

DEVELOPING A WELLNESS TOOLBOX

We all experience difficult times in our life, the first step in building resilience is to develop a wellness tool box. Each of us are unique so how you develop your toolbox will be unique to you, it's important your toolbox is filled with tools that are useful to you. To develop a wellness toolbox start by making a list of things that have helped you in the past or think about things you may like to do. When building your wellness toolbox its important look at replacing unhealthy behaviours with healthy, nurturing, fulfilling activities and behaviours.

Some examples you may like to try include:

- Going for a walk in nature
- Talking to a friend or family member
- Singing
- Dance - like no one is watching
- Going to the beach
- Listening to music
- Talking to a counselor or mental health care professional
- Write in your journal
- Writing
- Do something that makes you laugh
- Cook a nutritious meal
- Take a bath
- Go to the gym
- Practice Yoga
- Go for a run
- Hang out with friends or family
- Surround yourself with positive people
- Think about 3 things your grateful for
- Do something special for someone else
- Focus on your breathing while doing full deep but unforced breathing
- Practice being in the present moment
- Make a list of the things you've achieved in your life
- Make a list of the people who are important in your life
- Do something special for yourself
- Rest
- Read a book
- Do some self care activites; facial, haircut, manicure, pedicure, shave and trim

MY WELLNESS TOOLBOX

