

Harmony  Movement

# WELL-BEING WORKBOOK



[www.harmony.ca](http://www.harmony.ca)

# CONTENTS

**2 KEY CONCEPTS**

**3 6 DIMENSIONS OF WELLBEING**

**4 HYDRATION CHALLENGE**

**5 GET MOVING**

**6 BREATHING ACTIVITY**

**7 JOURNALING PAGES**

**9 ROUTINE IDEAS**

**11 HEALTHY EATING**

**12 COLORING PAGES**

**14 I AM ME ACTIVITY**

**15 INTERSECTIONALITY ACTIVITY**

**16 CREATIVE EXPRESSION**

**17 DATES TO REMEMBER**

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## KEY CONCEPTS

Terms like mental health and mental illness are used interchangeably, however are not the same.

Mental health is always there, just like physical health. Being mentally healthy allows one to feel, think and act in ways to enjoy daily life and overcome various challenges. Mental illness affects one's ability to function over a long period of time. The list of mental illnesses includes, but is not limited to mood, anxiety, eating, post-traumatic disorders, and schizophrenia.

This workbook doesn't address systemic inequalities and various barriers to mental health. Including access, language barriers, or culturally appropriate services. It also doesn't address how people from different backgrounds may face. We all need to work to break them down in our homes, schools, and communities.

Disclaimer: Well-being is a journey, not a destination. It comes from within and will differ from person to person. The general information provided in this workbook is for informational purposes only and is not professional medical advice, diagnosis, treatment, or care, nor is it intended to be a substitute therefore.

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# 6 DIMENSIONS OF WELL-BEING

## Environment:

- Access to clean air and water
- Exposure to green, natural spaces

## Health:

- Nutrition and food
- Physical activity
- Amount and quality of sleep

## Community:

- Participating in community activities
- Benefits of volunteering for mental health
- Giving back can improve well-being



## Relationship:

- Ability to maintain healthy relationship
- Respectful atmosphere in the classroom free of judgment and discrimination

## Purpose:

- Sense of meaning through decision-making based on personal, cultural, and spiritual values

## Security:

- Feeling comfortable and emotionally supported in the classroom
- Safety during school hours



# 30 DAY HYDRATION CHALLENGE

Try to drink 8 cups a day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



Day 8



Day 9



Day 10



Day 11



Day 12



Day 13



Day 14



Day 15



Day 16



Day 17



Day 18



Day 19



Day 20



Day 21



Day 22



Day 23



Day 24



Day 25



Day 26



Day 27



Day 28



Day 29



Day 30



STAY HYDRATED!

# YOGA FOR RELAXATION

Yoga has been shown to decrease stress, relieve anxiety, decrease depression and improve sleep.



Warrior I



Flower



Dancer



Chair



Bridge



Crow



Plank



Tree



Boat



TV Watching



Plow



Triangle



Table



Cat



Child's



Lion



Cow



Superman



Sandwich



Star



Corpse



Bow



Ragdoll



Downward Dog



Warrior II

# BREATHING ACTIVITY



FIND A RELAXING PLACE, SIT COMFORTABLY , AND SET A TIMER FOR ONE MINUTE

BREATHE DEEPLY IN AND OUT WHILE PAYING ATTENTION TO ANY SENSATIONS YOU NOTICE OR SOUNDS YOU HEAR



TAKE ANOTHER SLOW DEEP BREATH, IMAGINE THE AIR MOVING DOWN INTO THE LUNGS AND BACK UP

TAKE ONE MORE DEEP BREATH AND HOLD FOR A MOMENT, THEN RELEASE IT.

**Just Breathe**



# MY VISUAL JOURNAL

Read the prompts below and respond by filling each space provided with images and words that come into mind.

The best things that  
happened today:

Things I wish I can  
change about today:

I am proud of myself  
today because...

I think I still  
need to work  
on....





# My Daily Journal

Read the prompts below and respond by filling each space with some of your thoughts.

DATE:

What were three feelings I had today ?

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What are three things I am grateful for today?

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What is one thing I did well today ?

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What is one thing I'd like to do differently tomorrow ?

