

Reflective Journal

Your Journal

A little space for you to plan and reflect each day and prioritise your 5 ways to wellbeing.

Why keep a reflective journal?

Taking notice is one of the key 5 ways to wellbeing. Becoming aware, planning and reflecting each day can help you process and better understand your thoughts and feelings.

The 5 ways to wellbeing

Evidence suggests there are 5 steps you can take to help improve your mental health and wellbeing. Use your journal to reflect daily and focus on your 5 ways to wellbeing each week.



Take notice



Be active



Connect



Give



Keep learning

Wellbeing Support

If your rating is low when doing your daily reflections or if you are struggling at any point, please reach out to the team of Wellbeing Advisors at KeepingWellNEL for free, confidential, wellbeing support. which is independent from your employer.

Get in contact



**Keeping
WellNEL**



www.keepingwellnel.nhs.uk



0800 953 9898



Here for you
Mon - Sat, 8am - 8pm



07723484839

Daily Reflections

Date: _____



Today's priorities list:



- _____
- _____
- _____
- _____
- _____
- _____

How I feel today:



The reason for my rating:



3 things I am grateful for:

- _____
- _____
- _____

Daily habits tracker:

Water



Fruit/Vegetables



Something I did today for my wellbeing:



Finishing work checklist:



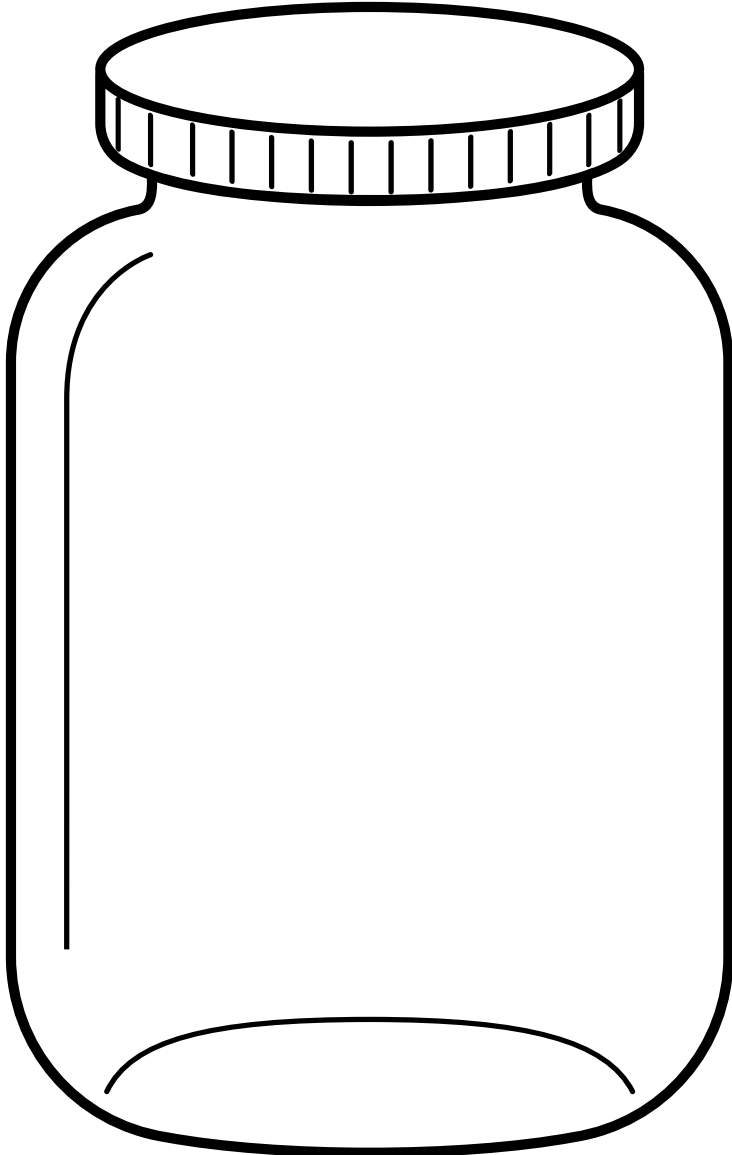
- Take a moment to think about today
- Acknowledge one thing that was difficult today – let it go
- Think about three things that went well
- Check on your colleagues – are they ok?
- Are you ok? Remember your team, managers and the KeepingWellNEL Team are here to support you
- Choose an action that signifies the end of your working day e.g. turning off your laptop or taking off your uniform
- Now switch your attention to home. Rest and recharge

Gratitude Jar

Date: _____



Take time to reflect. Write down all the things you are grateful for over the past week.



My 5 ways to wellbeing

Take notice

This week I will _____

Connect

This week I will _____

Be active

This week I will _____

Give

This week I will _____

Learn

This week I will _____





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