVE



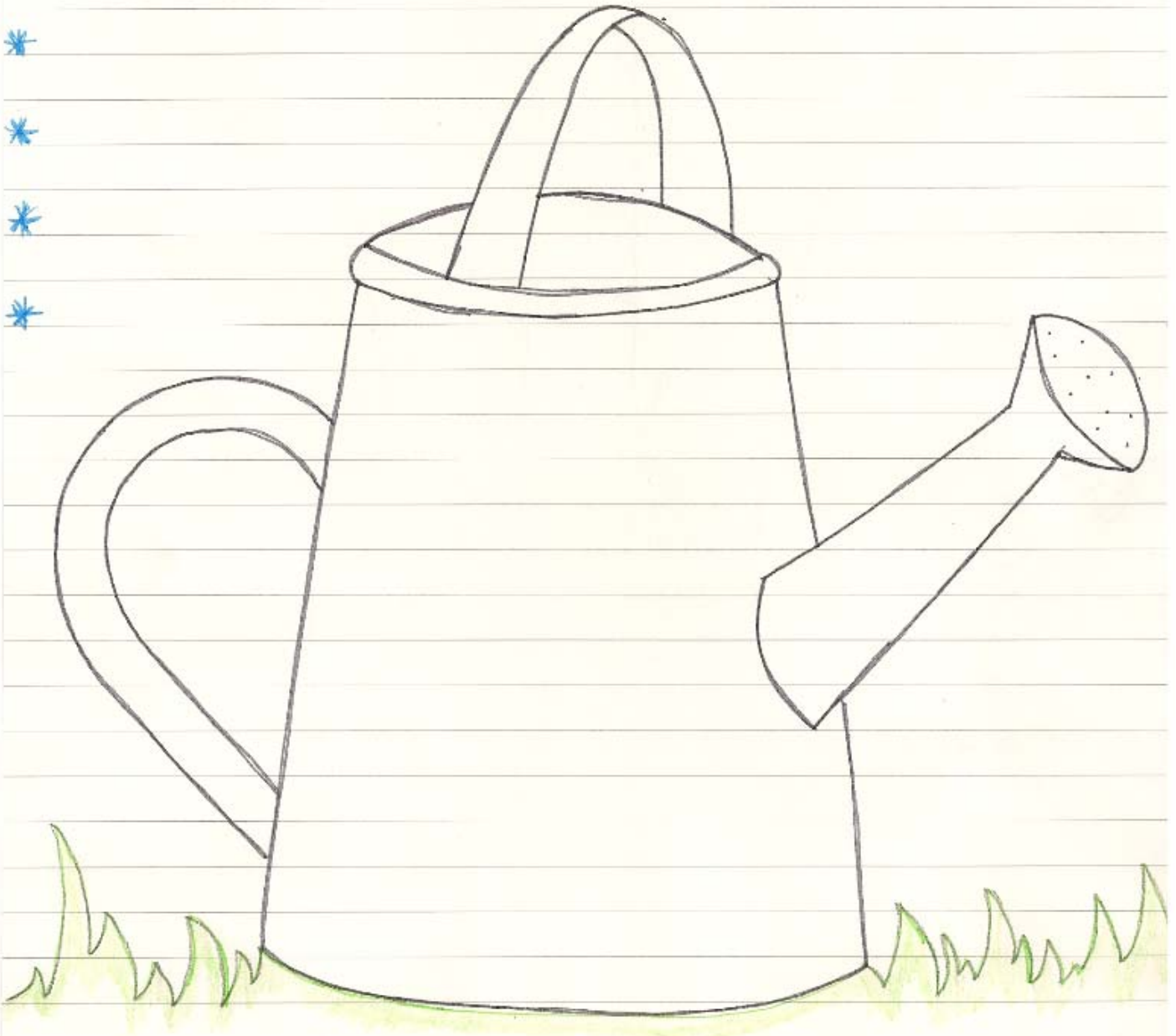
Reflect

This Week's Stressors



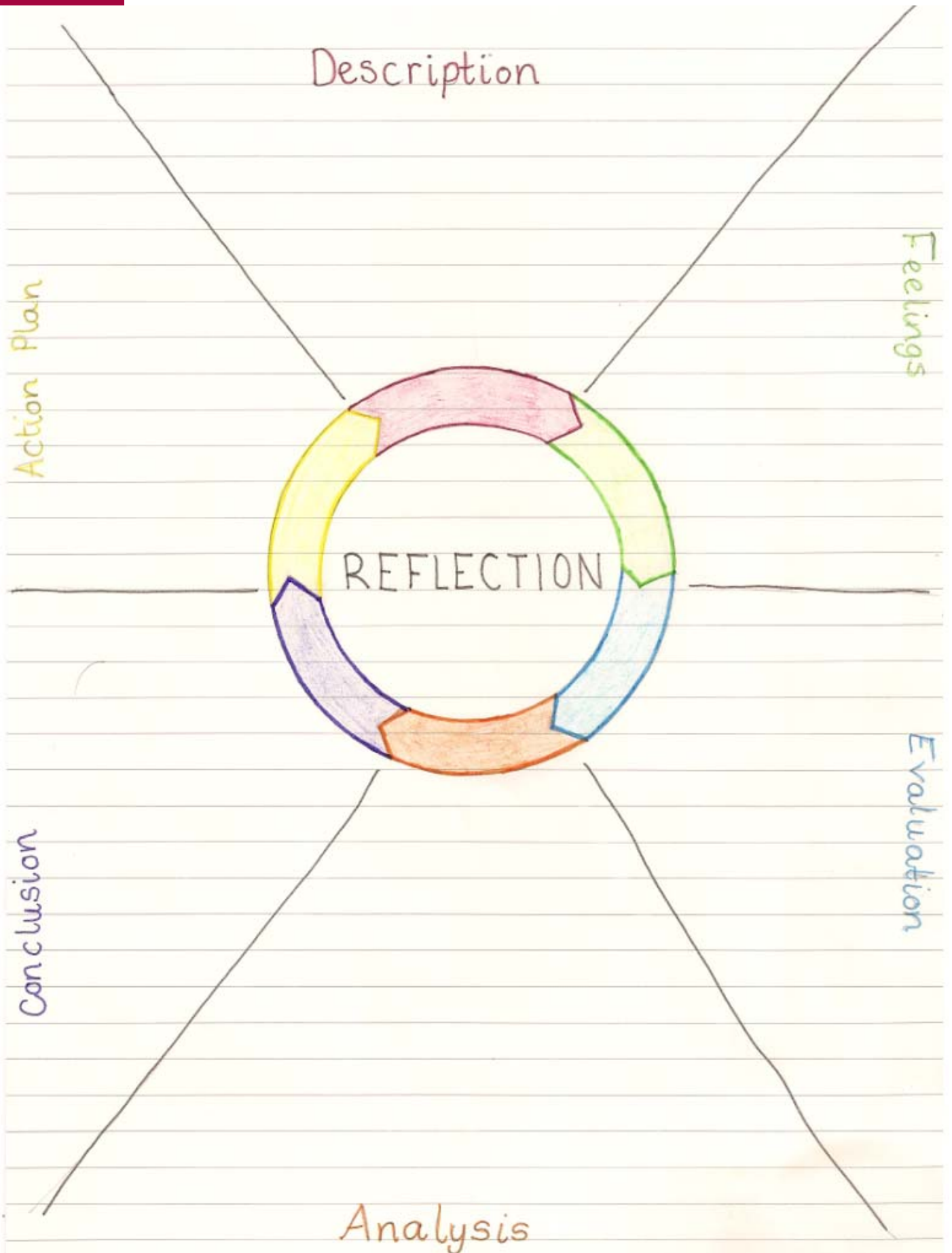
To Do

- *
- *
- *
- *



THIS WEEK'S THOUGHTS





WEEK TWO

MONDAY

SELF CARE :

TUESDAY

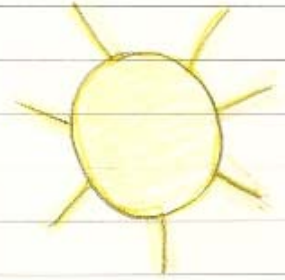
SELF CARE :

WEDNESDAY

SELF CARE :

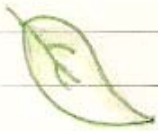


THURSDAY



SELF CARE :

FRIDAY



SELF CARE :

SATURDAY

SELF CARE :

SUNDAY

SELF CARE :

WEEK TWO

TO DO

DAY

-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>

SELF CARE

My Progress

MON:

TUE:

