

The Wellbeing Journal Creative Activities To Inspire

A personal mood-boosting toolkit and a reminder for teens that they are never alone in their struggles. According to the American Psychological Association, due to the rapid ownership growth of smartphones and rise of social media, mental health problems have increased significantly over the last decade among adolescents and young adults. Similar teen journals on the market tend to only address single issues or topics, such as worry, anxiety, and mindfulness, whereas Vibe Check covers a variety of issues that teens might encounter. While not a substitute for therapy, this journal is a great place to start and to keep notes that can help teens put messy thoughts into words. Journaling is often a practice recommended by therapists for this reason. Vibe Check helps teens embrace who they are and gain the tools to effectively manage different emotions, stressful situations, poor sleep, and other common mental health concerns within their age group. Packed with prompts, exercises, and simple graphics, this journal provides a creative space for teens to work through life's everyday challenges.

Through creative exercises and mini-journals, discover your unique, multi-faceted self. With short introductory narratives, and trigger headings to provoke thought, creativity and self-awareness, The Book of Me is a celebration of individuality and a chance to take stock of your life, your dreams and goals, and reflect on what's truly important to you. It is also a soothing guide to self-compassion and kindness, and a journal to reference now and in the future for maintaining well-being and self-care. Through free expression, words and pictures, and inspired by the vibrant full color illustrations, really get to know yourself in this beautifully designed and illustrated creative journal.

I'VE CREATED THIS BOOK TO HELP SHOW THAT IT'S OK TO FEEL ALL EMOTIONS... Get a pen, pencil and colouring pens at the ready, and prepare to become great friends with your emotions. After all, they are great! In fact, they're AWESOME. They make life one big adventure as you try new things, learn, grow and discover who you are. Love, FEARNE *** Meet your moods in the brilliant new activity journal for children, by bestselling author and broadcaster Fearne Cotton. Have you ever felt... Sad... Happy... Angry... Lonely... Worried... Scared... Excited? Or several of these moods all at once? Emotions might seem big and complex - but the more we understand them, the better we can become at managing them. Say hello to all of these moods in YOUR MOOD JOURNAL, a customisable activity book divided into seven colourful and fully illustrated chapters and packed full of interactive exercises, practical tips and notes from Fearne herself that give children the tools to understand and articulate their emotions. The journal begins with an introduction from Fearne and includes stickers so that book can be personalised. This is the perfect toolkit for children looking to explore their emotions and build confidence in communicating their feelings. This big book of activities will help children learn about their different moods and how they make their mind and body feel, with lots of space to write, draw, learn, create and have fun along the way! In this empowering journal, Fearne Cotton, the bestselling author, broadcaster and founder of Happy Place, uses practical and engaging tools to guide children to a better understanding of themselves and their emotions. *** 'This fun, engaging journal is packed full of evidence-based activities to help children explore and understand their emotions. It is a wonderful introduction to emotional literacy, encouraging healthy coping and providing essential building blocks for future mental health.' Dr Jo Mueller, Clinical Psychologist

This new and updated book is packed full of tried-and-tested therapeutic activities for use in a range of care settings. It is designed to use simple and inexpensive tools and contains both individual and group activities of varying difficulty, and includes real-life anecdotes that bring the techniques to life.

This journal is designed to give you the space to be completely honest with yourself, whatever you're going through. Each page includes a quote to inspire you to respond authentically, so that you can later look back over your own journey of resilience, self-discovery and faith. 'This Is Me: My Wellbeing Journal' has been developed by CWR to complement the ministry of Kintsugi Hope and includes contributions from Patrick Regan OBE and others involved in the Honesty Over Silence tour.

As our lives get busier, boundaries between work and leisure blur and we spend less time thinking about what we're putting our minds, bodies and souls through. This fast-living is resulting in a pandemic of "ill-being": from general weariness and "feeling under the weather," to prolonged bouts of sickness, lethargy and sharp increases in stress, depression and mental health issues. The Wellbeing Book will demonstrate how we can interact with the world to lead a better life. The author provides 50 practical and uplifting ways to improve physical and mental wellbeing by focusing on the mind, body and soul. In doing so, he helps us to hit the pause button and learn how to enhance our energy and build resilience, cultivate our emotional and physical wellbeing, manage stress and live a happier and more fulfilled life.