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# MORNING ROUTINE TO REDUCE ANXIETY

## CHECKLIST



Wake up early

☐

Make your bed

☐

Do not check your phone

☐

Rehydrate with lemon water

☐

Write down 3 thing you are  
grateful for

☐

Stretch

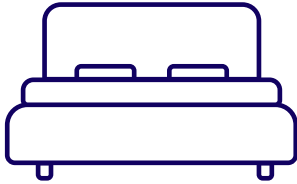
☐

Eat a healthy breakfast

☐

Plan your day

☐



## BED TIME ROUTINE

Having a great bedtime routine can greatly improve your sleep habits and improve your mental health.



Tidy up your room



Take a shower or a bath



Put on your comfiest PJs



Set out clothes



Meditate for 5 minutes



Night affirmation



Read or listen to some music



Set alarm and put away your phone

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# HEALTHY EATING AND NUTRITION

Eating good food not only impacts your physical health,  
but science shows it also impacts your mental health.

Have plenty of  
vegetables and fruits

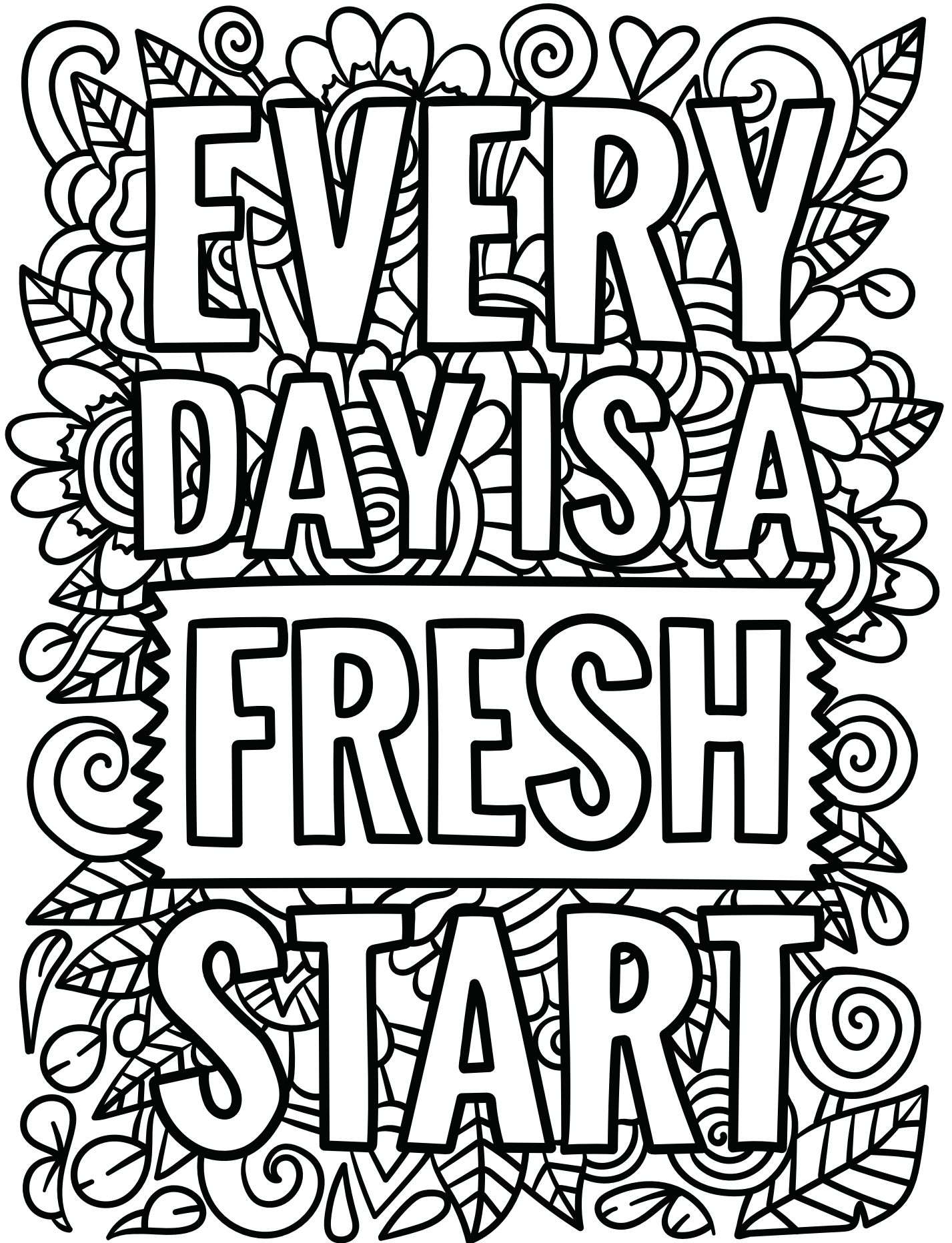
Eat protein foods

Make water  
your drink  
of choice

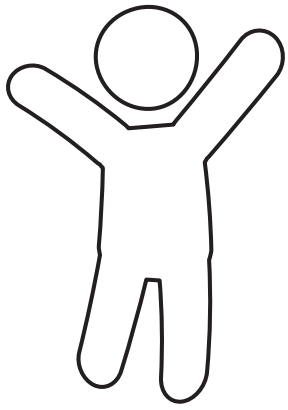


Choose  
whole grain  
foods

Canada's Food Guide is a great  
source of verified information.



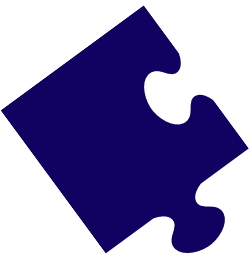




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## I AM ME

Discover the importance of well being, collective positivity, and establishing healthy personal development. Be creative and draw your full body self portrait. In your body, draw symbols that represent who you are. Around your drawing, write some positive affirmations that compliment who you are!



