

NEWPORT LIVE
CASNEWYDD FYW

Inspiring people to be happier and healthier

Wellness Journal

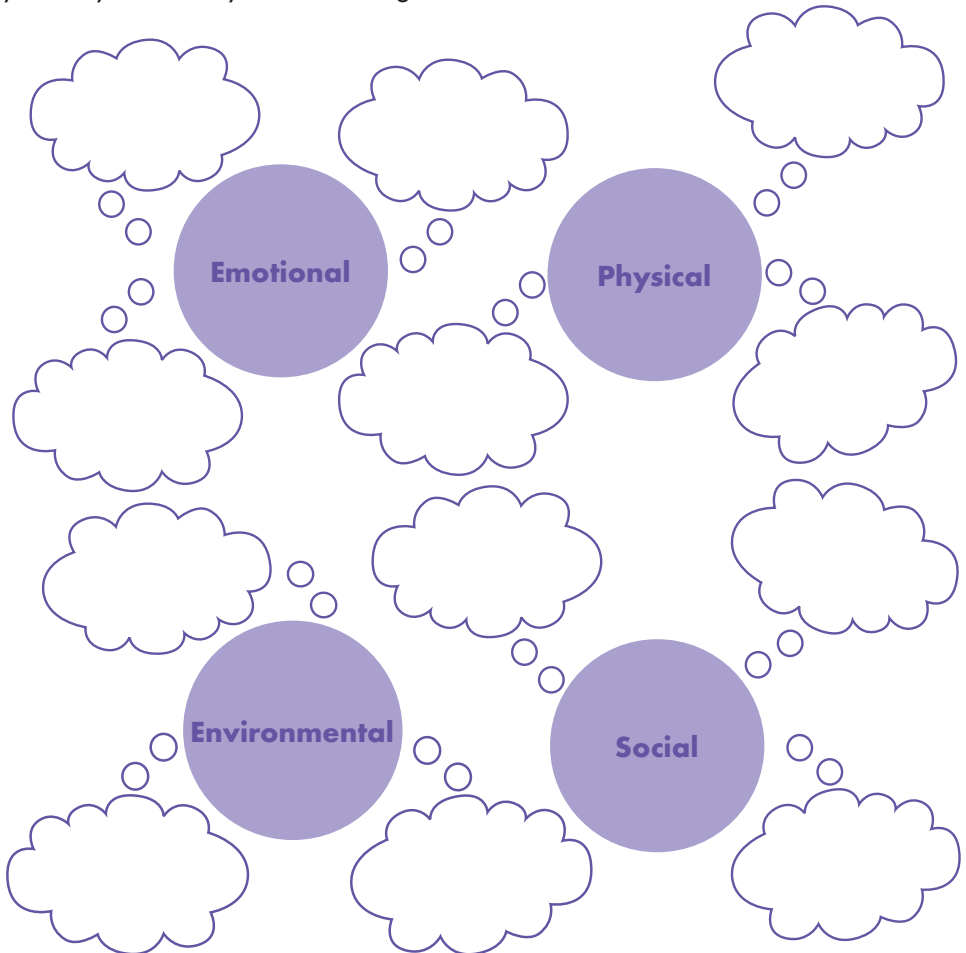
newportlive.co.uk
01633 656757



Welcome to our **Wellness Journal**, this is to help you think about the following four elements of your wellbeing:

- **Emotional:** Our ability to handle the stresses of life.
- **Physical:** Maintaining our health through being active and mobile.
- **Environmental:** Encompassing the world around us such as being in places that stimulate enjoyment and peace.
- **Social:** Sustaining meaningful relationships with others and have a sense of belonging.

Firstly, we want you to make a Wellness Map. Thinking about each of the elements above, make a bubble diagram and note any hopes and thoughts you may have for your wellbeing.



Pick **3 wellbeing intentions** to focus on that will make you feel good for the next month and then break them down into achievable steps. Keep them simple!

Intention 1

3 Steps to get there

1. _____
2. _____
3. _____

Intention 2

3 Steps to get there

1. _____
2. _____
3. _____

Intention 3

3 Steps to get there

1. _____
2. _____
3. _____

Activity Log

Week Commencing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What activities have you done to help with your physical health?						
How well did you sleep?						
Have you been kind to yourself and others?						
How have you been feeling?						
What are you grateful for?						

Weekly Reflections

Reflective writing is a powerful well-being tool to note your feelings, strengthen memories, find inspiration, and track your intentions. Think about what went well this week, what you learned, and what steps you will take forward.



Week Commencing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What activities have you done to help with your physical health?						
How well did you sleep?						
Have you been kind to yourself and others?						
How have you been feeling?						
What are you grateful for?						

Weekly Reflections

Reflective writing is a powerful well-being tool to note your feelings, strengthen memories, find inspiration, and track your intentions. Think about what went well this week, what you learned, and what steps you will take forward.



Activity Log

Week Commencing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What activities have you done to help with your physical health?						
How well did you sleep?						
Have you been kind to yourself and others?						
How have you been feeling?						
What are you grateful for?						

Weekly Reflections

Reflective writing is a powerful well-being tool to note your feelings, strengthen memories, find inspiration, and track your intentions. Think about what went well this week, what you learned, and what steps you will take forward.