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Nurture your well-being through a year of journaling and self-reflection Guided journaling is a simple but powerful tool. It can help you attend to your emotional needs, boost your mood, and set goals both big and small. With a focused prompt for every day of the year, the 52-Week Mental Health Journal helps you navigate four core pillars of good mental health--calm and resiliency, connection and engagement, goals and purpose, and healthy living--so you can thrive in every area of your life. This yearlong mental health journal includes: Quick and effective prompts--Take just a few minutes each day to reduce stress, increase your connection to others, and find deeper meaning in your life. Evidence-based methods--The exercises in this mental health journal are rooted in research-supported techniques like mindfulness and cognitive behavioral therapy. Inspiring quotes--Find wisdom and motivation with poignant words from philosophers, artists, writers, and more. Discover a clear path to improved well-being with the 52-Week Mental Health Journal.

A guided writing journal filled with tips, instructions, and plenty of space to explore your creativity and become a better writer. "Where do I begin?" A common question, no matter how much you love to write, how often you write, or if you're a beginner to journaling. The blank page or empty journal can be intimidating. Designed to nurture your creativity and self-motivation, My Creative Writing Journal provides you with welcome guidance and inspiration to explore and write with ease. Inside this interactive journal you will find plenty of writing room to get your thoughts and words on paper and even learn more about yourself. Unique writing prompts and interesting topics and questions to reflect upon will stimulate your creativity and have you brainstorming new ideas. Whether you're new to journal writing or find yourself really stuck in the creative process, discover the motivation to get started and the encouragement to continue and enjoy your writing journey.

Write off your anxiety with fast and effective journal prompts Do you pretend you're not home when a delivery arrives? Are you afraid that strangers on the street are judging you? Have you spent an hour drafting an email just to make sure it sounds polite enough? The 5-Minute Anxiety Relief Journal will help you manage those overwhelming, anxious feelings with short and funny

writing prompts--so you can breathe a little easier. Expressive writing is proven to reduce stress and anxiety. The prompts and reflections in this lighthearted, guided journal will make you laugh, and help you make room for positivity and healing. It's a creative way to stop freaking out and put your anxiety out of your head and onto the page. The 5-Minute Anxiety Relief Journal offers: Positive and inspirational--The prompts take just 5 minutes, so you'll have no problem doing them regularly. Whenever and wherever--The design is undated, leaving you free to fill in any of the prompts at any time. Practicing mindfulness--The simple meditation exercises will teach you to stay centered if you start to spiral out. You're just 5 minutes away from the path to less anxiety.

Transform your day with the activities and guided colouring in this journal. Learn more about what mindfulness is - and how to do it - while also enjoying the focussed calm it can bring to your life. Each of the stunning patterns that fill this book is accompanied by a gentle exercise in mindfulness, created by Chartered Counselling Psychologist and mindfulness practitioner Dr Sarah Jane Arnold. There is also space to write your thoughts and feelings, along with inspirational quotes that work together to help harness your creativity and promote your well-being

This is the third edition of Barbara Bassot's hugely popular book, a uniquely inspiring introduction to critically reflective practice. Using bite-sized theory combined with plentiful guidance and supporting activities, this book gives the reader a place to reflect on their learning and use writing as a tool for developing their thinking. Critical reflection is an essential skill for anyone undertaking qualifying professional programmes such as social work, nursing, health, teaching, childhood studies and youth and community work degrees. Whether being taught as a discrete module or as a major theme embedded in all teaching, this is essential reading for anyone wanting to improve their practice and deliver the best service possible. New to this Edition: - Revised throughout to ensure that the research and theory is up to date - Brand new features - Case Studies and Journal Extracts to prompt further reflection

'Inspirational' Cara Delevingne Whether you live in a house or flat, in a rural or urban environment, this beautiful book shows how to harness the natural world around us and feel more grounded and rooted in our surroundings. The Wild Journal is a beautifully illustrated guide from leading florist and nature writer Willow Crossley. Guiding you through creative practical projects and therapeutic seasonal reflections, The Wild Journal celebrates the potential of nature to mend, heal and transform our mood. The simple, back-to-basics habits and small seasonal changes in the book can help everyone to counteract the unpredictability and chaos of everyday life. Wherever you live, there are simple mindful actions – from listening to birdsong instead of rushing on your commute, to collecting natural treasures such as feathers, branches, pebbles or pine cones. Willow shares her creative techniques for bringing nature into your daily routine – whether it's planting and potting, identifying wild flowers, trying your hand at beautifully simple flower arrangements or making your own essential oils and candles. There is space to record reflections and your favourite seasonal activities, as well as ideas for star-gazing, bird-watching, and so much more. Willow Crossley's creative approach is informed by an artistic eye and a life spent immersed in nature. From growing up in Wales where days were spent exploring outdoors and flowers adorned every surface, to living in France surrounded by fields of sunflowers, iris and fragrant lavender, nature has always been an intrinsic part of her everyday life.

