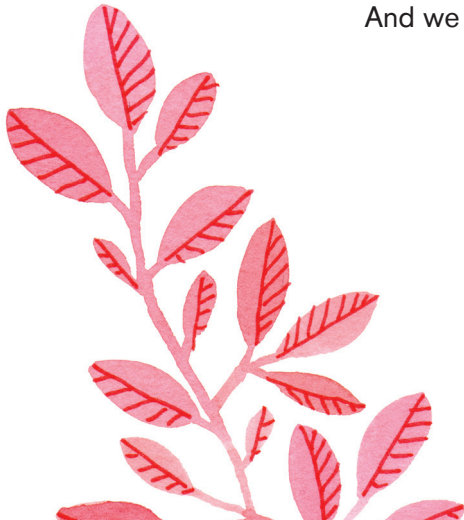





Introduction

Life can sometimes feel pretty heavy. And it's hard to find time for ourselves when there's so much else going on. But we all deserve a sense of wellbeing, and this little book aims to help you find yours. It's a place for you to gain strength, insight, practice getting to know yourself a little better, express yourself a little freer, shake hands with your creative side. It's up to you how to use it – diary, sketchpad, list-keeper, coaster – but whatever you do, we hope you enjoy it.


And we hope it helps.





The Wellbeing Journal is published by Michael O'Mara Books, to raise money and awareness for Mind, the mental health charity. All royalties from the sale of this book (a minimum of £5,000) will be donated to Mind, a registered charity in England and Wales (charity number 219830).

Mind believes that no one should have to face a mental health problem alone. We're here for you. Today. Now. We're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner.



If you need us:



Mind Infoline: 0300 123 3393

or text: 86463

9am to 6pm, Monday to Friday (except for bank holidays)

info@mind.org.uk

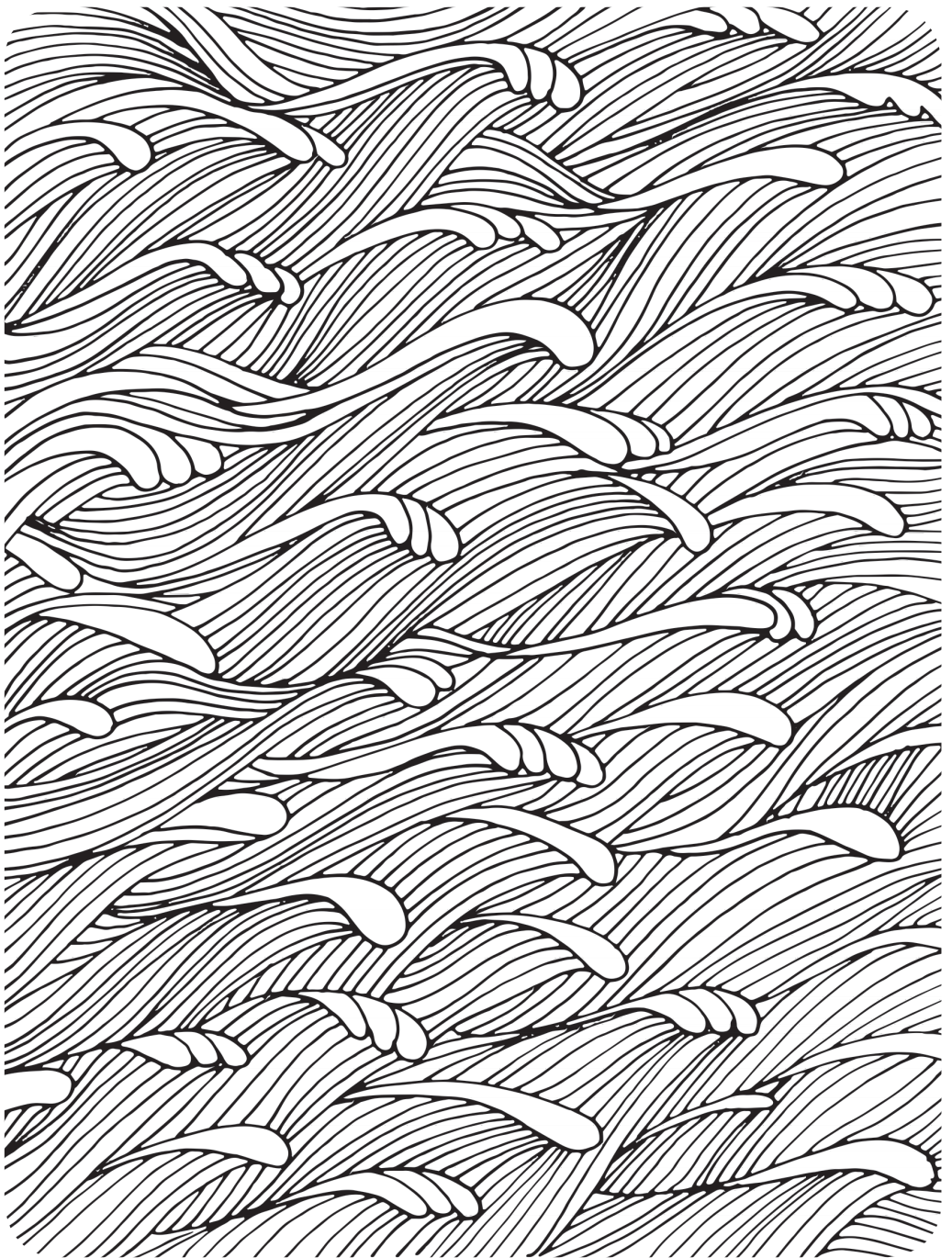
Find your local Mind at mind.org.uk/localmind




