



# Us Plus Mental Health & Wellbeing Bulletin 25

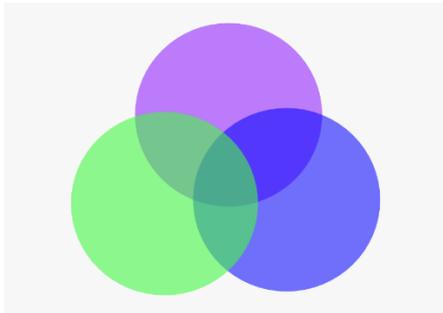
*Hello everyone,*

*We know from research that the Covid-19 crisis has made loneliness worse for some people. Our focus today is on two activities to help you be kind to yourselves and look after your own wellbeing so you can build your resilience.*

*Mrs Taylor*

### **Activity 1:**

Think about the term “wellbeing”, what does it mean to you? People use this word to mean “being happy, comfortable and healthy” - think about all the things in your life that help you feel happy, comfortable and healthy. People often divide wellbeing into 3 areas: emotional (how you feel), physical (your body and health) and psychological (your mind and thoughts).

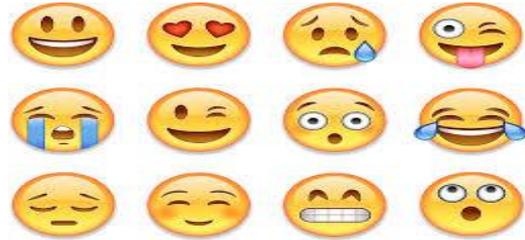


Draw three overlapping circles. Label one circle “emotional wellbeing” one “physical wellbeing” and one “psychological wellbeing” and write or draw the things that help you with these things in the circle. Some objects, people, or activities might help improve emotional and physical and psychological wellbeing; you can write these things in the spaces where the circles overlap.

Look at what you have written down. Do you have access to or do the things you have identified every day? What can you do to add these things into your daily routine to help with your wellbeing every day?

### **Activity 2:**

It is important to take time to think about how you feel so you can see how you can help yourself feel better. Track your feelings over one day. On a piece of paper or in a diary, write or draw how you feel when you wake up in the morning, at lunchtime, in the afternoon and just before you go to bed. You can use different emojis to show how you feel or write one word to describe your feelings.



If it is difficult to express your emotion, you can use colours or create a bar chart or scatter graph to show you emotions over the day. The line at the bottom would be the different times of the day and the line at the side would be how you feel, from the best you can feel at the top, to the worst you can feel at the bottom.

At the end of the day, look at your emotion tracker. What was the high point of your day? What positive thing can you take from today and do again tomorrow? Think about how changes in the weather or your hormones might affect your mood too. Do you notice these things changing how you feel?

You can track your emotions the next day and every day of the week if you want to. As a challenge, track your feelings for one whole week or a month and see how your emotions change and what makes them change. It is important to notice how you feel and how your emotions change to better understand and help your wellbeing.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time.

You can do this by emailing me at

[ktaylor@penrice.org.uk](mailto:ktaylor@penrice.org.uk)

