



The 5 Ways to Wellbeing ACTIVITIES

Activites

Welcome to the 5 Ways to Wellbeing Activities booklet. Here, you'll find a range of activities designed to enhance your mental health and well-being. Whether you prefer creative tasks, mindfulness exercises, or physical activities, there's something for everyone. Dive in, take time for yourself, and enjoy activities that support your mental health and happiness.

Gratitude Journal

Gratitude helps us embrace all aspects of our lives, not just the good moments. It involves recognizing and appreciating the continuous goodness we receive.

Choose your journal

Pick a journal that feels special and comfortable, whether it's a notebook, a fancy new journal, or a digital app.

Create a gratitude-friendly space:

Find a quiet, comfortable spot where you can write without interruptions, like a cozy corner at home or a park bench.

Set a regular journaling routine

Choose a consistent time each day to write, whether in the morning to start positively or at night to reflect on your day.



Daily Intentions

THINGS I'M GRATEFUL FOR



SELF CARE TODAY



My GOALS AND INTENTIONS



HOW WAS My MOOD

THINGS I ACOMPLISHED TODAY



Circle your mood

WATER



Colour the amount of glasses of water you take

Self-care tips and ideas

Use this self-care bingo sheet for ways to improve your positive mental health.

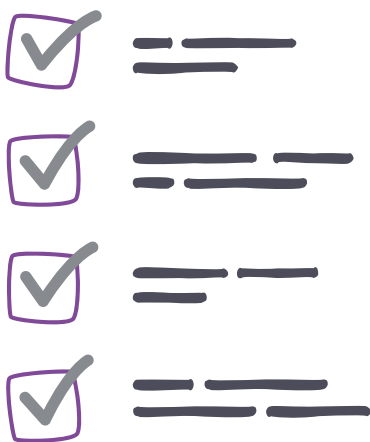
TAKE A SHOWER	CREATE A FEELGOOD PLAYLIST	CALL A FRIEND AND GO FOR COFFEE	UNFOLLOW NEGATIVE SOCIAL MEDIA ACCOUNTS	MEDITATE
LISTEN TO MUSIC OR DANCE AROUND	TRY A NEW RESTAURANT	START A NEW BOOK	WRITE A LIST OF 8 THINGS YOU LIKE ABOUT YOURSELF	DO SOME GARDENING
BUY YOURSELF SOME FLOWERS	DRINK WATER	ME TIME	ORGANISE YOUR ROOM	BE KIND TO SOMEONE
CANCEL PLANS OR MAKE PLANS	SPEND SOME TIME IN NATURE	WATCH YOUR FAVOURITE FILM	TAKE A NAP	HAVE A BATH
ACCOMPLISH A GOAL	TRY SOMETHING NEW	WRITE IN A JOURNAL	GO OUT WITH FRIENDS	TURN OFF YOUR PHONE FOR A DAY



Goal Setting Activity

This activity will help you identify your goals and create a plan to achieve them. Setting clear and specific goals can motivate you and provide direction. Remember to be gentle with yourself, make allowances when things aren't done, or when things get in the way.

Getting
Things
Done!



