

# 30-day Well-being Planner



**RISE AND SHINE**

Supporting frontline youth workers and youth educators to manage their well-being, and to continue to support young people

# Day 1

## Stress Recognition - Identifying signs of stress

Stress is a fact of life, but it doesn't have to rule you. Watch for your body's signals: headaches, muscle tension, fatigue, trouble sleeping, or digestion issues. These can be signs you're under pressure. Even your emotions can take a hit - feeling irritable, anxious, or losing interest in things you enjoy. Recognising these signs is your first step to managing stress and staying healthy.



***"Stress is not what happens to us. It's our response to what happens. And our response is something we can choose."***  
**Maureen Killoran**

### Prompts for Self-reflection

- Are there any signs that might indicate you're stressed?
- Reflect on how you felt in the last week. Did you experience stress?
- Do you have trouble sleeping or are waking up unrested?
- How much time do you spend on things that help you relax?

### Stress Management Check-list

- ☐ Aim for 7-8 hours of sleep
- ☐ Schedule daily light exercise
- ☐ Take a mindfulness break
- ☐ Plan your day to regain control

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# Day 2

## Mindfulness Techniques - Introduction to mindfulness and simple activities

Tired of constant stress?  
Mindfulness can help. Discover  
simple yet powerful techniques to  
find inner peace and balance. Let's  
start your mindfulness journey  
today.



***"The mind is  
everything. What you  
think you become." -  
Buddha***

### Prompts for Self-reflection

- What emotions surface during mindful practice?
- What brings you back to the present moment?
- Can you identify patterns in your thoughts?
- How does your body feel when mindful?

### Links to Self-practice Activities

- What is mindfulness?
- How to practice mindfulness
- How mindfulness changes the emotional life of our brains

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# Day 3

## Deep Breathing Exercises - Breathing techniques for relaxation

Breathing techniques can be powerful tools for relaxation. By focusing on your breath and practicing techniques like deep breathing or diaphragmatic breathing, you can slow down your heart rate, reduce stress hormones, and promote a sense of calm.



*“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts.”*  
- Thich Nhat Hanh

### Prompts for Self-reflection

- How aware are you of your breath throughout the day?
- How does your breath connect your mind and body?
- Can you make the breathing practice a daily habit?
- How does breathwork help you manage stress?

### Links to Breathing Exercises

- [Mindful Breathing Exercise](#)
- [4-7-8 Breathing Technique](#)
- [5 Minute Breathing Exercise](#)
- [Diaphragmatic breathing](#)

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# Day 4

## Time Management - Balancing workload and personal time

Balancing workload and personal time is important for overall well-being and productivity. Setting clear boundaries between work and personal life, prioritising tasks effectively, and delegating responsibilities can help to manage workload. Making time for relaxation, hobbies, and social connections is essential for recharging and preventing burnout.



*“You're juggling these four balls that you've named work, family, friends, spirit. Now, work is a rubber ball. If you drop it, it bounces back. The other balls they're made of glass.”*  
-James Patterson

### Prompts for Self-reflection

- How balanced is your work life?
- Do you prioritise personal time enough?
- How effective is your time management?
- When was your last true vacation?

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### Tips to Prioritise Personal Time

- ☐ Set clear work boundaries
- ☐ Unplug completely after work
- ☐ Take breaks throughout day
- ☐ Delegate tasks when possible

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# Day 5

## Positive Self-Talk - Building self-esteem and resilience

Positive self-talk is a powerful tool for boosting self-esteem and resilience. By replacing negative thoughts with affirming statements, you can challenge self-doubt and cultivate a growth mindset. Consistent practice of positive self-talk helps build inner strength, enabling you to approach challenges with optimism and determination.



*“Self-esteem comes from being able to define the world in your own terms and refusing to abide by the judgments of others.”*  
-Oprah Winfrey

### Prompts for Self-reflection

- What kind of self-talk do you use?
- How often do you practice gratitude?
- Do you believe in your own potential?
- When did you last celebrate a small win?

### Tips for Positive Self-Talk

- Focus on strengths, not flaws
- Surround yourself with support
- Replace criticism with kindness
- Practice gratitude daily

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# Day 6

## Effective Goal Setting - Setting realistic personal and professional goals

Setting realistic personal and professional goals can support you to stay focused, reduce your stress levels, and achieve work-life balance in your role as a youth worker. Use this journal to define your goals and track the impact of goal setting on your well-being.



***“Discipline is the bridge between the goal and accomplishment.”***  
***—John C. Maxwell***

### Prompts for Self-reflection

- What is one personal goal you want to achieve?
- How will you measure progress toward this goal?
- Is your goal realistic and achievable? Why or why not?
- What steps will you take to meet your goal?

### Tips for Goal Setting

- ☐ Break goals into manageable tasks.
- ☐ Set deadlines to stay focused.
- ☐ Review progress regularly for motivation.

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# Day 7

## Physical Activity - Incorporating exercise into daily routines

Incorporating physical activity into daily routines is key to maintaining mental and physical health. It is important that you start with small steps and build fitness routines that are sustainable. This journal can help you to plan and reflect on small, consistent steps to stay active and energised.



*“We are what we repeatedly do. Excellence then is not an act but a habit.”*

*– Will Durant, based on Aristotle*

### Prompts for Self-reflection

- How can you incorporate more movement into your day?
- What physical activities make you feel refreshed?
- What barriers prevent you from being active?
- How do you feel after completing physical activity?

### Tips to Get Started!

- Stretch during breaks for flexibility
- Try walking meetings when possible
- Stay consistent with workout routines

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# Day 8

## Healthy Nutrition - Nourishing the body for optimal well-being

Nourishing your body with healthy, balanced meals can help to support sustained energy during the day, and your overall well-being. But planning ahead and making time for mindfulness is key. Use this journal to practice mindful eating habits, by reflecting on your meals. This will help you to make more mindful choices for your health.



***“One cannot think well, love well, sleep well, if one has not dined well.”***  
***- Virginia Woolf***

### Prompts for Self-reflection

- What nutritious meals did you enjoy this week?
- How do you feel after eating balanced meals?
- What food choices could improve your well-being?
- How can you prepare meals that nourish your body?

