

# WELLBEING JOURNAL

MENTAL HEALTH  
AWARENESS WEEK EDITION  
MIND & MOVEMENT



# ABOUT US

## BETH

 @BETHJCREATE



Hey, I'm Beth! I am the Marketing and Campaigns Coordinator at York Mind. I recently graduated from York St John University, where I got a Masters in Graphic Design with a focus on mental health awareness.

After battling with mental health for over a decade, and seeing loved ones struggling my whole life, I've dedicated everything to learning more about it so I can help myself and others. That's one of the reasons I wanted to make this little journal planner!

## SIMON

 @YORK\_MIND

Hi, I'm Simon, and my career to-date has focused primarily in wellbeing programme design and management, which followed an early interest in personal wellness and behaviour change.

I now apply my project management, coaching and leadership skills to run the Corporate Wellbeing Team at York Mind, where we work to provide impactful services to improve the mental health of organisations in and around York.



## CHRIS

 @CHATCHITPODCAST



Chris is the Systems Change Lead behind the Yormind website and Chat Chit podcast. It's no ground-breaking statement to say lots of people suffer with their mental health but we think that whoever you are, there should be a place where you can get good information and guidance.

"Not only do we want to empower young people, but also aid those who do the supporting also".

# DONNA

 @LEVEL10LADIES



Hello, I'm Donna, the proud owner of Level 10 Ladies Fitness in South Elmsall, offering both in-person and online coaching.

As a dedicated coach, I guide others with fitness and well-being, emphasising the importance of self-care. I have also had my own mental health journey, and over time I have learnt that it is so important we find strength in the small victories, work on building small healthy habits, be kind to ourselves, and allow the small changes to lead to big results.

 @STEFBRICKLEBANK

Stef Bricklebank is a highly experienced educator, therapeutic group facilitator and trainer.

"I have learnt so much about wellbeing and human beings over the past 26 years; working at the heart of communities with children, young people, and adults".

In this planner, Stef shares her top tips when it comes to looking after your mental wellbeing.

# STEF



# HANNAH

 @HANNAHKAYFITNESS



Hey I'm Hannah! As a Certified Mental Health and Exercise Coach, my role is to help improve and maintain people's mental health positively through the use of exercise.

Only 13% of the population say they exercise regularly, so the other 87% of you are missing out on incredible benefits to your mental health; therefore also the ability to live a happier, healthier and longer life thanks to exercise.

# MESSAGE FROM BETH

**Welcome to the first version of this Wellbeing Planner! This is a special edition for Mental Health Awareness Week. The theme this year is movement and how moving more can support your mental health, so there will be a lot of tips throughout the planner that link to that.**

**However, it is important to note that there are many other factors that can go alongside exercise, which can also support your mental wellbeing. These will be scattered throughout the PDF, and in messages from the other amazing people featured. I have also included some of my wellbeing doodles that you could always print off or use as a phone background if you wanted little reminders.**

**That being said, exercise has been a really big factor that has personally helped me. I have struggled with my mental health since I was around 12 years old (almost 13 years now at the time of writing this). I only got into exercise at the start of 2023, with the initial aim of changing my weight. However, I quickly noticed I started to gain confidence and a more positive outlook on life. I began to see that I deserved to be happy. Now I am not saying exercise was a magic fix. But movement, alongside other things, really has changed my life.**

**There is only so much I could include in this planner this time round, but if you would like a bigger and more informative version, please do let me know on Instagram!**



# GRATITUDE JOURNAL

TODAY I'M GRATEFUL FOR

DATE

M T W T F S S

TAKE A MOMENT TO REFLECT

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3

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THINGS THAT MADE ME SMILE TODAY

1

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2

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3

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IS THERE ANYTHING I COULD HAVE DONE DIFFERENTLY TODAY?

