



# Wellbeing Toolkit

A wellbeing tool kit is useful as it can help us manage day-to-day life, but also cope during tough times, or pick us up when we are feeling flat. By taking some time to consider what those tools are means we can easily access and use them when needed.

In this activity think about things that you help you in different aspects of your wellbeing, to help you consider all areas we have made sections in your toolkit for\*:

- **Being active**
- **Connecting**
- **Keep learning**
- **Giving**
- **Taking Notice**

For example, in your Be active compartment - a walk with the dog or completing Sudoku puzzle to help keep both the mind and body active could be great tools to pull on when needing to de-stress.

Use the next page to create your own toolkit, why not even get some aspects of it together in one spot, you might have a box with your art kit, favourite music, photos of family, puzzles, list of great friend to call.

## ***Need some inspiration?***

Here are some suggestions for things that could go in your toolbox

- Listen to/play music
- Call a friend
- Doing some drawing/painting
- Exercise
- Walk the dog
- Gardening
- Meditation
- Read a book
- Watch a movie
- Go to be early
- Have some quiet time
- Walk down the beach/country-side
- Learn something new
- Play a game
- Dance
- Write a to-d list
- Volunteer
- Give someone a compliment
- Give thanks
- Cook
- Eat well

# my wellbeing toolkit

## Connect

Seeking positive connections, that can be with yourself, family, friends or pets to enrich how you are feeling.

## Give

People who enjoy giving and are open to receiving have improved wellbeing. The giving can be in the form of your time, words, presence, thanks, encouragement...

## Be active

Being active both physically and mentally is important. Small changes in your level of activity can make a big difference and can refresh us.

## Keep learning

Learning something can help us feel more satisfied and fulfilled. This could be cooking a new recipe, reading a new book anything as long as it interests you that is the key!

## Take Notice

The simple things that give you joy. We can all get busy but what can help you stop and enjoy the simple things.

What are the 'tools' in my wellbeing toolkit to maintain a happy and healthy wellbeing both physically and mentally