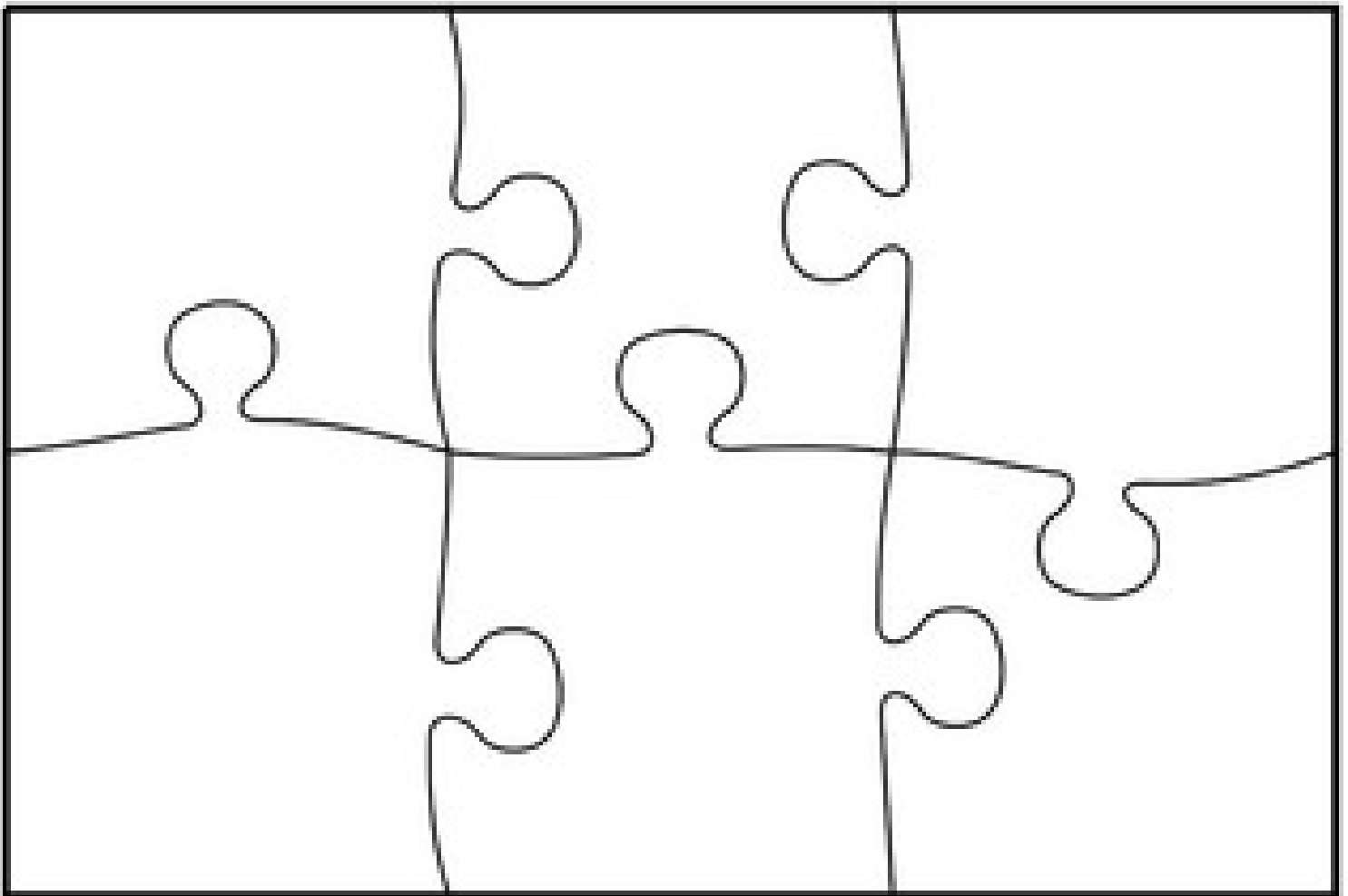
# INTERSECTIONALITY

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Discover the importance of intersectionality, accepting yourself and all of your positive puzzle pieces. Express your different identity pieces in the frame below and be creative!

What pieces make up who you are?

You may choose to include: values, accomplishments, talents or skills, cultural background, family, or other identities that matter most to you!