Reclaim Joy is a beautiful guided journal that shows you how we can embrace the joy in simple, free, and natural things; every day of the year!

My Emotions Journal - A Creative Feelings Log Book For Kids & Early Teens! Everyone feels better when they can recognise and express their feelings and this can sometimes be difficult for kids to do - and even more so for those children coping with conditions such as depression, anxiety, aspergers, autism or adhd. This fun journal will give your child an outlet for their emotions, in a creative way through both writing and drawing. Each day has two pages to work with: On page 1... Is a section to identify 3 key emotions felt that day. This can help them to acknowledge how they've been feeling. A space to write/stick/draw or doodle about their feelings. A space to create their own Emoji face! A fun way for them to creatively express their key emotion for the day On page 2... Is a space to talk about how they felt during the day - in the morning/afternoon evening. A space to write down any potential emotional triggers they experienced that day. A space for important notes. These two pages are then repeated throughout the journal, with 122 pages in total to write on. Each journal is 6 x 9 inches, the ideal size to pack into their bag to school, or for trips away. Each journal has a quality soft cover, brightly covered with emoji faces and a smooth matte finish. If you're interested in other journals like this one, be sure to click on the author name & see what else is new!

Tune in to you This tracker is a useful tool to help you map out your overall well-being over time. Whether you want to check in with yourself and track daily habits or learn about what shapes your emotions, this book is the perfect place to start. With monthly trackers to record sleep, exercise and more, plus a selection of activities to let your creativity flow, this journal helps you practise daily self-care for lasting health and happiness.

A beautifully illustrated journal encouraging the reader to harness the power of happiness and bring more joy every single day. A beautifully illustrated workbook that helps women slow down and enjoy life rather than pushing for perfection. Most women today are frantic, lost in an endless cycle of busyness caused by constant pressure to perform up to unrealistic expectations of perfection, many of which are self-imposed. This journal cuts to the heart of the problem by showing women how to reconnect with their inner selves through solitude, introspection, and contemplation of what's truly important to them as individuals and family members. Give yourself permission to be Present, Not Perfect.

Make improving your health and wellbeing easier with this tailor-made journal! If you are ready to kick-start a new healthier, happier lifestyle and be the best you can be, then this journal is for you! This handy diary is great if you are ready to improve your life. This 20cm x 25.5cm (8"x10") diary is the perfect size and gives you plenty of space to write in and the prompts and relevant sections make writing in your journal easy and enjoyable. Begin journalling and discover ways to improve your wellbeing, plus you can create your wish list and gratitude list. You can record how you are feeling, both physically and mentally. Record what you desire most, including your challenges and make a record of your sleep, stress, energy levels, fluid intake and overall mood. Using this journal can improve your wellbeing and self-care

Full of creative activities, this journal and colouring book aims to help young people aged 8-14 manage difficult thoughts, feelings and emotions such as anger and anxiety. It includes space to write and draw, colouring pages, inspirational quotes and poems, and provides a host of healthy coping strategies.

Mindfulness is the simple and powerful practice of training your attention. It's simple in that it's just about paying attention to what's happening here and now, and powerful because it can keep you from getting lost in thoughts about the future or past, which often

generate more stress on top of the real pressures of everyday life. While learning to live in the moment, the joyful mindfulness exercises, meditations, coloring pages, and habit-breakers in this beautifully designed and illustrated book will challenge your powers of observation, investigation, and cultivation while bringing new awareness to your senses, thoughts, and emotions. *I Am Here Now* inspires readers to explore the world with greater curiosity and find moments of mindfulness in everyday life, while unleashing your creativity along the way.