Yearly Planner



Year

— JAN —	— FEB —	— MAR —

— APR —	— MAY —	— JUN —

— JUL —	— AUG —	— SEPT —

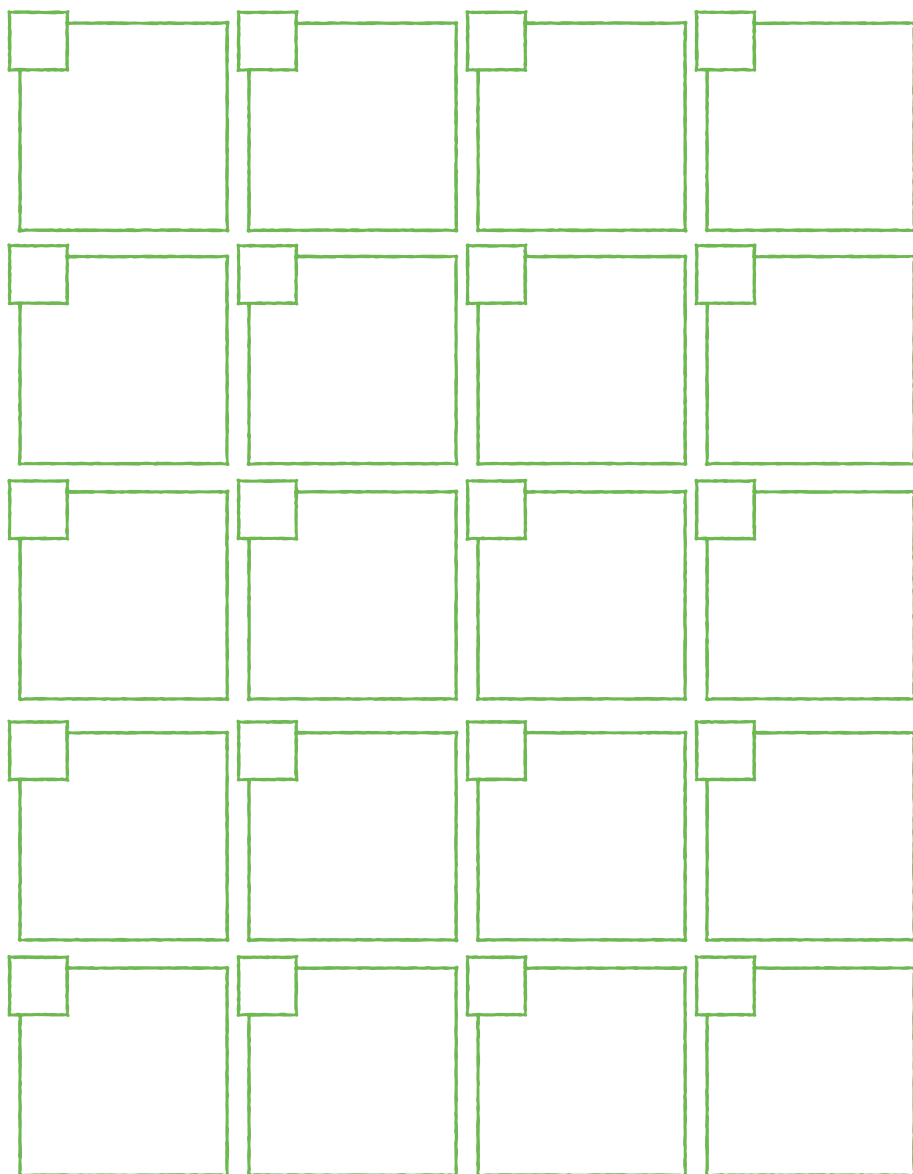
— OCT —	— NOV —	— DEC —

Monthly Planner

Month

BIRTHDAYS





Weekly Planner

Week Starting

APPOINTMENTS



GOALS



MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

TO DO

GRATEFUL FOR



Goal Planner

GOAL



DEADLINE



ACTION STEPS



NOTES



GOAL



DEADLINE



ACTION STEPS



NOTES



Daily Planner

Date _____

SCHEDULE

[illegible]

HAPPY MEMORY



APPOINTMENTS



MEALS



SHOPPING LIST



Breathing Exercises

Breath focus helps you concentrate on slow, deep breathing and aids you in disengaging from distracting thoughts and sensations. Try this activity to get started!

4

Close Your Mouth, inhale quietly through your nose for count of four

7

Hold your breath for a count of Seven

8

Exhale completely through your mouth for count of eight



Guided Meditation

Meditation brings your attention to the present moment and develops mindfulness, the ability to be focused on the here and now. Try this activity to get started!



WALKING MEDITATION EXERCISES

For Audio Guidance
Scan Here



As you begin, walk at a natural pace.

Place your hands wherever comfortable: on your belly, behind your back, or at your sides. If you find it useful, you can **count steps up to ten, and then start back at one again.** If you're in a small space, as you reach ten, pause, and with intention choose a moment to turn around.

With each step, **pay attention to the lifting and falling of your foot.** Notice movement in your legs and the rest of your body. **Notice** any shifting of your body from side to side.

Whatever else captures your attention, **come back to the sensation of walking.** Your mind will wander, so without frustration, **guide it back** again as many times as you need. Particularly outdoors, maintain a larger sense of the environment around you, taking it all in, staying safe and aware.



Now for a few minutes, **expand your attention to sounds.** Whether you're indoors, in the woods, or in a city, **pay attention to sounds** without labeling or naming, or getting caught up in whether you find them pleasant or unpleasant. **Notice sounds as nothing more or less than sound.**



Shift your awareness to your sense of smell. Again, simply notice. Don't push or force yourself to feel anything at all, just bring attention to the sense of smell, whatever you discover.





Now, **move to vision: colors and objects and whatever else you see.** Patiently coming back each time something grabs

your attention, or even if something needs addressing, like avoiding an obstacle. Staying natural, not overly rigid, not daydreaming and drifting, but with sustained awareness.

Keep this open awareness of everything around you, wherever you are. **Nothing to do, nothing to fix, nothing to change. Fully aware, and walking.**



In the last moments, **come back to awareness of the physical sensations of walking,** wherever else your mind found

itself throughout the practice.

Notice your feet again touching the ground. Notice again the movements in your body with each step.

When you're ready to end your walking meditation, **stand still for a moment again.** Pausing, choose a moment to end the practice.

As you finish, consider how you might bring this kind of awareness into the rest of your day.



Grounding Technique

Grounding is a technique that helps keep you in the present and helps reorient you to the here-and-now and to reality. Try this activity to get started

5

THINGS YOU CAN SEE

4

THINGS YOU CAN FEEL

3

THINGS YOU CAN HEAR

2

THINGS YOU CAN SMELL

1

THING YOU CAN TASTE

Five P's of Energy Conservation

Many of us experience the symptoms of tiredness and fatigue in our everyday lives. Following the Five P's of Energy Conservation may help with this.

Planning ahead

Plan how you are going to use your energy. Plan which tasks are done when and spread them throughout the day or week prioritising that all tasks do not need to be done straight away or all in the same day.

Pacing

Break tasks down into **smaller more manageable** ones with rest in between. Do the bigger/ more difficult ones at your best time of the day (when you have the most energy).

Prioritise

Ensure you do all tasks that are **most important** and **eliminate unnecessary tasks** that don't have to be done straight away.

Positioning

Remember about **maintaining a good posture** while completing tasks as it will save your energy.

Positive Attitude

Be kind to yourself! Some days will be easier than other but **don't beat yourself up** if you do not complete all of your planned tasks.





Scan here for printables and downloads



Healthy
Meath



Healthy
Louth