Week Commencing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What activities have you done to help with your physical health?						
How well did you sleep?						
Have you been kind to yourself and others?						
How have you been feeling?						
What are you grateful for?						

Weekly Reflections

Reflective writing is a powerful well-being tool to note your feelings, strengthen memories, find inspiration, and track your intentions. Think about what went well this week, what you learned, and what steps you will take forward.

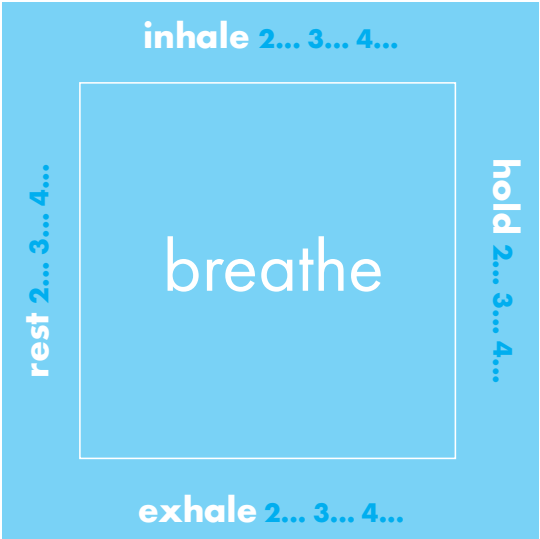






Box Breathing

Why not try box breathing, also known as square breathing. It is designed to help you take slow deep breaths which can help relieve stress and enhance concentration.



My Positive Affirmations

Write down some positive affirmations below, these are positive phrases about yourself that challenge negative thoughts which will help to strengthen your beliefs, confidence and self worth.

-
-
-
-

Monthly Reflections

Reflective writing is a powerful well-being tool to note your feelings, strengthen memories, find inspiration, and track your intentions. Think about what went well this week, what you learned, and what steps you will take forward.



Self-Care Challenge

Listen to a song you love
and take a happy photo!

Wellness Hints & Tips

- Wellbeing is all about balance, sometimes this can be challenging when life gets in the way. Exercising, eating healthy, time with friends, meditation, studying, work or child care can all be tricky to juggle.
- Remember to take one day at a time and try not to overwhelm yourself by making too many changes at once. The key is to under promise and over deliver.
- Be kind to yourself. If you ever have a bad day, why not give yourself a break and go for a walk, spend time outdoors, talk to a friend or try looking for the positives in a bad situation which may help take away some of the negative feelings you may be experiencing. Why not give our breathing exercise on Page 6 of the journal a go?
- When it comes to exercise, do it smarter, not harder, listen to your body, focus on rehab and active recovery and find activities you enjoy! Newport Live offers a range of activities such as swimming, yoga, box fit or dance all of which could help boost your energy.



- Keep a healthy and happy relationship with food by making small changes over a longer period of time. Keep your nutritional intake varied with plenty of fruits and vegetables that are the colours of the rainbow!
- Vitamin D helps to produce more serotonin, a happy hormone giving positive feelings of wellbeing and good mood. It comes from sunlight but also foods such as cod liver oil, salmon, mackerel, natural yoghurt and milk.
- Try to get at least 8-10 hours sleep per night, put your phone away, keep your room cool, comfortable and welcoming so you have a comforting place to relax.
- Try to be in good company, positivity is infectious, so friends, family and even pets can boost positive feelings and help you stay connected. Be around people that make you feel supported, happy and loved.
- Try to reduce your stress levels by taking time to relax, journal, exercise and sleep. Be mindful, live in the moment and have a sense of acceptance! Whatever stressful situation you're in, remember this too shall pass!



Well done on completing your Newport Live 4 week wellness journal! We hope you enjoyed tracking your wellness journey and achieved your goals.

Next steps, why not download another wellness journal and complete a further 4 weeks.

Remember, we are here to support you!

Book a catch up with one of our fitness instructors to discuss how they can help and support you moving forward?

Member Welcome

A member welcome will help you find out everything you need to know about our facilities and how we can support you on your fitness journey.

1 to 1 Training

It's a lot more personal than a programme! A weekly 30 minute 1 to 1 session with an instructor to keep you motivated to reach your goals.



Health Check

Set a starting point for your fitness journey with a health check.

Programme

A personalised digital fitness plan you can access anywhere created by our qualified team members tailored to your goals. The personalised fitness plan will detail the type of exercises appropriate to you, how much weight to put on the machines, number of reps, sets, technique and progressions.

Our video demos show you how to exercise safely and achieve your goals. We can also help you with new ways of training from split routines to pyramids. Access your programme on the Healthy and Active App, MyWellness website or we can even give you a digital print out. Your programme can also include a health check if you'd like one!



Self-Care Challenge

Leave your phone in another room and try not to look at it for 1 hour.

Useful links

www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing

www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing

Contact us

If you would like to get in touch with Newport Live

Call 01633 656757

Email customerservice@newportlive.co.uk

Sign up for the latest news and updates from Newport Live at newportlive.co.uk or follow us on social media @NewportLiveUK

Download our app



newportlive.co.uk
01633 656757



NEWPORT LIVE
CASNEWYDD FYW

Inspiring people to be happier and healthier