A Spot of Colouring

Colouring is a simple and relaxing way of taking time for yourself. It can be a helpful practice if you find it hard to switch off as it allows the mind to slow down and become absorbed without strain.

Try it for yourself with the pattern opposite. Take your time selecting the colours you want to use. Then spend a minute or two looking at the intricacies in the pattern before you start. When you're ready, begin to colour.





*'Adopt the pace of
nature: her secret
is patience.'*

Ralph Waldo Emerson



Relax Your Body

When you're stressed, your muscles can become tight and tense. This exercise helps you notice tension in your body and relax your muscles.

Lie down or sit with your back straight and your feet on the floor. Close your eyes or focus on a spot in the distance.



Start by clenching your toes as much as you can for a few seconds then releasing them. Notice the difference between the two feelings.



Match this to your breathing. Tense each muscle as you take a deep breath in, and relax as you breathe out.



Move up your body to your thighs, your stomach and all the way to your shoulders and hands, clenching and relaxing each muscle in turn. Take time to notice any parts of your body that feel tense, tight or tired. You can repeat these steps if you still feel tense.



Take a moment to relax, then slowly and gently begin to move. When you feel ready you can stand up slowly.



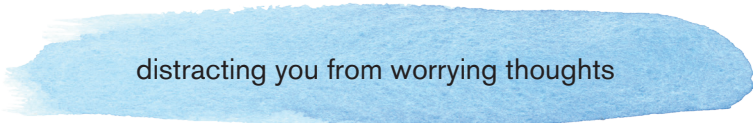
Lined writing area consisting of 17 horizontal lines.



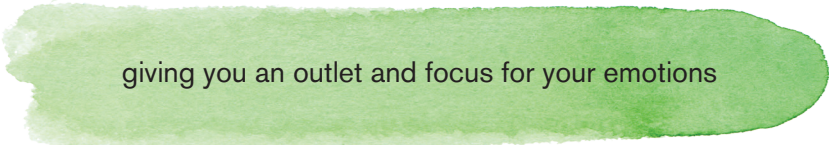
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Get Creative

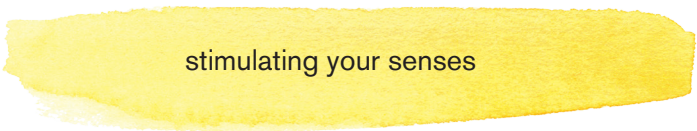
Doing something creative can help you feel more calm and relaxed. It works by:



distracting you from worrying thoughts



giving you an outlet and focus for your emotions



stimulating your senses

You could try painting, drawing, making crafts, playing a musical instrument, dancing, baking or sewing. The key is to try not to worry too much about the finished product, and focus on enjoying yourself.

Even a few minutes spent doing something creative can make a difference. Try using the shapes and patterns opposite to get started with a bit of doodling.