### Tips for Healthy Eating

- Plan balanced meals in advance
- Stay hydrated throughout the day
- Choose whole grains over processed foods

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# Day 9

## Sleep Hygiene - Tips for improving sleep quality

Good sleep is so important for your well-being. When you are rested, you are better able to practice emotional resilience and to manage the stressors and triggers associated with your work. This journal provides tips for improving sleep hygiene and tracking your sleep habits, helping you to feel rested and rejuvenated.



***"Sleep is the best meditation."  
- Dalai Lama***

### Prompts for Self-reflection

- How consistent is your current bedtime routine?
- What factors disturb your sleep the most?
- How rested do you feel upon waking?
- What changes can improve your sleep quality?

### Bed-time Check-list

- ☐ Avoid screens before bedtime
- ☐ Keep your bedroom cool, dark
- ☐ Limit caffeine late in day
- ☐ Create a consistent bedtime routine

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# Day 10

## Emotional Regulation - Managing strong emotions

Managing strong emotions is so important for mental well-being. Each of us experience stressors and triggers in our personal and professional lives, and so it is important that we know how to manage difficult emotions when they arise. Use this journal to identify emotional triggers and to plan effective coping strategies for strong emotions.



***“You must be at one with your emotions, because the body always follows the mind.”***  
**–Bruce Lee**

### Prompts for Self-reflection

- What situation recently triggered an emotional response?
- How did you manage your emotions during that situation?
- What coping strategy helps you feel calm and in control?
- How did you feel after regulating your emotions?

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### Managing Emotions in the Moment

- ☐ Practice deep breathing during stress
- ☐ Take pauses before responding emotionally
- ☐ Use mindfulness to stay grounded

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# Day 11

## Conflict Resolution - Skills for handling conflicts in the workplace

Conflict is an inevitable part of any workplace, but how it is handled can significantly impact team dynamics, productivity, and overall morale. Effective conflict resolution involves a combination of communication skills, emotional intelligence, and problem-solving abilities.



***“Peace of mind is not the absence of conflict, but the ability to cope with it.”***  
***-Scott Hawkins***

### Prompts for Self-reflection

- What triggers your conflict response?
- Can you identify your conflict style?
- How do you handle emotions in conflict?
- Do you avoid or engage in conflict?

### Conflict Resolution Do's & Don'ts

- ☐ Validate feelings openly
- ☐ Find mutually agreeable solutions
- ☐ Avoid personal attacks
- ☐ Never make assumptions

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# Day 12

## Boundaries Setting - Establishing healthy personal and professional boundaries

Setting healthy boundaries is essential for maintaining well-being and respectful relationships. Boundaries are personal limits that protect your physical, emotional, and mental well-being.



*“It is necessary, and even vital, to set standards for your life and the people you allow in it.”*  
-Mandy Hale

### Prompts for Self-reflection

- Can you identify personal boundaries?
- How do others react to boundaries?
- Can you communicate boundaries clearly?
- Do you allow others to overstep limits?

### Tips for Setting Boundaries

- ☐ Communicate needs clearly
- ☐ Respect others' boundaries
- ☐ Enforce limits firmly
- ☐ Prioritise self-care

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# Day 13

## Social Support Networks - Building a support system

Strong social connections are essential for our overall well-being. Building a supportive network of friends, family, or like-minded individuals can provide emotional comfort, practical assistance, and a sense of belonging. Let's explore the importance of cultivating these relationships and how they can enrich our lives.



***“Everything you want in life is a relationship away.”***  
***-Idowu Koyenikan***

### Prompts for Self-reflection

- Do you feel connected to others?
- What kind of support do you need?
- Can you rely on others in tough times?
- How strong is your support network?

### Tips for Building a Support System

- ☐ Be open and honest
- ☐ Listen actively and empathically
- ☐ Celebrate successes together
- ☐ Be reliable and dependable

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# Day 14

## Impact of Stress – Physical and mental impacts of stress

Stress, a common experience in modern life, can have profound impacts on both our physical and mental health. When faced with persistent challenges, our bodies activate a stress response that, while helpful in short bursts, can become detrimental over time. Understanding the various ways stress manifests itself is important for developing effective coping strategies.



*“Just when you feel you have no time to relax, know that this is the moment you most need to make time to relax.”*  
-Matt Haig

### Prompts for Self-reflection

- Do you recognise physical stress signs?
- How does stress influence your relationships?
- What triggers your emotional stress?
- Do you manage time effectively to reduce stress?

### How Stress Impacts Us

- ☐ Stress weakens immune systems
- ☐ Sleep quality declines
- ☐ Headaches become frequent
- ☐ Concentration becomes difficult

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# Day 15

## Nature Connection - Benefits of spending time in nature

Human beings have an innate connection to nature, a bond forged over millennia. Spending time outdoors offers a multitude of benefits for our physical and mental well-being, from reducing stress to boosting creativity. Let's explore the ways in which immersing ourselves in nature can enrich our lives.



***“The clearest way into the Universe is through a forest wilderness.”***  
***-John Muir***

### Prompts for Self-reflection

- How often do you spend time outdoors?
- What natural environments do you find most restorative?
- How does nature contribute to your overall well-being?
- What emotions does nature evoke in you?

### Benefits of Green and Blue Therapy

- ☐ Reduces stress levels
- ☐ Boosts mood and energy
- ☐ Increases sense of calm
- ☐ Strengthens immune system

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# Day 16

## Understanding the benefits of mindfulness

Mindfulness is about bringing your attention to the present moment, fully engaging with your thoughts, sensations, and environment without judgment. It is a powerful tool for improving mental health, reducing stress, and enhancing overall well-being. In today's fast-paced world, where distractions are everywhere, mindfulness allows us to slow down, reflect, and live more consciously.



***“Training your mind to be in the present moment is the number one key to making healthier choices.”***  
- Susan Albers

### Prompts for Self-reflection

- When do you feel most present in your day?
- How often do you find yourself on autopilot?
- Where could mindfulness help you to manage your stress?
- What activities make you feel truly aware?