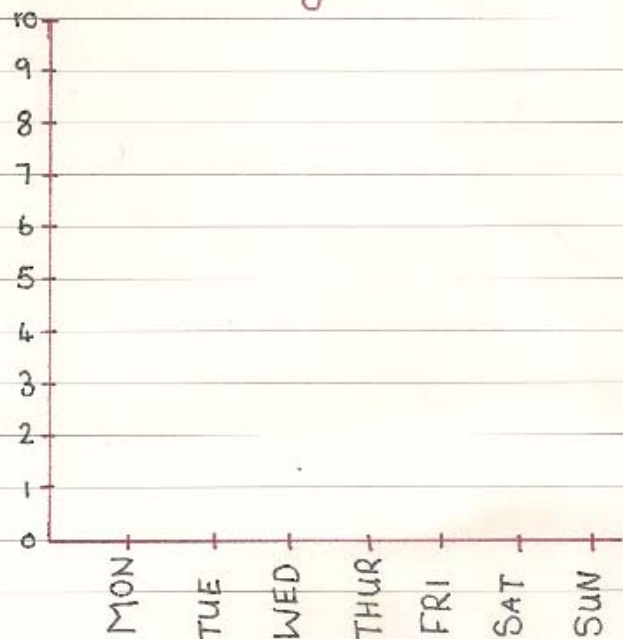
WED:

THUR:

FRI:

SAT:

SUN:



HELPing hand +

RATE HOW GOOD
YOU HAVE BEEN
TO YOURSELF

Reflect

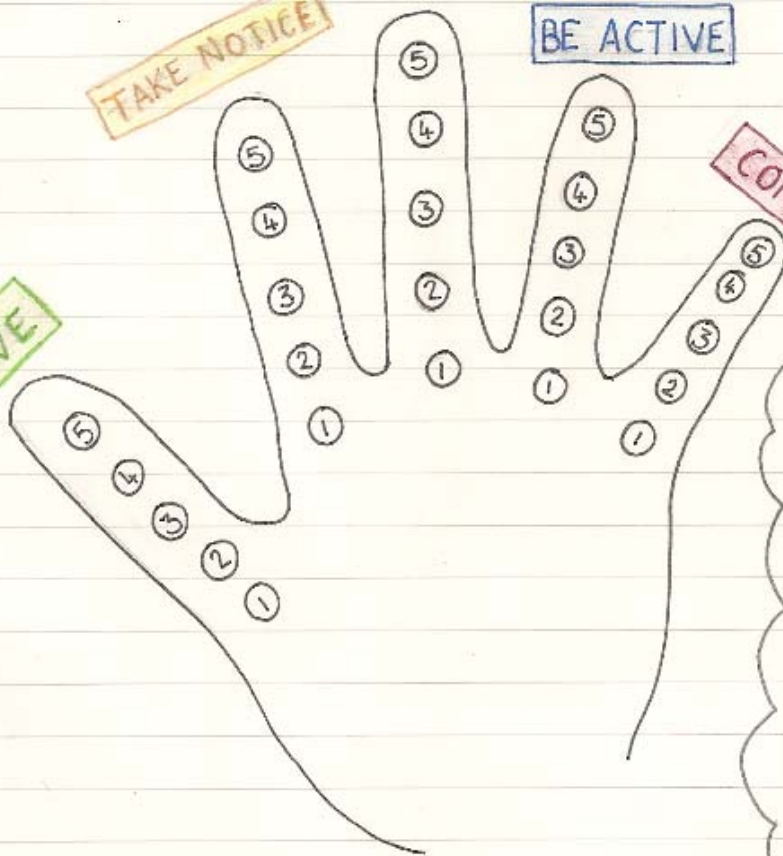
KEEP LEARNING

TAKE NOTICE

BE ACTIVE

CONNECT

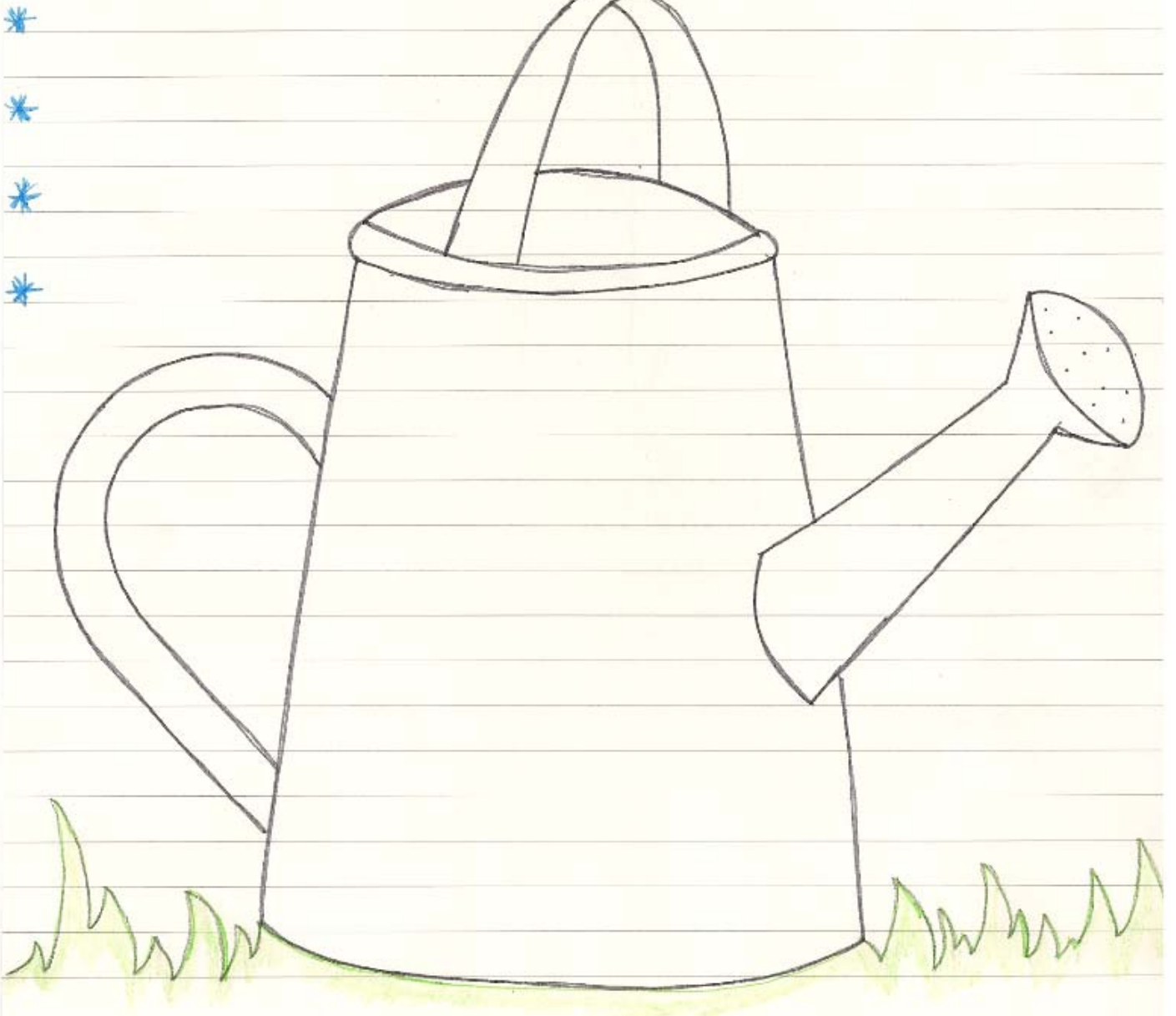
GIVE



Reflect

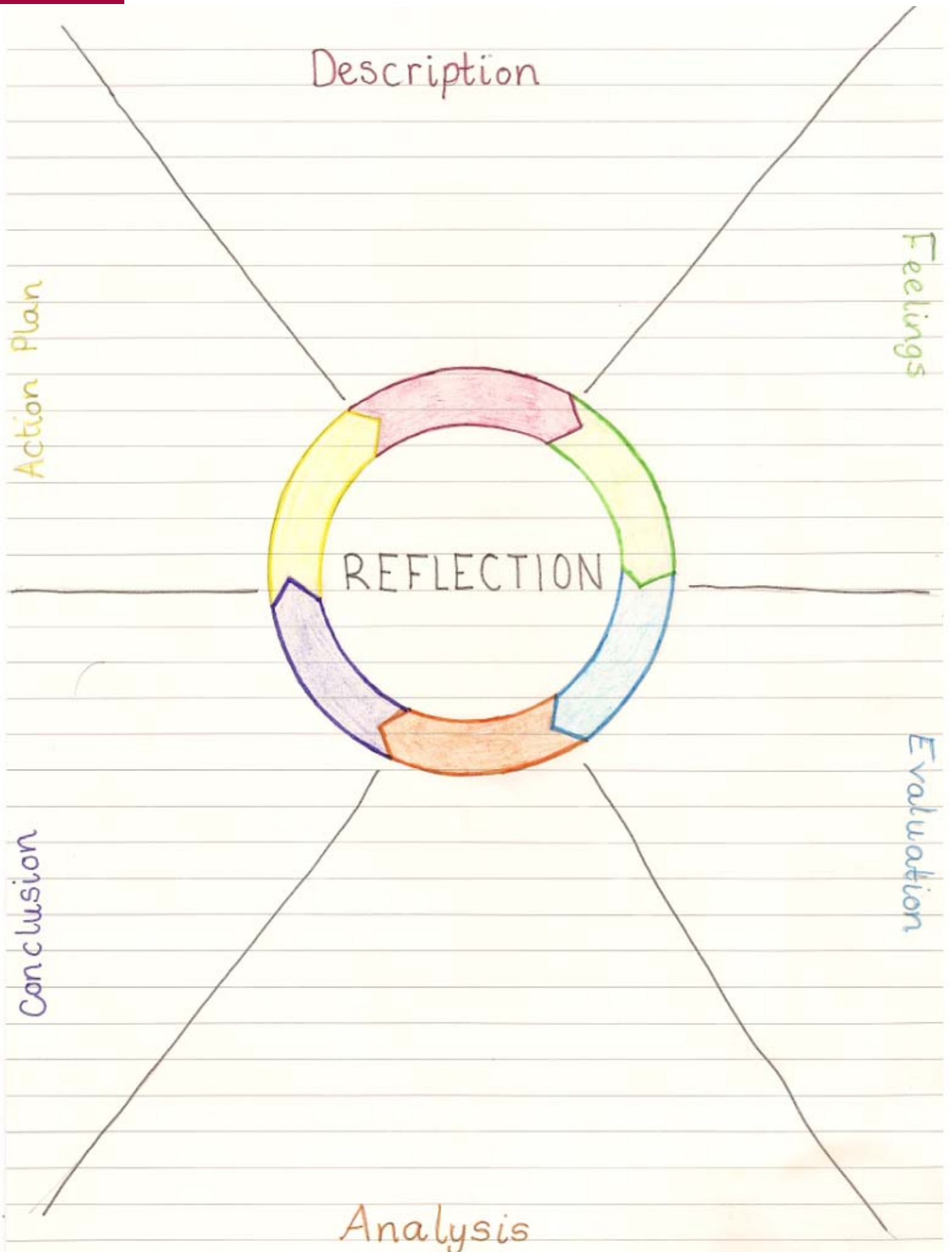
This Week's Stressors

To Do



THIS WEEK'S THOUGHTS





WEEK THREE

MONDAY

SELF CARE :

TUESDAY

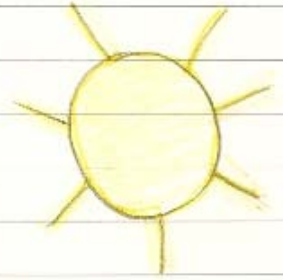
SELF CARE :

WEDNESDAY

SELF CARE :

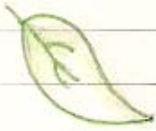


THURSDAY



SELF CARE :

FRIDAY



SELF CARE :

SATURDAY

SELF CARE :

SUNDAY

SELF CARE :