Foreword by Fearne Cotton. *The Joy Journal for Magical Everyday Play* by Laura Brand showcases fifty engaging activities for creative, everyday playtime to encourage a connection to nature, sense of joy and bonding with your kids, while nurturing your own inner child too. The activities are mindful, creative and, crucially, very easy things to make and do with children that you will enjoy as much as they will. From moon sand to flower soup and nature wands there are short, long, loud and quiet activities to take you from morning to evening – each with a focus on the risk factors: volume of effort vs child engagement and mess. Laura Brand has been testing these while writing and raising her two-under-two, and shares the happy accidents and road blocks she's hit along the way in honest, open and often funny introductions to each of the exercises. This beautiful handbook will help you to inject fun, mindfulness and craft into bath-times, rainy afternoons, long journeys and play dates and to resist (as much as possible!) the temptation to succumb to screen time. Chapters take you through the seasons, with indoor, outdoor and on-the-go activities that are easy and fun every day. *The Joy Journal* will arm you with a variety of fun, focussed activities made with store cupboard and easily foraged supplies that you can turn to time and again.

Ever wish you had a place to capture your conversations about books? Join the club! Whether your meetings are organized affairs or excuses to gather with friends, this brightly designed journal gives you plenty of space for writing, a reading list of crowd pleasers, and fun icebreakers so you can show up and share. Inside you'll find * entries to catalog the discussion for each meeting * plenty of pages to record your personal thoughts * space to note what you ate and drank * suggestions for fun activities to try during your meetings * curated lists of compelling books to read together *Book Club: A Journal* acknowledges the wide range of interests and reading habits within book clubs, with recommendations organized in a way to help readers discover new voices from all kinds of backgrounds. Never again will you have to search far and wide to find your next great read!

Explore your inner world and be inspired with *The Wellbeing Journal*. Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and it includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences. Creativity and reflection can have a powerful, positive influence on our lives. Now, with *The Wellbeing Journal*, you can enjoy practising these skills every day and wherever you go.

Modern life isn't just stressful, it can be overwhelming. With expert support from Mind, these short, simple techniques will help you take a moment and find calm wherever you are and whenever you need it.

Even though Gilly the Giraffe has many wonderful things in her life, she sometimes lacks confidence. Why does she have to stand out so much with her long neck, her long black tongue and her mosaic patches? Why do some of the other animals point and laugh at her? Can it be possible to be different and to be cool? This activity book developed by expert child psychologist Dr Karen Treisman combines a colourfully illustrated therapeutic story about Gilly the Giraffe to help start conversations, which is followed by a wealth of creative activities for children to explore and build upon some of the ideas raised in the story, and beyond! The activities are accompanied by extensive advice and practical strategies for parents, carers and professionals on how to help children aged 5-10 boost their self-esteem and confidence.

An interactive journal featuring prompts and exercises that encourage readers to act, opportunities for reflection, inspirational quotes along with anecdotes from the work of 52 Lives, plus space for readers to acknowledge and record their thoughts.

From the publishers of the bestselling *The Wellbeing Journal* comes the follow-up, *Breathe Out*, specifically designed for teenagers and the unique challenges younger people face.

There is growing interest internationally in the contributions which the creative arts can make to wellbeing and health in both healthcare and community settings. A timely addition to the field, the *Oxford Textbook of Creative Arts, Health, and Wellbeing* is the first work of its kind to discuss the role the creative arts have in addressing some of the most pressing public health challenges faced today. Providing an evidence-base and recommendations for a wide audience, this is an essential resource for anyone involved with this increasingly important component of public health practice. The textbook offers key insights for developing new creative arts-based approaches to health and wellbeing, and shows how these can augment established practices within a variety of social settings. Theoretically grounded and with a strong evidence base, this book brings together contributions from both practitioners and researchers to provide a comprehensive account of the field. Using international examples, the textbook elucidates the various approaches that have successfully led to improvements in public health, whilst case studies in healthcare practices evaluate the impact of arts-based initiatives in a multitude of international settings, life-course stages, and social milieus. *The Oxford Textbook of Creative Arts, Health, and Wellbeing* is a comprehensive resource that will be essential to anyone with an interest in this increasingly important component of public health practice.

SELF CARE JOURNAL Do yourself some good, and spend a little time with this self care journal for women. It is complete with inspirational worksheets that will help you plan, manage and reflect on what's important and that's you A custom self-care journal to record your mental, physical and emotional health challenges. This journal is wonderful to utilize daily and makes the perfect gift for anyone who is interested in taking better care of their wellness. Features: *measures 6x9 inches which is a perfect compact size for your purse or backpack *Matte paperback cover and high quality interior paper*120 custom pages with guided prompts and affirmations *a yearly color coded mood tracker which is great to help you visualize your moods *daily affirmations writing prompts to express your feelings and thoughts *gratitude journal pages to focus on what you are thankful for *self-care goal tracker sheets **ADD TO CART** and share with your friends and family. They make great holiday gifts for teachers, teens, women and men. Click on the author name Trendy Self-Care Journals underneath the listing title to view our assortment of custom journals and notebooks.

