



**Wellbeing  
+ Self-care  
+ Relaxation  
+ Happiness**

**It all adds up to**

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**Livability**

**Your  
WELLBEING  
JOURNAL**

**“For everyone, wellbeing is a journey. The secret is committing to that journey and taking those steps with hope and belief in yourself.”**

Deepak Chopra



Emma Browning,  
Wellbeing  
Programmes  
Manager

**Hello and welcome** to

Your Wellbeing Journal – a great place to start if you’re looking for a way to better your health and wellbeing.

My name is Emma and I’m responsible for Livability’s wellbeing services, based at Livability Holton Lee. For over 20 years I have supported people to improve their wellbeing. And my biggest reward is seeing people transformed by our therapeutic programmes.

Wellbeing is woven through Livability’s work and I’ll be sharing some of our most popular wellbeing tips and approaches in this journal, that I have shared with colleagues and the people we support.

The constant adjusting to change, trauma and uncertainty that we have been through in the past year means that it’s a good time now to stop and reflect.

My hope is that you enjoy reading this guide and it helps you to build a strong foundation for your wellbeing.

If you do find that you need additional support, please consider speaking to someone, contact Mind on 0300 123 3393 or access their resources at [mind.org.uk/information-support/helplines](https://mind.org.uk/information-support/helplines)

*Emma*

Emma Browning,  
Wellbeing Programmes Manager

# BREATHING

## THOUGHT FOR THE DAY

How and when we breathe plays a significant part in our wellbeing, particularly our stress levels.

The frequency of running negative stories in our mind increases the levels of anxiety in our body. When your mind is doing this, have you noticed what your breath is doing?

## Morning:

### Three things I'm grateful for today...

1

2

3

### I will make today great by...

### Positive affirmation...

## Evening:

### My act of kindness today...

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### Three great things I experienced today...

1

2

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### Right now I feel ...

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# SELF-SOOTHING

## THOUGHT FOR THE DAY

When we get stressed, anxious or depressed, we become consumed by uncomfortable sensations in the body.

'When we are unable to find tranquillity within ourselves, it is useless to seek it elsewhere.'

François de La Rochefoucauld

## Morning:

### Three things I'm grateful for today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### I will make today great by...

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### Positive affirmation...

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## Evening:

### My act of kindness today...

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### Three great things I experienced today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Right now I feel...

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DAY 3

# GRATITUDE EXPLAINED

## THOUGHT FOR THE DAY

Thank you – two of the most powerful words that can be spoken. However, we don't always say them as much as we might feel we want to.

'No duty is more urgent than that of returning thanks.'

James Allen

## Morning:

### Three things I'm grateful for today...

1

2

3

### I will make today great by...

### Positive affirmation...

## Evening:

### My act of kindness today...

### Three great things I experienced today...

1

2

3

### Right now I feel...

DAY 4

# THE IMPORTANCE OF SLEEP

## THOUGHT FOR THE DAY

The internet never sleeps; with everyone and everything linked by phones, computers and tablets, sleep can become an inconvenience at times.

But we should never underestimate the power and importance of sleep. Sleep is crucial to our wellbeing.

## Morning:

### Three things I'm grateful for today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### I will make today great by...

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### Positive affirmation...

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## Evening:

### My act of kindness today...

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### Three great things I experienced today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Right now I feel...

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DAY 5

# IMPOSTER SYNDROME

## THOUGHT FOR THE DAY

'I still have a little [bit of] imposter syndrome, it never goes away, that you're actually listening to me..... It never goes away, that feeling that you shouldn't take me that seriously.'

Michelle Obama

## Morning:

### Three things I'm grateful for today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### I will make today great by...

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### Positive affirmation...

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## Evening:

### My act of kindness today...

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### Three great things I experienced today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Right now I feel...

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DAY 6

# DARING TO STAND UP TO FEAR

## THOUGHT FOR THE DAY

Consider the idea that there is a first wave of fear (your body's reaction to a situation), which is then closely followed by a second wave (our reaction to that reaction). This explains why our experience of fear is personal and a different experience to someone else's.

'We have nothing to fear but fear itself.'  
former US president Franklin D. Roosevelt

## Morning:

### Three things I'm grateful for today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### I will make today great by...

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### Positive affirmation...

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## Evening:

### My act of kindness today...

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### Three great things I experienced today...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Right now I feel...

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DAY 7

# CHANGING HABITS

## THOUGHT FOR THE DAY

It can be surprising how changing one small thing in our lives can sometimes make a big difference to how we feel:

'The best cure for one's bad tendencies is to see them in action in another person.'

Alain de Botton

## Morning:

### Three things I'm grateful for today...

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### I will make today great by...

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### Positive affirmation...

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## Evening:

### My act of kindness today...

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### Three great things I experienced today...

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### Right now I feel...

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# END OF WEEK REFLECTIONS

## This week I have learnt...

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## Three things I will do to improve my wellbeing...

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## About Livability and wellbeing

Wellbeing is something that makes Livability stand out as a charity. Making sure the people we support are thriving and getting the most out of life is as essential to us as caring for everyday needs.

Our staff are trained to give time and care to people's wellbeing. Staff wellbeing is also a high priority. All employees have free and confidential access to the Employee Assistance

Programme, which provides friendly and expert support on a wide range of work-related and personal issues.

Read more on the wellbeing journal and Livability's wellbeing work here [www.livability.org.uk/lifesum](http://www.livability.org.uk/lifesum)

**Livability is the disability charity that's committed to enabling children, young people and adults to live a life that adds up for them. What makes life livable is never down to just one thing - it's the sum of many things. From friendship to fun; from companionship to community; from a great chat to a challenge overcome - it all adds up to Livability.**

**We are a wellbeing-driven charity. Wellbeing looks different for each of the hundreds of children, young people and adults with disabilities who use Livability's services.**

**Through a wide range of disability care, special education, and rehabilitation services, we promote inclusion and wellbeing for all.**

**Together, we work to see people take part, contribute and be valued. We put the elements in place that all add up to connected lives.**

**It all adds up to**

**Livability**

Email: [communications@livability.org.uk](mailto:communications@livability.org.uk)

[www.livability.org.uk](http://www.livability.org.uk)   LivabilityUK

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