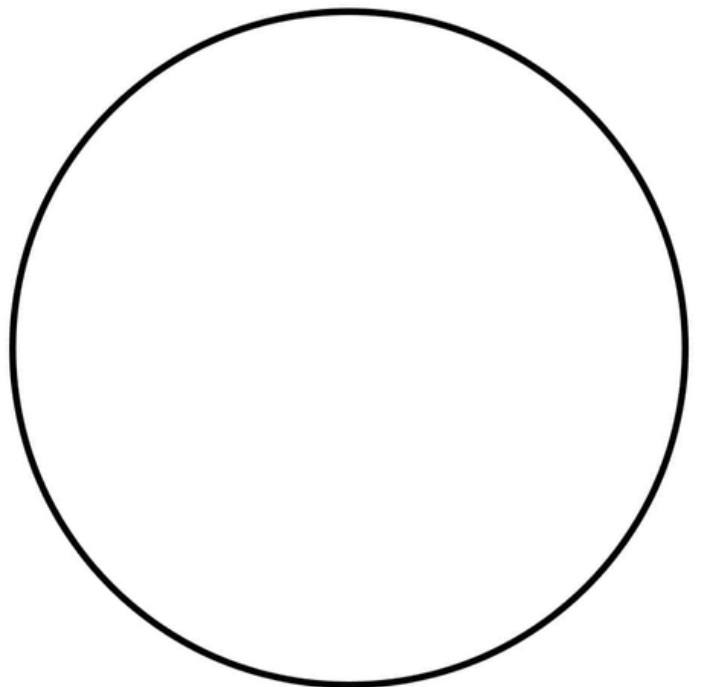
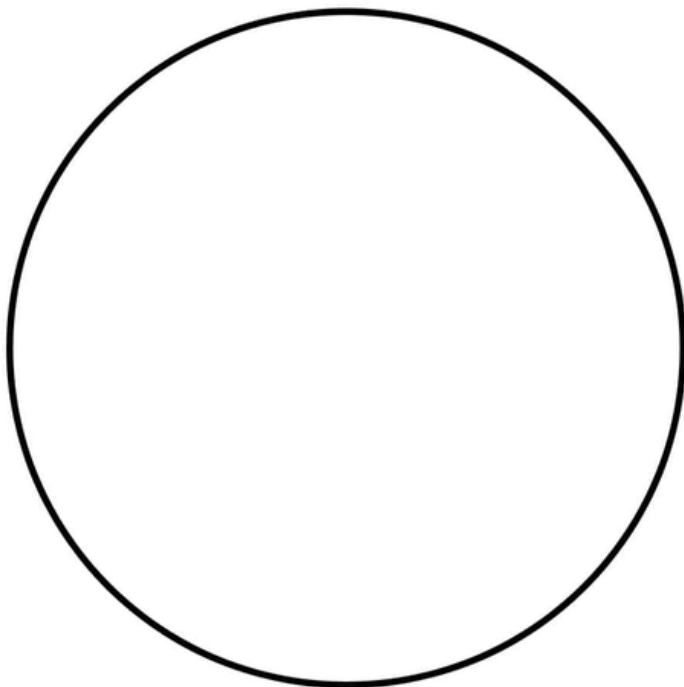
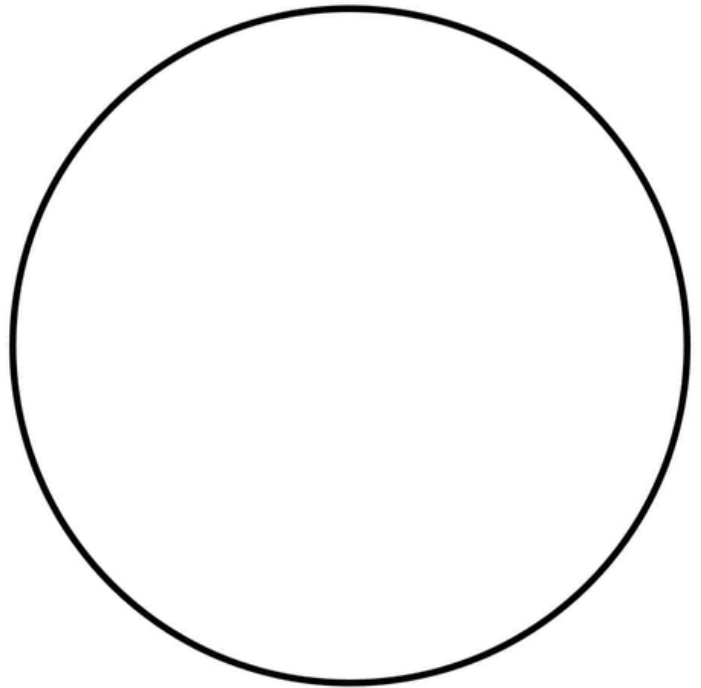
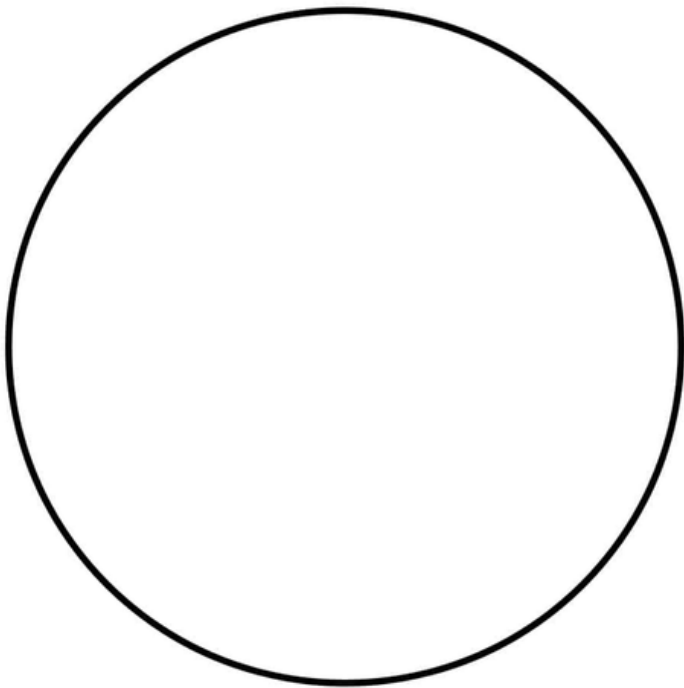




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# Creative Expression Art

Discover the importance of expressing our feelings through different ways like art. Build your creativity and draw out your emotions or something that you are good at in the circles below!



# DATES TO REMEMBER

DECEMBER 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**September 10** - World Suicide Prevention Day

**3rd Week Of November** - Bullying Awareness Week

**November 19** - World Day for Prevention of Abuse and Violence against Children

**December 17** - Anti-Bullying Day

**April 7** - World Health Day

**1st Week of May**- Mental Health Week

**May 7** - Child & Youth Mental Health Day

**August 12**- International Youth Day