NOTES & FREE THOUGHTS







WE ALL



GROW



AT

OUR OWN

P

A

C

E

# MESSAGE FROM SIMON

**There are lots of good reasons to be physically active if you're able, and staying mentally healthy is one of them. There are lots of studies that have found regular exercise can help to prevent and even treat depression in some cases, as well as help people to manage symptoms of anxiety and other mental health disorders.**

**During and after exercise, people tend to find that their mood is uplifted, which is likely a result of changes to certain hormones in the body, coupled with a sense of accomplishment that comes from finishing a bout of physical activity. Exercise can also act as a distraction from a racing mind or unhelpful thoughts; many forms of exercise require concentration, which can shift our focus and stop spiralling thought cycles in their tracks.**

# TO DO...

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M T W T F S S

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TODAY'S MOOD



NOTES

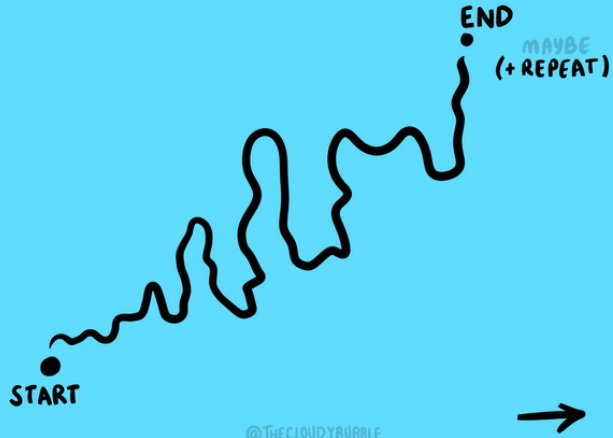
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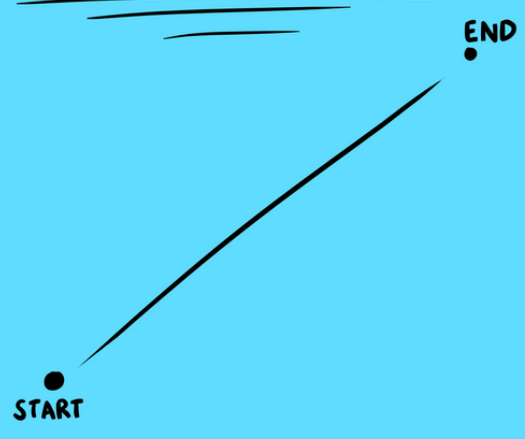




**PROGRESS LOOKS LIKE...**



**BUT PROBABLY NOT...**



# VISION BOARD

**PERSONAL**

**HEALTH**

**FAMILY**

**RELATIONSHIPS**

**CAREER**

**LIFESTYLE**



# MESSAGE FROM CHRIS

**For someone who was always told to sit still, movement being the focus for mental health awareness week lends itself to a little bit of irony.**

**I consider myself a cricketer, cyclist, climber and wannabe runner, and I have found that that these different activities have different benefits to my mental health. The mental benefits of movement and activity are so important, but it extends much more than just the physical exertion.**

**Maybe let us turn it on its head, exercise does have benefits, but what about a lack of movement or maybe focusing our movement? With the busy lives many of us live I have found it ever more important to slow myself down, stop and focus on certain movements and activities that I can control.**

**“We should do 30 minutes of exercise each day” is a phrase I find frustrating because it seems to force us into the box where movement is only about the physical health benefits, but I think that is too simplistic. Whether you can get out for an extra 5-minute walk around the block or give yourself 5 minutes to stop and breathe when you get home from work or school, try incorporating it into your routine and see if starts to have a positive impact on your mood. I am not saying it definitely will, but if you are taking the steps (no-pun intended) to try better your mental health, then be proud of yourself for that.**

# HABIT TRACKER

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# YOU GLOW DIFFERENTLY WHEN...

@THECLOUDYBUBBLE

YOU MAKE  
YOURSELF A  
PRIORITY

HAVE  
YOU  
TIME

YOU STOP  
COMPARING  
YOURSELF

YOU ARE INTENTIONAL  
WITH YOUR TIME

YOU STOP  
EXPECTING  
TOO MUCH  
FROM YOURSELF

YOU SPEND  
TIME WITH  
LOVED  
ONES

YOU  
SET  
YOUR  
BOUNDARIES

SAY NO!





@LEVEL10LADIES

# TIPS FROM DONNA

As a coach, I understand the unique challenges people can face when it comes to mental health and work-life balance. One crucial aspect of this is self-care. Taking care of yourself is essential for physical, mental, and emotional well-being. Here are some tips on self-care that I've found to be particularly effective.

First, **prioritise sleep** by establishing a consistent bedtime routine and creating a comfortable sleep environment.

Second, **practice mindfulness** through activities such as meditation, or simply taking a few moments to breathe deeply and centre yourself.

Third, **nourish your body** with wholesome foods that fuel your energy and support your overall health.