### Mindfulness Do's and Don'ts

- ☐ Do observe thoughts calmly
- ☐ Do practice mindful techniques
- ☐ Don't force thoughtlessness
- ☐ Avoid judging your thoughts

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# Day 17

## Using journaling for self-reflection

Reflective journaling allows us to explore our thoughts, emotions, and experiences in a structured way, helping to develop deeper self-awareness and emotional intelligence. By regularly documenting our feelings and interpreting them, journaling can become a powerful tool for self-reflection and personal growth.



*“Journaling is like whispering to one’s self and listening at the same time.”*  
— Mina Murray

### Prompts for Self-reflection

- What emotions have you noticed lately?
- How did you approach a recent challenge?
- What insights have you gained from journaling?
- How has journaling clarified your thoughts?

### Tips for Using Journalling

- ☐ Schedule regular time to journal
- ☐ Revisit past entries for insights
- ☐ Reflect on your thoughts & feelings
- ☐ Highlight key lessons learned

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# Day 18

## Meditation Basics - Starting a meditation practice

Meditation is a practice that involves focusing the mind and eliminating distractions to achieve a state of mental clarity and emotional calmness. It can enhance self-awareness, reduce stress, and promote overall well-being. By incorporating regular meditation into our lives, we can cultivate mindfulness and improve our ability to navigate challenges.



***"Meditation is bringing the mind home."***  
***- Sogyal Rinpoche***

### Prompts for Self-reflection

- What thoughts or feelings arose during your last meditation?
- How has meditation affected your emotional well-being?
- What challenges do you face in your meditation practice?
- How can you improve your meditation routine?

### Tips for Meditation

- ☐ Schedule daily meditation time
- ☐ Set up a quiet/comfortable space
- ☐ Start with short sessions
- ☐ Focus on your breath

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# Day 19

## Gratitude Practices - Cultivating gratitude for well-being

Gratitude is a practice of recognising and appreciating the positive aspects of life, both big and small. It helps shift our focus from what we lack to what we have, fostering happiness and contentment. By incorporating gratitude into our daily routine, we can enhance our overall well-being and strengthen our relationships.



***“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”  
– Eileen Caddy***

### Prompts for Self-reflection

- What are three things you’re grateful for today?
- How has expressing gratitude changed your outlook on life?
- How do you notice the positive aspects of challenging situations?
- How can you incorporate more gratitude into your daily routine?

### How Gratitude Impacts us

- ☐ Enhances overall well - being
- ☐ Inspires greater generosity
- ☐ Fosters emotional resilience
- ☐ Boosts overall mood

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# Day 20

## Digital Detox - Managing screen time for mental health

A digital detox involves taking a break from technology, such as smartphones, computers, and social media, to focus on real-life interactions and reduce stress. Disconnecting from digital devices helps alleviate the pressure of constant connectivity and allows for a more mindful approach to daily life.



*“Disconnecting from our technology to reconnect with ourselves is absolutely essential for wisdom.”*  
– Arianna Huffington

### Prompts for Self-reflection

- How do you feel after time away from devices?
- What improves in your life during tech breaks?
- How does social media affect your mental health?
- What strategies can you use for a better tech-life balance?

### Benefits of Digital Detox

- ☐ Reduces stress levels
- ☐ Improves mental focus
- ☐ Enhances personal relationships
- ☐ Promotes active mindfulness

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# Day 21

## How to Talk about Stress with colleagues and managers

Learning to talk openly about stress with colleagues or managers can help create a more supportive work environment. Expressing your needs and concerns allows you to gain the support necessary to reduce workplace tension and improve overall well-being.



***“Take rest; a field that has rested gives a bountiful crop.” – Ovid***

### Prompts for Self-reflection

- What are some signs that stress is affecting your performance or well-being?
- How comfortable do you feel discussing stress with colleagues or managers?
- What strategies have helped you open up about stress in the past?
- How could having this conversation reduce your stress and improve your work experience?

### Tips for Talking about Stress

- ☐ Pick the right time
- ☐ Be clear and direct
- ☐ Ask for support
- ☐ Follow-up: Revisit the conversation

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# Day 22

## Assertiveness Training - Advocating for personal needs

Assertive communication is essential for expressing your needs and boundaries clearly, while maintaining respect for others. By practicing assertiveness, you enhance your ability to advocate for yourself in both professional and personal situations, promoting healthier relationships and reducing unnecessary conflict.



***“Assertiveness is not what you do, it’s who you are.” – Shakti Gawain***

### Prompts for Self-reflection

- Think of a time when you had to stand up for yourself. How did you approach the situation?
- What are the challenges you face when trying to communicate assertively?
- How can assertive communication improve your professional and personal relationships?
- What strategies will help you express your needs confidently and respectfully?

### Tips for Assertive Communication

- Use "I" statements
- Communicate your needs with a composed tone
- Clearly define your preferences
- Respect others

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# Day 23

## Coping with Change - Strategies for adapting to change

Change is inevitable, but how we respond to it can significantly impact our well-being. Learning effective coping strategies, you can maintain a sense of control and adaptability, even in the face of uncertainty. Developing these skills will help you embrace change as an opportunity for growth, rather than a source of stress.



***“The measure of intelligence is the ability to change.” – Albert Einstein***

### Prompts for Self-reflection

- Reflect on a recent change you experienced. How did you respond initially?
- What coping strategies helped you adjust to the change?
- How can embracing flexibility improve your ability to handle unexpected changes?
- What new opportunities might emerge from adapting to change?

### Tips for Coping with Change

- ☐ Stay flexible
- ☐ Focus on what you can control
- ☐ Seek support
- ☐ Practice self-care

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# Day 24

## Tips for strengthening resilience in challenging times

Resilience is the ability to bounce back from adversity and grow stronger through difficult experiences. In challenging times, resilience helps you maintain your well-being, navigate stress, and continue moving forward. By building resilience, you can face setbacks with confidence and maintain a balanced perspective, no matter the situation.



***“You may have to fight a battle more than once to win it.” – Margaret Thatcher***

### Prompts for Self-reflection

- Reflect on a recent challenging situation. How did you cope, and what helped you stay resilient?
- What support systems do you have in place to help you during tough times?
- How can reframing negative thoughts improve your resilience?
- What small, daily habits can you incorporate to build long-term resilience?

