

WELLBEING PLANNER

Fill out this wellbeing toolkit planner and pop in somewhere you see it each day.

My everyday boosters:
the must haves to feel good



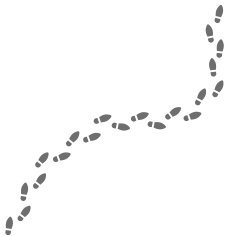
Things that make me feel good:



Nourish my body:



Move my body:



Emotional care:

Social connections:



Things to avoid:

Sometimes we need support from others to help keep our wellbeing positive.
Visit alwf.org.au/support for some suggested services and options.



ALWF is dedicated to helping individuals and communities boost their wellbeing so they can lead safe, happy, healthy lives.



OUR Wellbeing PROJECTS



Tune In Not Out

Is a youth health and wellbeing website to help young people navigate life's challenges such as mental health, safe partying, relationships, body image and exam stress.

Visit: tuneinnotout.com



Freedom To Feel Fantastic

A positive body image and self esteem campaign for schools, community groups and Leo Clubs.

Visit freedomtofeelfantastic.com



Community Grants

Supporting community groups to run wellbeing initiatives in their communities.

Apply at alwf.org.au

CONTACT US!

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alwf.org.au



Wellbeing
Foundation

WHAT IS WELLBEING?

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Your wellbeing is made up of many areas:

- **Physical:** Your overall health, including how you eat, sleep and exercise.
- **Mental:** Your emotional and psychological wellbeing, including your mood, self-esteem and the ability to cope with stress.
- **Social:** Your relationships with others, feeling connected and supported.
- **Emotional:** How you understand and manage your feelings.

As you read this list, consider how each area influences your day-to-day life and overall wellbeing.

Wellbeing isn't fixed. It changes throughout your life, shaped by your experiences and circumstances. It can shift from week to week, or even day to day. Recognising these changes allows you to make choices that help maintain a positive state of wellbeing.

Taking care of your wellbeing is essential because it affects your:

- Overall health
- Happiness and life satisfaction
- Resilience
- Positive impact on others

OUR WELLBEING SCALE

It can be useful to visualise wellbeing on a continuum scale. At each point of the day you sit somewhere on that continuum. Your continuum can use different descriptors, but we like:



Thriving

"I've got this!"



Surviving

"Something isn't right"



Struggling

"I can't keep this up"



In Crisis

"I can't survive like this"



Once you become aware of the continuum, you have the power to try and move towards/keep yourself at the positive end.



WELLBEING BOOSTERS

To help keep your wellbeing thriving

NURTURING YOUR BODY

Eating healthy, drinking water, being active and getting enough sleep are great foundations for your wellbeing everyday.

CONNECTING

Seeking positive connections with family, friends or pets can enrich how you are feeling. Try and make sure some of these interactions are in person. Don't rely solely on technology. Can you schedule a regular catch-up with a friend, attend a weekly community class?

Some boosters you use every day, others might be once a week, month...



BEING ACTIVE

Being active both physically and mentally is important. Small changes in your level of activity can make a big difference to how you feel.

Can you find an activity that fits your routine and that you enjoy?

KEEP LEARNING

Can you try a new recipe or read a book? The key is finding something that interests or challenges you.

TAKING NOTICE

The simple things give you joy. We can all become busy, but it's great to stop and enjoy the simple things in life.

GIVING

People who enjoy giving and are open to receiving have improved wellbeing. This can be in the form of your time, words, presence, thanks or encouragement, or even volunteering.



WELLBEING DRAINERS

Also being aware of what drains our wellbeing is important. What might you need to avoid to help your wellbeing?