

A hand-drawn thought bubble in blue ink with a green arrow pointing upwards and to the right.

WELLBEING JOURNAL

A place to write down the things
that make you feel good



WHAT IS THIS JOURNAL FOR?

Sometimes, if we are worried about a problem or a challenge in our lives, we may not pay as much attention to the things which could help us to feel good. There is evidence that paying attention to these things (some of them may be very small and easily missed), and writing them down or even drawing them, can help us to feel good.

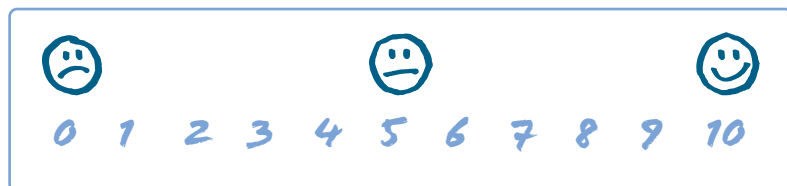
The more we practise paying attention to things that we are grateful for and that make us feel good, then the more likely we are to notice good things as they happen, even if we are having a difficult time.

So, this is a journal just for you, to think about and write down the things which make you feel good.

HOW MIGHT YOU USE THIS JOURNAL

You might like to try an experiment to see for yourself how writing down the things you're grateful for each day may help you to feel good.

Before you start, **think about how you have been feeling in general over the last week or two**, on a scale of 0-10, where 0 is not very good at all, and 10 is feeling really good:



Once you have done this, take some time each day, perhaps in the evening as you're thinking about your day, to **write down or draw three things** that have happened during the day that make you feel good or that you are grateful for. This isn't always easy, particularly at first, or if you have had a day when things don't seem to have gone so well.

With practice, as you start to notice and write down your positive experiences, you may start to find it gets easier and more enjoyable to do this experiment each day and you may start to spot the positive things as they happen.

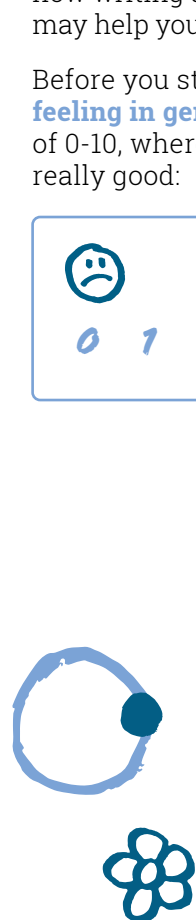
Write or draw in your journal each day for 30 days. At the end of the 30 days, mark the scale, thinking about how you have felt generally over the past week, as you did before at the start of the experiment.



You may notice that you have moved up the happiness scale, and you might feel more positive as you realise there are lots of moments that happen in your life that you feel good about. If so, keep going!

However, you might not feel any better, and you might need a little longer to keep practising the experiment. If you do find that you are still very unhappy or you feel even more unhappy than you did when you started the experiment, do talk to an adult you can trust about how you've been feeling to get some support.

There are some ideas about support at the back of the journal.



A BIT ABOUT ME...

NAME _____

AGE _____

SCHOOL _____

FAVOURITE HOBBY _____

FAVOURITE FOOD _____

IF I WERE AN ANIMAL I WOULD BE:

I WISH I COULD BE BETTER AT:

BUT I'M REALLY GOOD AT:

WHAT MIGHT YOU WRITE OR DRAW IN THIS JOURNAL?

We are all different! The things that make you feel good might be different from the things that make someone else feel good. It may be that you write about something you have seen, heard, felt, or tasted, or something a person did or said that you are grateful for.

Here are just a few examples:

- Enjoying a cold drink on a hot day.
- Watching the sun setting in the evening.
- Listening to birds singing.
- Cuddling a pet.
- Smelling a flower.
- Listening to music you enjoy.
- Playing a game with a friend or relative.

DATE



THREE THINGS THAT MADE ME FEEL
GOOD TODAY...

HOW I HAVE
FELT TODAY...