### Tips for Building Resilience

- ☐ Develop a strong support network
- ☐ Reframe negative thoughts
- ☐ Practice self-care
- ☐ Focus on solutions

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# Day 25

## Crisis Management - Coping with crisis situations

Crisis situations can be overwhelming, but having the right strategies in place allows you to respond calmly and effectively. Crisis management is about staying focused under pressure, making clear decisions, and ensuring the safety and well-being of those involved. Preparing for potential crises and knowing how to cope, you can handle emergencies with greater confidence and control.



***“Tough times never last, but tough people do.” – Robert H. Schuller***

### Prompts for Self-reflection

- Think about a crisis you faced in the past. How did you manage it, and what could you improve next time?
- What are your biggest fears when it comes to managing a crisis?
- How can preparing a crisis management plan reduce stress during emergencies?
- Who in your team can you rely on for support in a crisis situation?

### Tips for Coping in Crisis

- ☐ Identify potential crises
- ☐ Create a clear plan
- ☐ Communicate clearly
- ☐ Stay calm under pressure

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# Day 26

## Compassion Fatigue - Recognising the signs.

Compassion fatigue can affect caregiving professionals, causing emotional exhaustion and reduced empathy. Taking proactive steps like self-care, setting boundaries, and seeking support can help manage this condition.



***“You can’t pour from an empty cup. Take care of yourself first.” – Norm Kelly***

### Prompts for Self-reflection

- What signs of emotional exhaustion are you experiencing?
- How can you incorporate self-care into your routine?
- What boundaries do you need to set to protect yourself?
- Who can you turn to for support and advice?

### The Signs of Compassion Fatigue

- ☐ Emotional exhaustion
- ☐ Reduced empathy
- ☐ Disconnection
- ☐ Physical symptoms

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# Day 27

## Burnout – Recognising and preventing burnout

Burnout involves chronic stress that leads to physical and emotional exhaustion. To avoid it, check in on your stress levels and take steps to manage what's causing the stress. Finding balance can help you feel better and more refreshed.



***“You can do anything, but not everything.” – David Allen***

### Prompts for Self-reflection

- How high are your current stress levels?
- What physical or emotional exhaustion are you experiencing?
- What specific stressors are contributing to your burnout?
- How can you find better balance in your life?

### Tips to Prevent Burnout

- ☐ Monitor stress
- ☐ Manage stressors
- ☐ Practice self-care
- ☐ Set boundaries

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# Day 28

## Cognitive Reframing - Changing negative thought patterns

Cognitive reframing helps youth workers manage stress by transforming negative thoughts into positive ones. Regular practice improves mental health, well-being, and effectiveness in supporting young people.



***“Happiness depends on your mindset and attitude.” – Roy T. Bennett***

### Prompts for Self-reflection

- What negative thoughts can you reframe into positives?
- How can reframing improve your stress levels today?
- What positive aspects can you find in current challenges?
- How can you practice cognitive reframing in your daily life?

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### Benefits of Cognitive Reframing

- ☐ Stress reduction
- ☐ Enhanced mental health
- ☐ Improved effectiveness
- ☐ Increased well-being

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# Day 29

## Self-Compassion - Nurturing self-compassion and self-care

Self-compassion is so important for youth workers. Recognise signs like self-criticism and burnout. Treat yourself with kindness, acknowledge your emotions, and practice self-care to enhance well-being and effectiveness.



***“Talk to yourself like someone you love.” – Brené Brown***

### Prompts for Self-compassion

- How do you typically respond to your own mistakes?
- How can you better recognise and accept your emotions?
- How often do you take time for self-care?
- What specific self-care activities can you add to your schedule?

### Self-care Check-list

- ☐ Practice self-kindness
- ☐ Regularly assess your emotions
- ☐ Incorporate regular breaks
- ☐ Connect with supportive friends

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# Day 30

## Well-being planning – Developing a personalised well-being plan

A personal well-being plan helps manage stress and balance. Start with a self-assessment, set clear goals, and create actionable steps. Don't forget to seek support and make periodic reviews to ensure your plan remains effective and aligned with your needs.



***“Self-care is not a luxury, it is a necessity.” – Audre Lorde***

### Prompts for Self-reflection

- How do you feel right now?
- What are the main sources of stress in your life?
- What specific goals can you set to improve your well-being?
- What does a balanced life look like for me?

### Tips for Planning your Well-being

- ☐ Set clear goals
- ☐ Create action steps
- ☐ Monitor progress
- ☐ Seek support

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# RISE AND SHINE

Supporting front-line youth workers and youth educators to manage their well-being, and to continue to support young people



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# Self-reflection Journal



**RISE AND SHINE**

Supporting frontline youth workers and youth educators to manage their well-being, and to continue to support young people

# Self-Reflection Journal



## Day 1: Prompts for Reflective Practice

Stress is often accompanied by physical, emotional, and behavioural changes. Think about the signs and symptoms you experience when you're under pressure. How do these changes affect your daily life and relationships?

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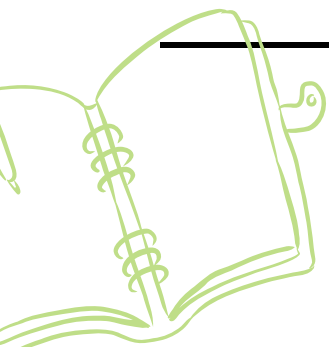
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# Self-Reflection Journal



## Day 2: Prompts for Reflective Practice

Mindfulness isn't just about meditation. It's a way of approaching life. Think about how you can incorporate mindfulness into your daily routine. Even small moments of focus can make a big difference.