HELPing hand +

RATE HOW GOOD
YOU HAVE BEEN
TO YOURSELF

Reflect

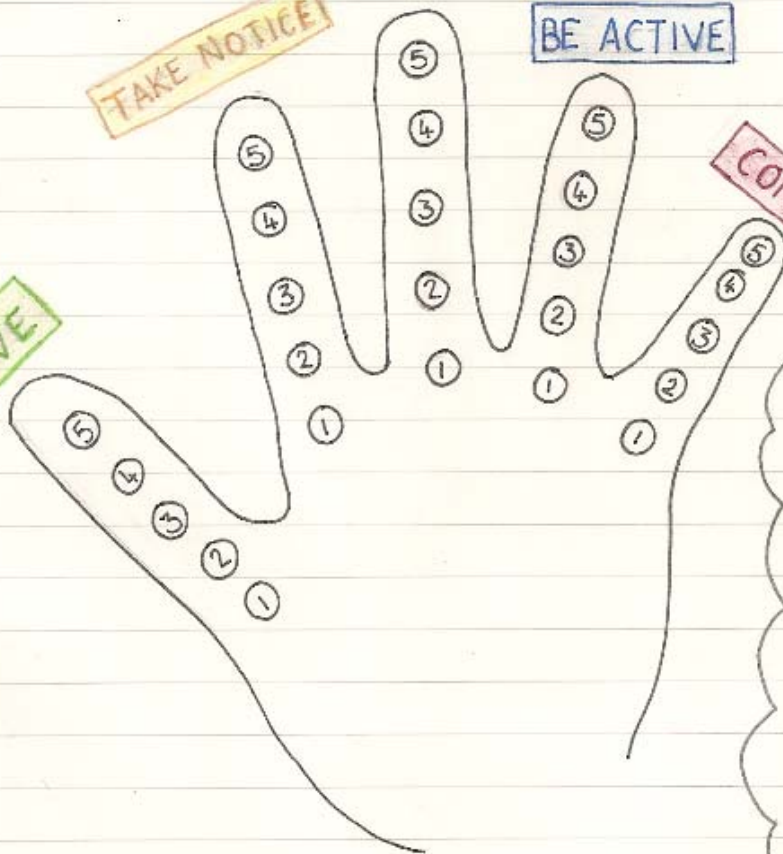
KEEP LEARNING

TAKE NOTICE

BE ACTIVE

CONNECT

GIVE



Reflect

This Week's Stressors



