



Wellbeing Diary

Keep track of what actions you take that are linked to the Five Ways to Wellbeing.

Also write / draw any changes to the way you are feeling

	Week 1	Week 2	Week 3	Week 4
Be Active Do what you can, enjoy what you do, move your mood				
Connect Talk and listen, be there, feel connected				
Give Your time, your words, your presence				
Keep Learning Embrace new experiences, see opportunities, suprose yourself				
Take Notice Remember the simple things that bring you joy				