St Joseph’s Catholic High School

*Well-being Journal and Activities*

*April 2020*

*Loving, Living and Learning through Christ*

*#Living #Loving #Learning #Leading #*

Content

The contents of this journal will increase each week. You do not need to print all of this document to be able to complete the activities.

**April 14th**

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Colouring is a simple and relaxing way of taking time for yourself. It can be helpful to colour if you find it hard to switch off as it allows the mind to slow down and become still.

**Self-Esteem Journal**

During times of uncertainty, it is important to think of all the positive things that have happened each day. Use this as a guide to help you document these things. This period of time might be one that future generations might refer to. This is a record you might want to keep.

|  |  |  |
| --- | --- | --- |
| Monday | Today I accomplished |  |
| I felt proud when |  |
| I had a positive experience when |  |
| Tuesday | A positive I witnessed was |  |
|  | Something I did well today |  |
|  | I helped today when I |  |
| Wednesday | I felt good about myself when |  |
|  | I was proud of someone when |  |
|  | Today was interesting when |  |
| Thursday | Something I did for someone |  |
|  | I helped at home when I |  |
|  | I felt proud when |  |
| Friday | I worked hard today on |  |
|  | I smiled when |  |
|  | My biggest achievement this week was |  |

**30 Positive qualities**

To help you make a list of your positive qualities, ask yourself, friends or family members the following questions:

 • What do I like about who l am?

• What characteristics do I have that are positive?

• What are some of my achievements?

 • What are some challenges I have overcome?

• What are some skills or talents that I have?

 • What do others say they like about me?

• What are some attributes I like in others that I also have in common with?

• If someone shared my identical characteristics, what would I admire in them?

• How might someone who cared about me describe me?

• What do I think are bad qualities? What bad qualities do I not have?

\*Remember to include everything no matter how small, insignificant, modest, or unimportant you think they are.

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| 15. |  | 30. |  |

Changing your mindset

Think of all the people working in our health and care services. They have had to think very differently in their work. They have had to adapt quickly. They have had to be very resilient. They have had to support each other and work together.

|  |  |
| --- | --- |
| Instead of | Try thinking |
| I’m not good at this. | What am I missing? |
| I give up. | I will use a different strategy. |
| It is good enough. | Is this really my best work? |
| I can’t make this any better. | I can always improve. |
| This is just too hard. | This may take some time. |
| I made a mistake. | Mistakes help me to learn. |
| I just can’t do this. | I am going to train my brain. |
| I’ll never be that clever. | I will learn how to do this. |
| Plan A didn’t work. | There’s always Plan B. |
| My friend can do it. | I will learn from them. |

**The difference between worry, stress & anxiety**

**Worry**

Worry tend to be quite specific and focussed on the thoughts in our heads. We might worry about a meeting we’ve got coming up or about a flight we have to take. Worry tends to cause mild distress ad feels like a proportionate response to our situation (such as Schools closing).

**Stress**

Stress is our body’s short-term response to a worry in order to help us pull through it, whether that means pulling an all-nighter to hit a deadline, being super alert when driving in the snow or running from a bear (it could happen).

**Anxiety**

We misuse the word anxiety all the time. Technically it refers to a sustained mental health disorder that we feel throughout our bodies, not just in our heads. Anxiety tends to be more generalised than worry, so we might feel anxious about travelling or social situations. Unlike worry, anxiety tends to cause more severe distress and feels less rational. First rule of anxiety management: Do something about your freak-outs before you freak out. Anxiety isn’t neat and tidy. There’s no pattern. There might be some obvious triggers, but you don’t always know when it’s going to come out of nowhere and bite you.

**Relaxation is a skill**

As with any skill, you get better with practice. Touching base with calm throughout the day helps us to regulate our feelings.

**Learn when calm**

Overwhelmed mode is not the best time to learn a new trick. Learning calming strategies while we are already relatively calm means that we can use them when we are stressed.

**Calm**

Doing a little calm prep helps us to better manage anxiety-provoking situations. If anxiety is a pan of boiling water, calm prepping is a way of turning the heat down to a simmer.