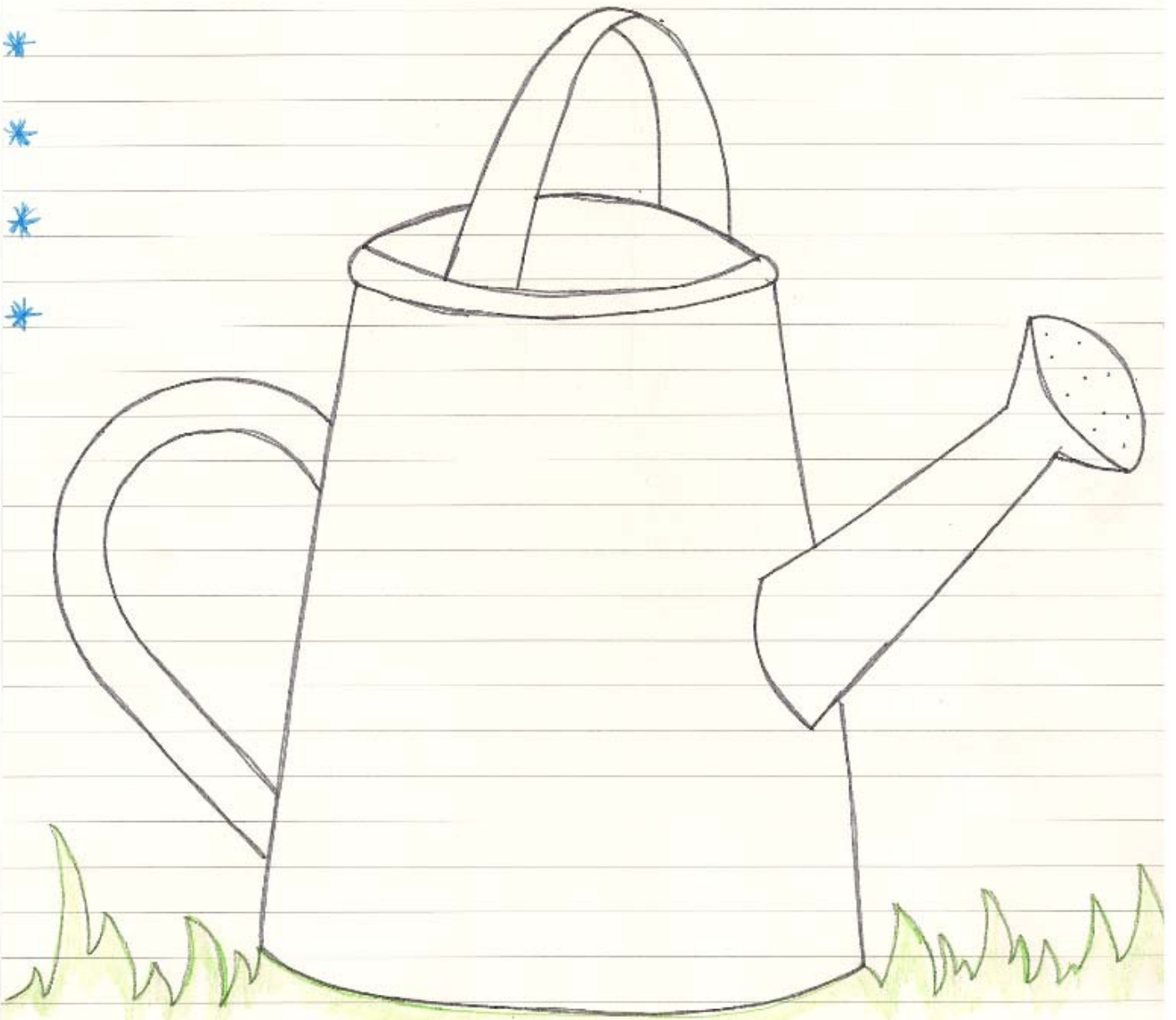
To Do

*

*

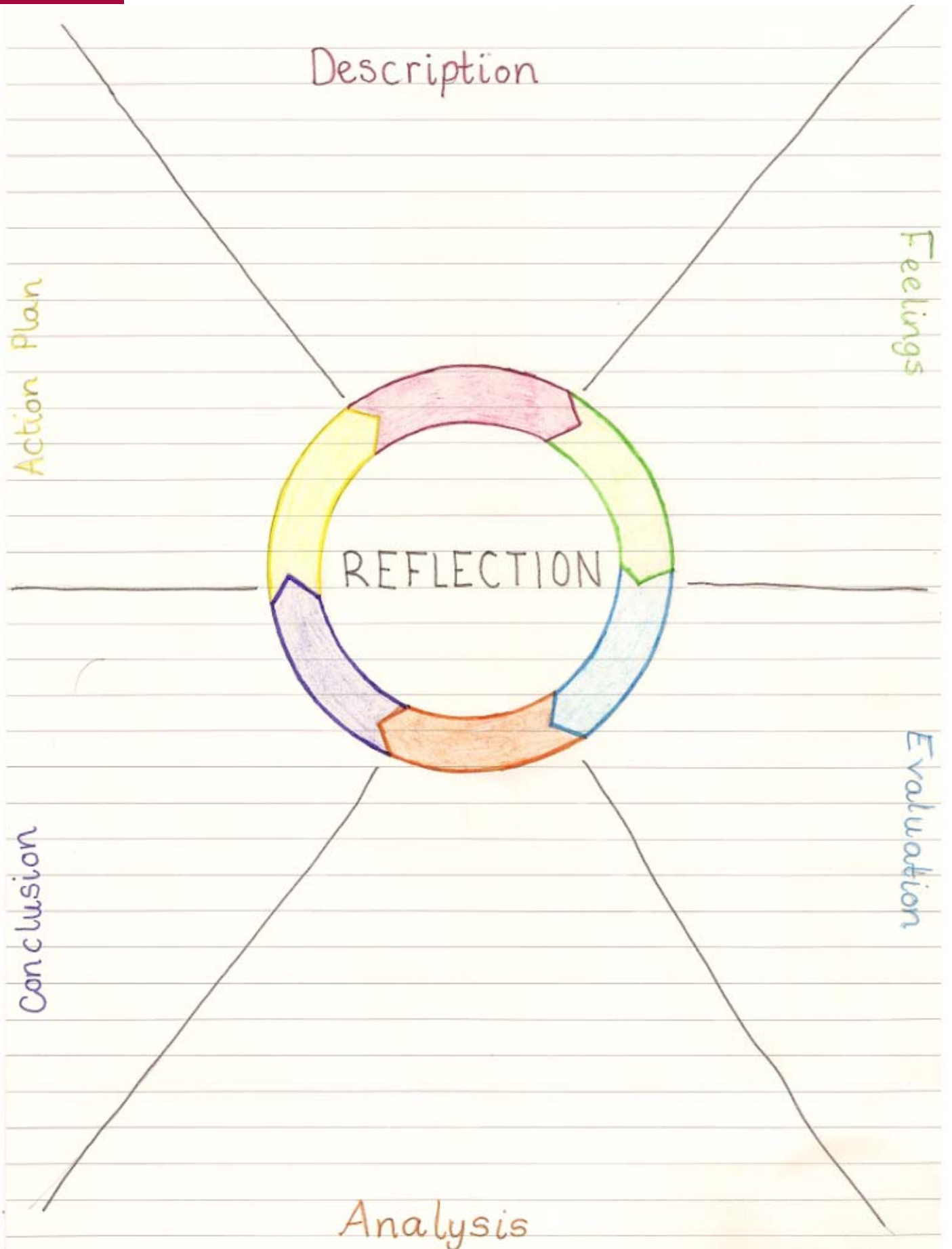
*

*



THIS WEEK'S THOUGHTS





WEEK FOUR

MONDAY

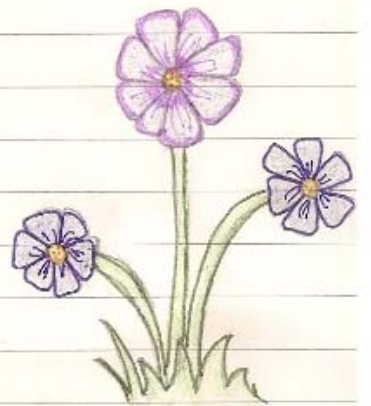
SELF CARE:

TUESDAY

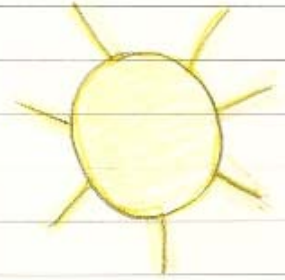
SELF CARE:

WEDNESDAY

SELF CARE:

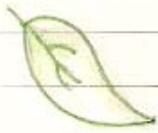


THURSDAY



SELF CARE :

FRIDAY



SELF CARE :

SATURDAY

SELF CARE :

SUNDAY

SELF CARE :

WEEK FOUR

TO DO

DAY

-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>
-	<input type="checkbox"/>

SELF CARE

My Progress

MON:

TUE:

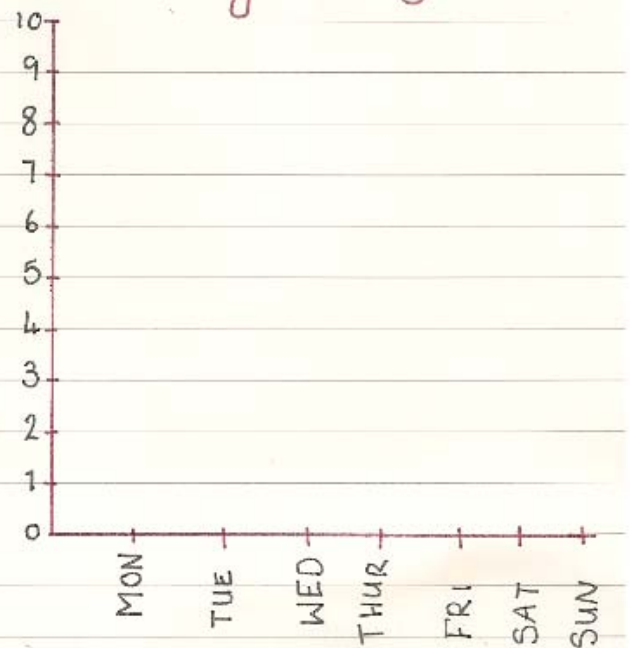
WED:

THUR:

FRI:

SAT:

SUN:



HELPing hand +

RATE HOW GOOD
YOU HAVE BEEN
TO YOURSELF

Reflect

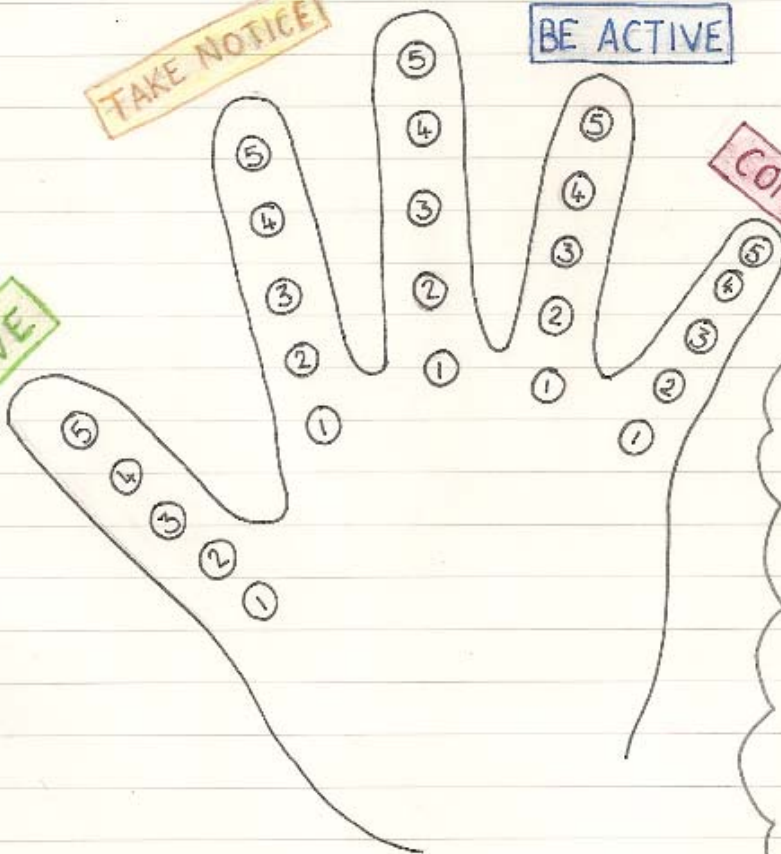
KEEP LEARNING

TAKE NOTICE

BE ACTIVE

CONNECT

GIVE



Reflect