Happy

Sad

Excited

Worried

Angry

Grateful

SOME IDEAS
OF MY OWN...

.....

.....

.....

DATE



THREE THINGS THAT MADE ME FEEL
GOOD TODAY...

HOW I HAVE
FELT TODAY...

Loved

Grumpy

Annoyed

Anxious

Proud

Helpful

SOME IDEAS
OF MY OWN...

.....

.....

.....

DATE



THREE THINGS THAT MADE ME FEEL
GOOD TODAY...

HOW I HAVE
FELT TODAY...

Silly

Lonely

SOME IDEAS
OF MY OWN...

.....

Frustrated

Joyful

.....

Kind

Scared

.....

DATE



THREE THINGS THAT MADE ME FEEL
GOOD TODAY...

HOW I HAVE
FELT TODAY...

Amazed

Disgusted

.....

Peaceful

Surprised

.....

Bored

Distracted

.....

DATE



THREE THINGS THAT MADE ME FEEL
GOOD TODAY...

HOW I HAVE FELT TODAY...

(Use ideas from the previous days to fill out your own)

.....
.....
.....

DATE



THREE THINGS THAT MADE ME FEEL
GOOD TODAY...

HOW I HAVE FELT TODAY...

(Use ideas from the previous days to fill out your own)

.....
.....
.....

TIME TO CARRY ON...

We hope you've found this notebook helpful! Carry on looking out for three good things every day and encourage those around you to do the same.

Remember the Five Ways to Wellbeing – there are lots and lots of other things you can do to look after yourself. What could be your next challenge?



SOME IDEAS FOR YOU



CONNECT

- Make a playlist of your favourite songs and share it with your friends.
- If you like cooking, share the recipe for your favourite creation with someone.
- Think about someone who might be lonely at this time and send them some 'happy post' to cheer them up.



BE ACTIVE

- Put on your favourite music and dance for 10 minutes.
- Have a good stretch.
- Do some squats while waiting for the kettle to boil.



KEEP LEARNING

- Do a puzzle, word search or Sudoku.
- Find out the meaning of your name (and your family members' names too).
- Learn 1-10 in another language.



GIVE TO OTHERS

- Do a chore around the house that someone else might usually do.
- Do three random acts of kindness in one day.
- Give someone a compliment.



TAKE NOTICE

- Blow bubbles and watch how they move, their colours etc.
- Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar.
- Look up to the sky and find funny shapes in the clouds.
- Try to notice one thing that makes you feel excited and one thing that makes you feel calm and relaxed.

SOURCES OF HELP

CHILDLINE

0800 1111 (free 24hr)

Confidential listening for anyone aged 18 and under

childline.org

STUDENTS AGAINST DEPRESSION

studentsagainstd Depression.org

For information and self-help material

THE MIX

themix.org.uk

Essential support for under 25s

ANNA FREUD

annafreud.org/on-my-mind/self-care

Useful ideas for looking after yourself

SAMARITANS

116 123

For confidential emotional support 24/7

jo@samaritans.org

PAPYRUS

papyrus-uk.org

Suicide prevention and support

YOUTH ACCESS

youthaccess.org.uk

Mental health info and guidance for 11-25 year olds

BEAT

0808 801 0711 (youthline for under 18's)

Help and information about eating disorders

ABOUT THE CHARLIE WALLER TRUST

The Trust was set up by Sir Mark and Lady Waller in 1997, to remember their son Charlie. The Trust now provides training and resources to help young people, and those who support them, to learn how to look after their mental wellbeing. Every year the Trust's expert trainers work with hundreds of schools and families to get people talking about mental health so they can get help if they need it.

GET IN TOUCH

hello@charliewaller.org

01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



The Charlie Waller Trust

First Floor • Rear Office • 32 High Street • Thatcham • Berkshire RG19 3JD

The Charlie Waller Trust is a registered charity in England and Wales 1109984.

A company limited by guarantee. Registered company in England and Wales 5447902.

Registered address: as above.