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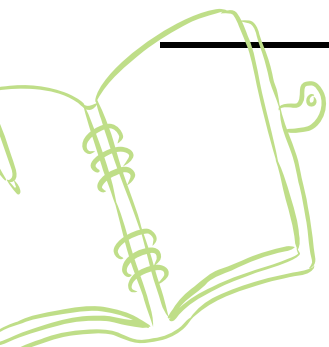
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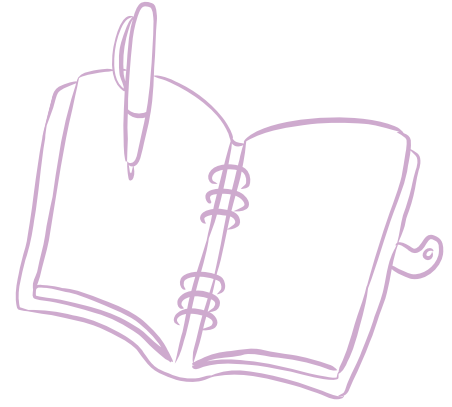
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# Self-Reflection Journal



## Day 3: Prompts for Reflective Practice

Pay close attention to your breath throughout the day. Notice its rhythm, depth, and how it changes in different situations. How does your breathing influence your overall state of being?

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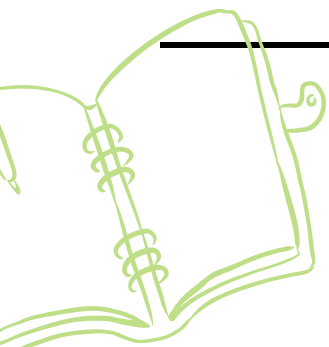
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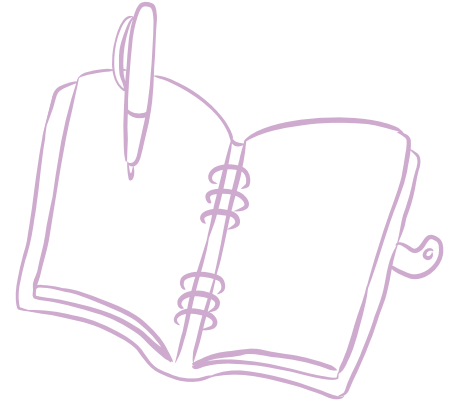
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# Self-Reflection Journal



## Day 4: Prompts for Reflective Practice

Reflect on how you currently manage your time. Are you effectively balancing your workload with your personal life? Consider the impact of time management on your overall well-being and productivity.

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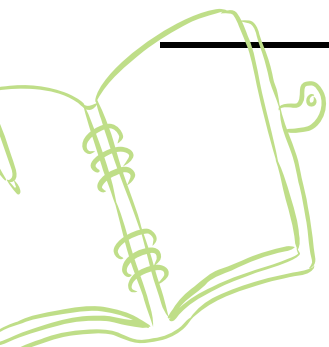
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# Self-Reflection Journal



## Day 5: Prompts for Reflective Practice

Pay close attention to your inner dialogue throughout the day. What kind of self-talk do you engage in? How does your self-talk impact your emotions and actions?

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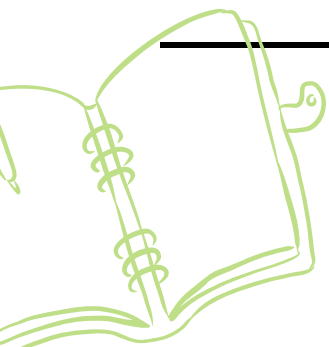
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# Self-Reflection Journal



## Day 6: Prompts for Reflective Practice

Reflect on a recent goal you set.

How did breaking it down into smaller steps help you stay focused and achieve it?

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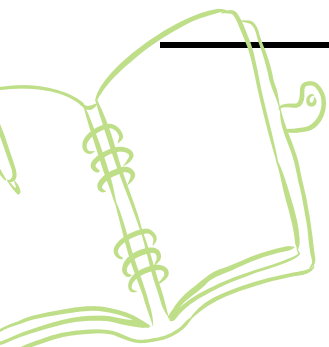
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# Self-Reflection Journal



## Day 7: Prompts for Reflective Practice

Think about your daily routine.

How can you incorporate more physical activity to boost your energy and mental well-being during workdays?

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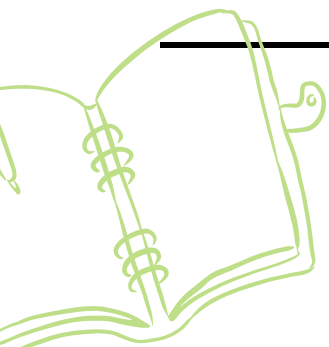
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# Self-Reflection Journal



## Day 8: Prompts for Reflective Practice

Consider your eating habits this week.

How have your food choices impacted your energy, mood, and ability to manage stress?

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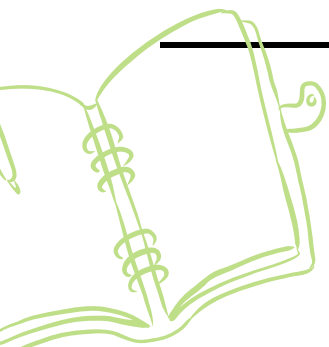
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# Self-Reflection Journal



## Day 9: Prompts for Reflective Practice

Reflect on your sleep patterns.

What changes can you make to your evening routine to improve sleep quality and feel more rested?

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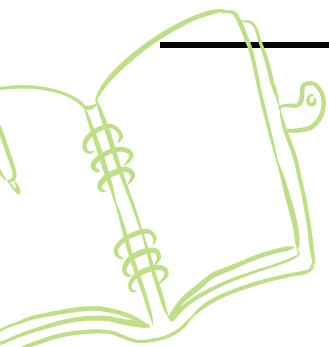
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# Self-Reflection Journal



## Day 10: Prompts for Reflective Practice

Think about a stressful situation you faced recently. How did your emotional response affect your actions, and what strategies helped you regulate your emotions?

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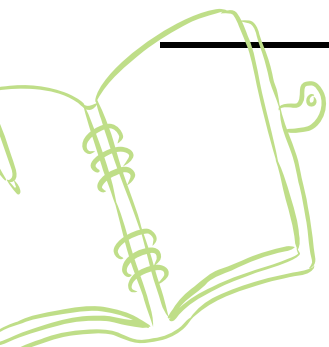
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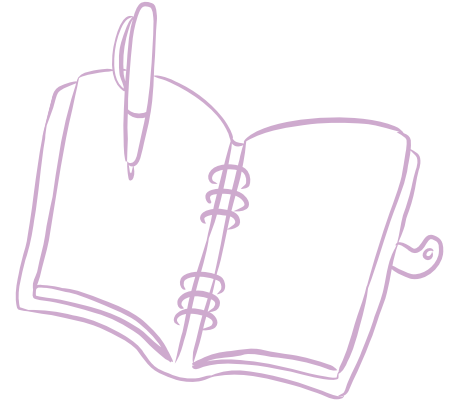
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# Self-Reflection Journal



## Day 11: Prompts for Reflective Practice

Reflect on a recent workplace conflict. Consider the roles of each party involved, the underlying issues, and the strategies used to resolve the situation. How effective were these strategies? What could have been done differently to improve the outcome?

