



# MY WELLBEING WORKBOOK

## Wellbeing moments just for me

These activities can be done over each week of the term. They are small things that can boost your wellbeing throughout the term.

You can complete some or all of these activities, repeat your faves, just go gently - this is all about spending a fraction of time to care for wonderful you!



**Sparklers**



**Spending time on your taha hinengaro and wairua with visualisation. Now write down what you remember about this...**

*Return to this as often as you can. In bed is a great time.*

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Visualisation acts like a mental rehearsal and helps give you some of the steps forward to achieve your goals. There's heaps of research around this now - check out Psychology Today for some great articles.

# Sparklers

Whānau



Online



**THINGS** that bring  
me joy and sunshine,  
even on cloudy days...

Whenua



Hinengaro and wairua  
*(like activities and other stuff)*

Recognising the things we enjoy is an important part of looking after ourselves. It's okay to be different to your friends and colleagues, we are all unique and you don't need to impress anyone here!

If you think of something and it brings a glint of a smile (inside or out) it needs to be on this list. Keep this handy for challenging times (and there will always be challenging times) or dot some of this stuff throughout your day or week and schedule some joy time!

## Things I feel gratitude for and about - a bunch of hinengaro and wairua

Add to this as you can.

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Why does everyone bang on about gratitude? It does loads of good things at once that make us feel good for ages after - it's really that simple.

Feeling gratitude evokes positive feelings and emotions, it reminds us of all the things and people who contribute to our lives, and that it's not always all about us. It also brings up positive emotions such as appreciation empathy and kindness. It's like a little dose of sunshine on the inside!

# Sparklers

Things that bring me peace, harmony and good vibes and care for all of the pou that contribute to my Whare Tapa Whā....

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Things that it might be a good idea to let go of

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Reflecting on the things that really help us is always a great thing to do because we can come back to them when we need to, like during challenging times. But then sometimes it's good too to reflect on what gets in the way of us being our genuine, groovy selves and letting that stuff go. E.g. letting go of being right about the way the toilet roll goes on the dispenser and arguing about it. It's okay to let go of the argument and be right on the inside!

This is possibly the worst example, but you get the idea.... This is all about actively thinking about what we can do, to keep feeling good.

Spend loads of time on peace harmony and good vibes, not much time on the things to let go of, then head off to find some peace, harmony and good vibes.

# MANDALA TIME

wairua and hinengaro anytime!



Where are the places that help me feel

CALM?

At work

At home

And anywhere else

If you haven't done it for a while, or ever, head to  
**VIA CHARACTER STRENGTHS** and take the quiz...



What are my top 5 strengths?

What do I notice about these?

What makes me happy about these?

How might I apply my strengths right now?

Ko ..... te maunga (mountain)

Ko ..... te awa (river)

Ko ..... te waka (canoe)

Ko ..... te marae

Ko ..... te hapū

Ko ..... te iwi (tribe)

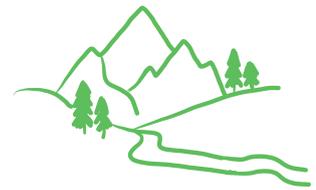
Ko ..... tōku matua (father)

Ko ..... tōku whaea (mother)

Ko ..... tōku kāinga (place you live)

Ko ..... tōku ingoa (my name)

Nō reira, tēnā koutou, tēnā koutou, tēnā tātou katoa.



Take some time to reflect on what makes you you! Our pepeha does such a beautiful job of this - remember the important people, the memories, the stories, the places we ran around with bare feet, or visited and felt connected to... it's all such powerful stuff.

Google

🔍 Find a whakatauki

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Inspirational quotes, saying and whakatauki are great to have around.  
Then when you're ever asked to open a hui, you're prepared too!

Kōrero with your colleagues, whānau friends, look to your favourite books, even children's books or head online to find something that 'speaks to you' and you find inspiration from. Print it off, keep it in your journal, or create some artwork from it - keep it near and refer to it often.