

My Wellbeing Wellbeing Journal: A Guide to Feeling Balanced

Learning objective: To understand the importance of physical and mental wellbeing and identify personal strategies for maintaining a healthy, balanced lifestyle.

This is your personal wellbeing journal. Use this template to reflect on your day, identify your emotions, and think about the positive choices you make to keep your body and mind healthy. Remember, there are no wrong answers when it comes to your feelings, but do try to explain your thinking clearly.

Word bank: resilience · mindfulness · balanced · perspective · tranquillity · positivity · empathy · gratitude

1. My Emotional Landscape: Describe a specific emotion you felt today and explain why you think you felt this way. How did your body respond to this emotion? (3 marks)

2. The Balanced Choice: Max the monkey loves solving puzzles, and he knows that a healthy mind is a puzzle piece. Describe one activity you did today that helped your wellbeing. Why was this choice beneficial? (3 marks)

3. Overcoming Obstacles: Think of a challenge you faced recently. How did you show resilience? If you were to face a similar challenge again, what might you do differently? (4 marks)

4. Supporting Others: Ellie the elephant always remembers to be kind. Describe a time you showed empathy to a friend or family member. Why is kindness an essential part of wellbeing for everyone in a community? (3 marks)

5. Comparing Perspectives: Compare and contrast how physical exercise and quiet reflection (such as reading or stargazing with Nova) contribute to your overall happiness. Justify why both are necessary. (4 marks)

6. Future Growth: What might happen to your wellbeing if you stopped making time for your hobbies? Predict the long-term impact on your mood and energy levels. (3 marks)

Extension challenge: Creative Task: Imagine you are writing a letter to a younger student who is feeling overwhelmed. Use your own experiences to give them three pieces of advice on how to look after their mental health. Use at least three words from the word bank in your response.