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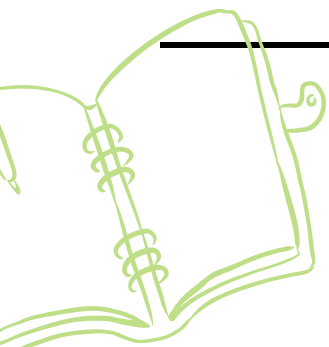
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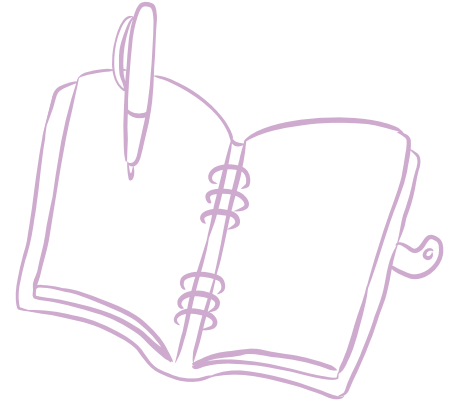
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# Self-Reflection Journal



## Day 12: Prompts for Reflective Practice

Reflect on a situation where you felt your boundaries were crossed. Consider how you responded, and whether the outcome was satisfactory. Explore the challenges of setting boundaries, particularly in relationships that are important to you. How can you assert your needs while maintaining healthy connections?

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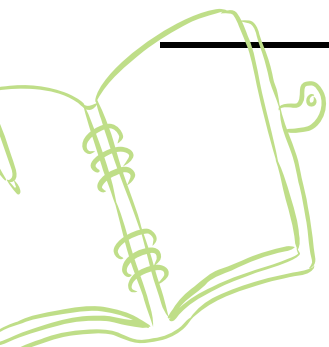
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# Self-Reflection Journal



## Day 13: Prompts for Reflective Practice

Reflect on a time when you felt particularly supported. Consider the specific actions or words that made you feel cared for and understood. How did this support impact your emotional well-being? What steps can you take to cultivate similar connections with others?

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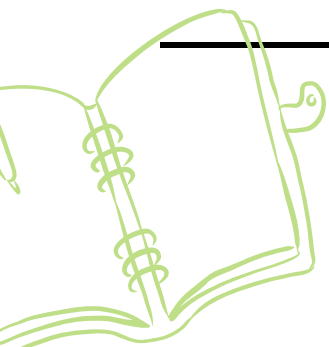
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# Self-Reflection Journal



## Day 14: Prompts for Reflective Practice

Reflect on a particularly stressful period in your life. Consider the physical and emotional symptoms you experienced. How did stress impact your relationships, work performance, and overall well-being? What coping mechanisms did you use, and how effective were they?

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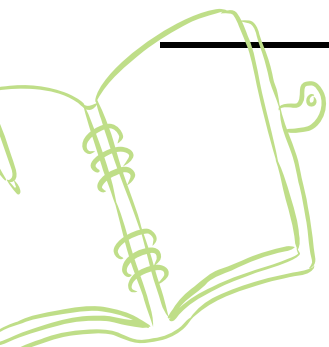
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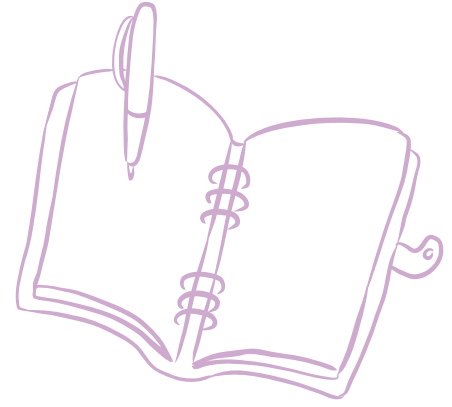
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RISE AND SHINE

# Self-Reflection Journal



## Day 15: Prompts for Reflective Practice

Reflect on a recent experience in nature. Consider the emotions you felt, the sensory details, and how it impacted your overall well-being. How did connecting with the natural world influence your perspective or outlook on life?

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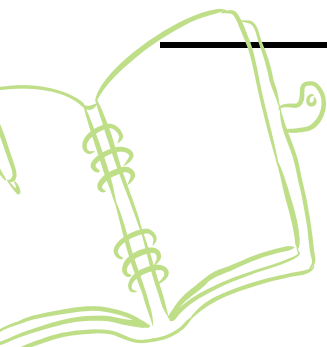
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# Self-Reflection Journal



## Day 16: Prompts for Reflective Practice

Reflect on a recent moment when you practiced mindfulness. How did it impact your thoughts and emotions? Were you able to stay present, or did distractions arise? How could you improve your mindfulness practice in the future?

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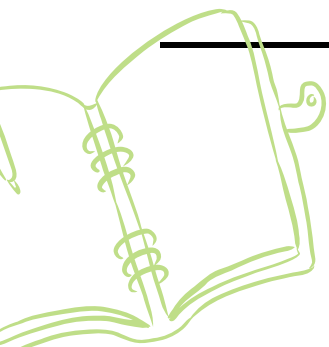
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# Self-Reflection Journal



## Day 17: Prompts for Reflective Practice

Reflect on a recent journaling experience. Consider what insights or emotions you uncovered and how journaling helped you navigate a challenging situation. How has this practice enhanced your self-awareness and personal growth?

