



# Creating a personal wellbeing toolkit

Take some time to ask yourself the following questions and write your answers down. As part of the process, identify one action/strategy you will start to practice daily – even a couple of minutes a day will work, it's about being intentional and consistent.

	Questions to ask yourself	Examples of tools: Actions, strategies, activities	Which tool can I add to my toolkit now? What do I need to do to make this more likely to happen?
Managing Stress 	<p>What situations or circumstances cause me to feel stressed? eg. work pressure, deadlines, relationships.</p> <p>What has worked in the past or what could I try now to manage these situations better?</p>	<ul style="list-style-type: none"> <li>• Mindfulness or meditation</li> <li>• Deep breathing exercises</li> <li>• Establish boundaries</li> <li>• Delegate tasks</li> <li>• Take regular breaks</li> <li>• Engage in hobbies or activities that bring joy and relaxation</li> </ul>	
Eating Well 	<p>What makes it hard to eat well and make healthy choices at the moment?</p> <p>What solutions could help me eat better?</p>	<ul style="list-style-type: none"> <li>• Plan and prepare healthy meals in advance</li> <li>• Enjoy a variety of fruits and vegetables daily</li> <li>• Limit processed foods and excess sugar</li> <li>• Stay hydrated</li> <li>• Practice mindful eating</li> </ul>	

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Sleeping 	<p>What is getting in the way of me getting good sleep at the moment? eg. busy mind, working at night.</p> <p>What could I do to improve the quality and quantity of my sleep?</p>	<ul style="list-style-type: none"> <li>• Maintain a consistent sleep schedule</li> <li>• Create a relaxing bedtime routine</li> <li>• Avoid electronics before bed</li> <li>• Create a comfortable sleep environment</li> <li>• Limit caffeine and alcohol intake</li> </ul>	
Keeping Active 	<p>What is stopping me exercising as much as I would like/need to at the moment?</p> <p>How can I include move movement into my day?</p>	<ul style="list-style-type: none"> <li>• Engage in regular physical activity (eg, walking, jogging, yoga, dancing)</li> <li>• Find activities that are enjoyable, set achievable goals</li> <li>• Incorporate movement into daily routines</li> </ul>	
Dealing with difficult emotions 	<p>What situations or circumstances trigger challenging emotions?</p> <p>How can I manage difficult feelings?</p>	<ul style="list-style-type: none"> <li>• Seek support from a therapist or counsellor</li> <li>• Self-compassion</li> <li>• Engage in journaling or expressive writing</li> <li>• Practice relaxation techniques such as deep breathing or progressive muscle relaxation</li> </ul>	
Social Connection 	<p>Am I getting enough social contact?</p> <p>Who makes me feel good when I am around them?</p> <p>What can I do to feel more connected to others?</p>	<ul style="list-style-type: none"> <li>• Prioritise/schedule time with loved ones and friends</li> <li>• Join social, community or volunteer groups</li> <li>• Use technology to connect with friends and family who live afar</li> </ul>	