When Laura Earnshaw found out her son was struggling with anxiety at school, she was shocked to discover there was no support available for him. As a leading global HR executive specializing in helping people thrive, she decided to take matters into her own hands and went on to create myHappyMind, now an award-winning curriculum used in hundreds of nurseries and primary schools across the UK, that builds resilience, self-esteem and ultimately happiness in children. My Happy Mind will reveal, for the first time, all the science-backed secrets used in this curriculum to empower and educate parents – whether your child is struggling already

or you want to future proof their mental health. Packed with inspiring stories and practical activities, you'll find out: -The five ingredients to building resilient, balanced and happy minds -What a growth mindset is – and how to encourage this in your child -The power of dreaming and the importance of setting goals -How to teach your child to self-soothe when they feel stressed And much more! The message of this book is very simple: give today's children the skills to thrive in tomorrow's world.

"Reid & Williams are "funny as hell."--Amy Morrison, founder of Pregnant Chicken Feeling anxious? Who isn't! Your most irrational (and sometimes rational) fears are hilarious fodder for this sharp and relatable activity book. These days, anxiety is simply part of the human experience. Part journal, part coloring book, part weird coping mechanisms, and part compendium of soothing facts, The Big Activity Book for Anxious People will be an outlet for anyone who wants to take a break from reality, laugh through her fears, and realize with every page that she is not alone--and to help her figure out what to do when it's 3AM and she's wide awake worrying about whether she cc'ed the right "Bob" on that email. (Probably.) Activities include: * Fun Facts about Aging! * Public Speaking: A Diagram * Your Hotel Room Carpet: A Petri Dish of Horrors * Obscure Diseases You Probably Don't Have * Zen Mantras For The Anxiously Inclined * Soothing Facts about Hand Sanitizer On a bad day, try coloring in the soothing grandma. On a really bad day, find step-by-step instructions on how to build an underground bunker. Reid and Williams want everyone to remember that they're in good company: anxious people are some of the funniest and most interesting and creative humans on the planet. (They know, because they are two of them.)"--

"Getting good grades, making and breaking up with friends, and figuring out what being an adult looks like--these are just some of the challenges that can weigh down on teens. With this workbook, they'll learn real strategies for overcoming obstacles and living the life they want using Cognitive Behavioral Therapy (CBT)."--Publisher's description.

Your Weirdness Is What Makes Your Wonderful is a collection of captioned illustrations from popular art blogger, The Latest Kate and incorporates journaling prompts to help readers parse their experiences and feelings. The featured images are colorful, imaginative, and are accompanied by quotations that both validate readers and encourage mindfulness.

An Empowering, Imaginative, Inspiring self-exploratory Activity Journal for girls to Cultivate Mindfulness, Positive Affirmations, Gratitude and Help Your Girl Grow Strong, Wise and Confident.

This daily journal is filled with new ideas, creative prompts, and words of wisdom that will help you write a little joy into every day of the year.

Keep track of you A mood tracker is a handy tool to help you map your emotions over time. Whether you want to understand how you feel and why, or learn more about your mood patterns, this book is the perfect place to start. Including a monthly mood tracker, a sleep chart, a diet tracker and more, this journal allows you to check in with yourself every day - it's a simple way to untangle your feelings, keep tabs on your state of mind and gain a clear snapshot of you. From the bestselling author of Start Where You Are, a beautifully illustrated journal for easing the everyday anxieties we all carry. Feeling anxious, uncertain, overwhelmed? You're not alone. In this empowering new tool for self-care, popular artist and author Meera Lee Patel presents a fresh approach to feeling better. Designed to help us better understand ourselves and dial down the everyday worries getting in our way, these thoughtful and beautifully illustrated journal pages are a safe space for reflection, self-acceptance, and the freedom to move forward with more clarity and joy. Bringing together inspiring quotes from great thinkers and writers throughout history and engaging journal prompts and plenty of room to capture your thoughts, the book is a calming breath of fresh air and a quiet space to reflect and recharge in a hectic and uncertain world.

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