And finally, **make time for activities** that bring you joy and fulfilment, whether it's exercise in whatever form that works for you, spending time outdoors, pursuing a hobby, or connecting with loved ones.

Remember, **self-care is not selfish**; it's necessary allows you to be the best version of yourself.

# WEEKLY TO DO'S

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**LEVEL10** LADIES  
FITNESS & COACHING



# TIPS FROM STEF

- **Notice the world around you, not on your screen, take the time to do this every day.** See the beauty in the world, see the small glimmers of the wonderful world you live in; the beautiful flower on the way to work, the child's laughter as you sit on the bench in the park, the grass under barefoot.
- **'You are NOT your thoughts' your brain is powerful tool and can play tricks on you.** You can have up to 60,000 thoughts a day but its your actions that make up who you are. You don't need to focus on the bad or negative thoughts, they are just thoughts, so let them go. Focus and act on your positive and meaningful thoughts.
- **Find happiness in giving to others, your time, your energy, and your items.** Give what you don't need to others, to charity, if it's not serving you a purpose then it could bring happiness to others. You will be happy giving to others.
- **Forgiveness of self.** Throughout your life you are going to get things wrong in your eyes or others. Perhaps you shouldn't have said or done something, perhaps you should have had more patience and time or perhaps been more thoughtful. But we are human, and humans make mistakes. Accept the situation, learn from it, say you are sorry, but most importantly forgive yourself. Forgiveness of self with bring you peace.



# DAILY TASKS

DATE:

M T W T F S S

## TODAY'S SCHEDULE

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## MAIN GOALS OF THE DAY

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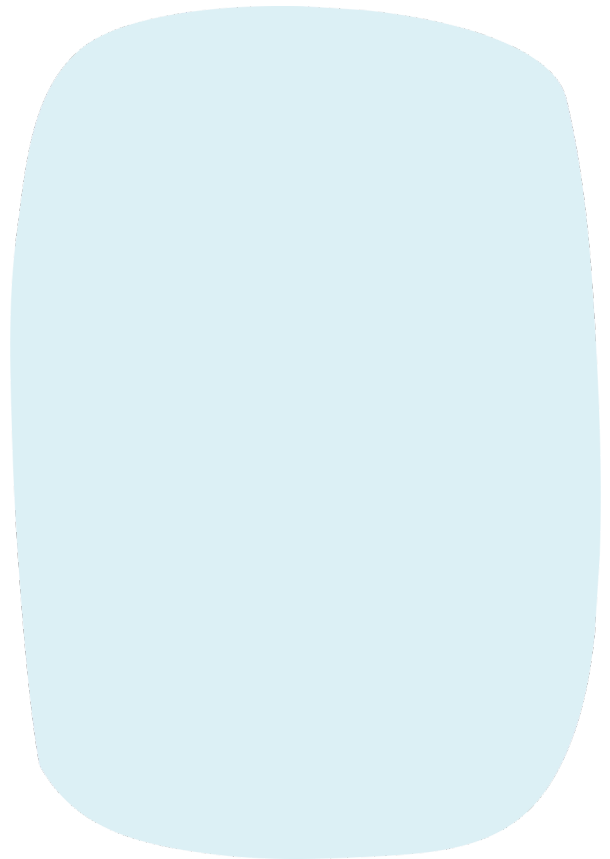
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## NOTES



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# TIPS FROM HANNAH

While the benefits of physical exercise for our bodies are well-documented, its impact on our mental health is often missed. Here are some enjoyable ways to get moving:

**Walking:** Simple yet effective exercise.

**Running/Jogging:** High-intensity cardio to boost endurance, burn calories, and enhance mood.

**Cycling:** Fun and low-impact aerobic exercise.

**Swimming:** Engages muscles, low impact, ideal for joint issues.

**Strength Training:** Builds muscle strength and endurance using resistance methods.

**Yoga:** Enhances flexibility, strength, and mental clarity.

**Pilates:** Focuses on core strength, flexibility, and body awareness.

**Dancing:** Fun, improves coordination, and lifts spirits.

**Team Sports:** Provides exercise and teamwork skills.



 @HANNAHKAYFITNESS

# FOR MORE HELPFUL RESOURCES...

Connect with us on Instagram!

Beth - @BethJCreate

York Mind - @York\_Mind

Chris - @ChatChitPodcast

Donna - @Level10Ladies

Stef - @StefBricklebank

Hannah - @HannahKayFitness