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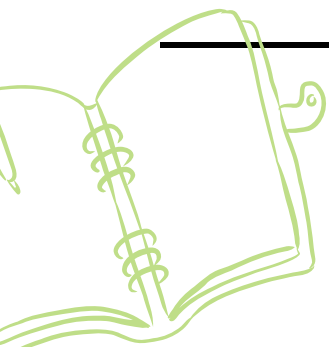
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# Self-Reflection Journal



## Day 18: Prompts for Reflective Practice

Reflect on a recent meditation session. Consider what thoughts or emotions arose and how meditation impacted your state of mind. How has this practice contributed to your overall well-being and mindfulness?

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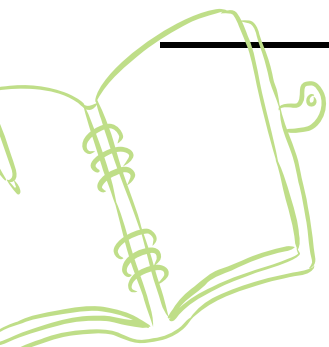
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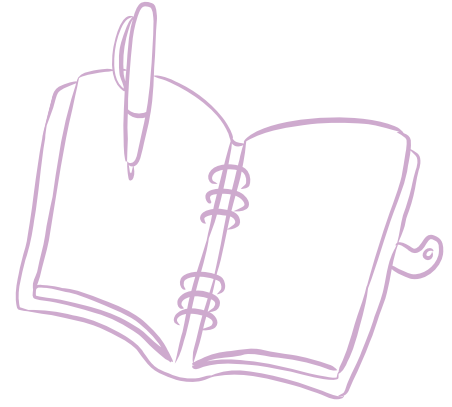
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# Self-Reflection Journal



## Day 19: Prompts for Reflective Practice

Recall a time when you focused on gratitude during a tough period. How did this affect your emotions, relationships and well-being? What gratitude practices did you use, and how did they shift your perspective?

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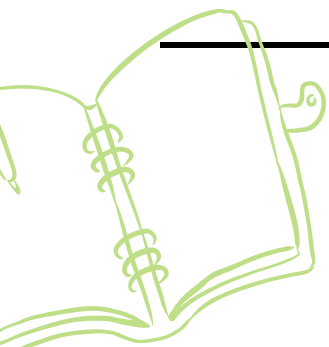
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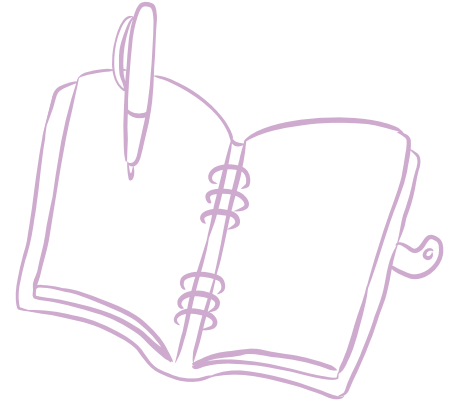
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# Self-Reflection Journal



## Day 20: Prompts for Reflective Practice

Reflect on a recent experience with technology. How did it affect your emotions, distractions, and well-being? How did a digital break change your outlook?

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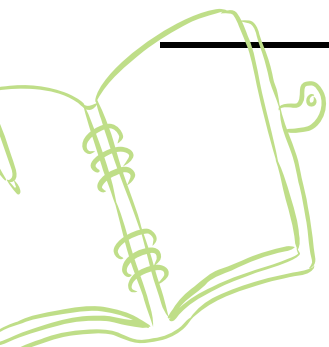
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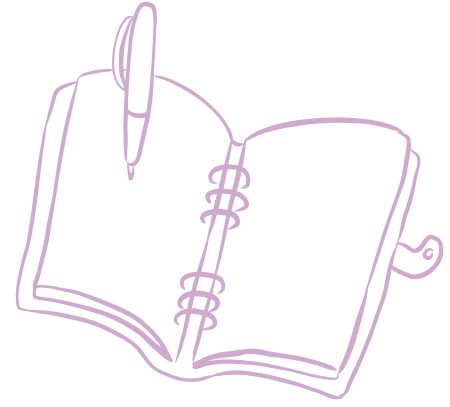
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# Self-Reflection Journal



## Day 21: Prompts for Reflective Practice

Reflect on a recent conversation about stress. How did you feel during the conversation, and what did you learn from expressing your concerns? How can you improve the way you communicate about stress in the future?

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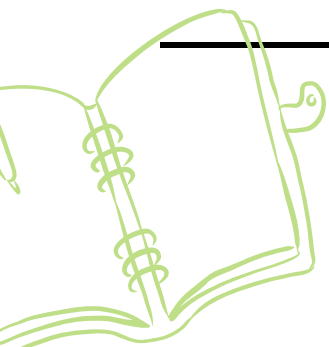
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# Self-Reflection Journal



## Day 22: Prompts for Reflective Practice

Reflect on a moment when you practiced assertiveness. How did expressing your needs impact the outcome of the situation? What could you do to improve your assertive communication next time?

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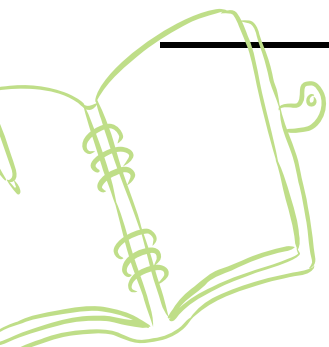
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# Self-Reflection Journal



## Day 23: Prompts for Reflective Practice

Reflect on a recent change in your life. How did you manage the emotional and practical aspects of that change? What strategies helped you adapt, and how can you better prepare for future changes?

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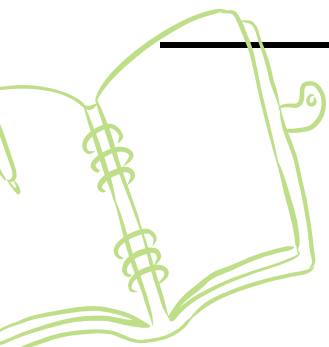
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# Self-Reflection Journal



## Day 24: Prompts for Reflective Practice

Reflect on a difficult situation you overcame. What actions did you take to build resilience during that time? How did your ability to stay resilient affect your well-being?

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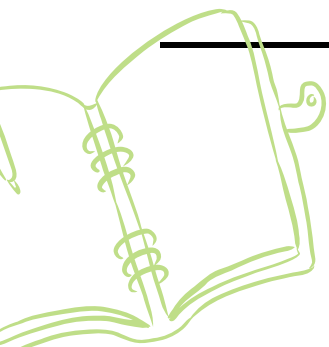
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# Self-Reflection Journal



## Day 25: Prompts for Reflective Practice

Reflect on a crisis situation you experienced. How did your crisis management plan work, and what would you change in the future? How did staying calm help you navigate the situation?

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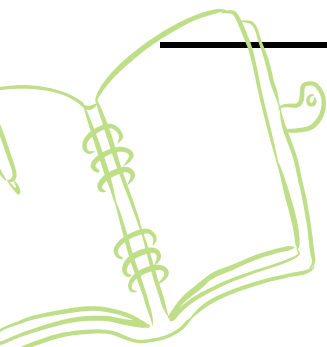
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# Self-Reflection Journal



## Day 26: Prompts for Reflective Practice

Reflect on moments when you felt emotionally or physically drained from helping others. What signs did you notice in yourself? Consider what small steps you can take to replenish your energy and protect your well-being moving forward.

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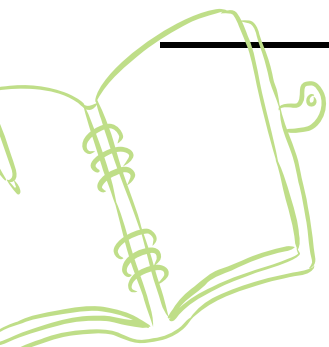
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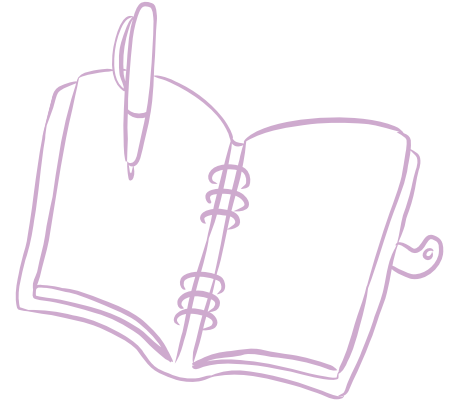
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# Self-Reflection Journal



## Day 27: Prompts for Reflective Practice

Think about a time recently when you felt overwhelmed or exhausted. What specific situations or patterns contributed to these feelings? Reflect on what boundaries or self-care practices you could put in place to help prevent burnout and maintain balance.

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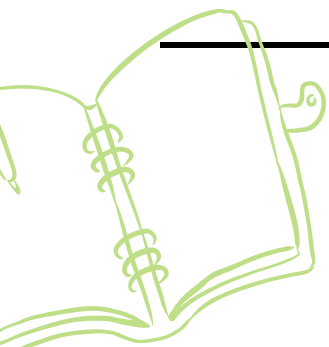
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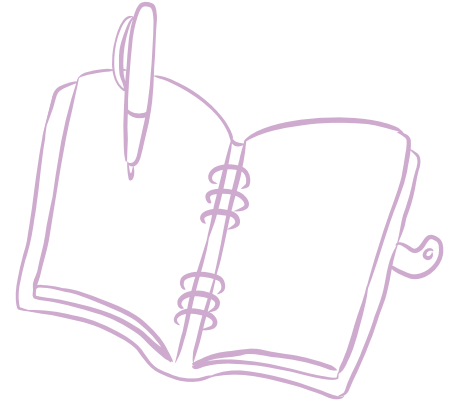
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# Self-Reflection Journal



## Day 28: Prompts for Reflective Practice

Identify a recent negative thought or belief that has been on your mind. How could you reframe this thought into a more positive or empowering perspective? Reflect on how changing this thought pattern could impact your emotions and actions.

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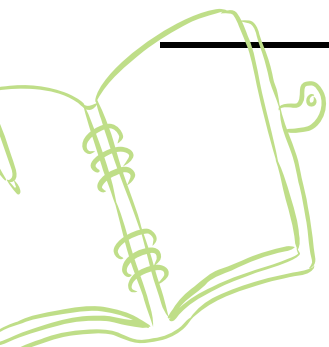
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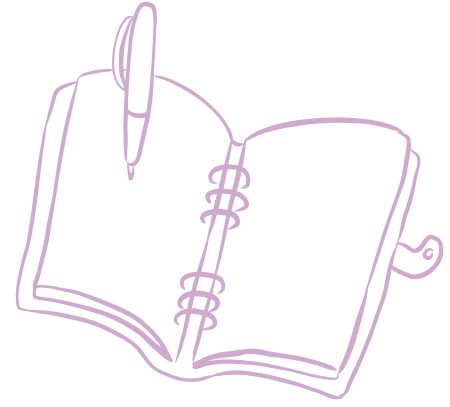
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# Self-Reflection Journal



## Day 29: Prompts for Reflective Practice

Recall a moment when you were hard on yourself or felt self-critical. How might you respond with the same kindness and understanding you would offer a friend? Reflect on ways to practice self-compassion in similar moments moving forward.

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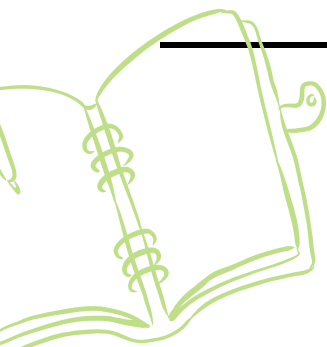
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# Self-Reflection Journal



## Day 30: Prompts for Reflective Practice

Think about the actions you took today to support your well-being. What went well, and what could you improve? Reflect on any adjustments you could make to your plan to better align with your needs and priorities.

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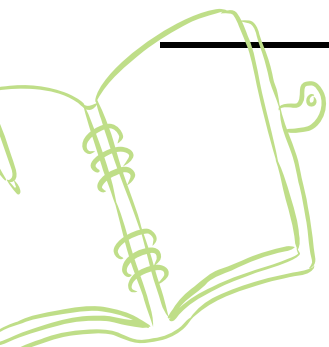
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# RISE AND SHINE

Supporting front-line youth workers and youth educators to manage their well-being, and to continue to support young people



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Project number: 2023-2-CZ01-KA220-YOU- 000175004