



My Wellbeing Workbook

A practical guide to help improve your mood

'My Wellbeing Workbook' is for people with mild to moderate depression. It offers small, practical steps to help lift your mood and build resilience. You can work through the whole booklet or choose the section that is important to you, either on your own or with a Health Connector. Each section includes space to reflect on what matters to you, simple tools to try and links to further support such as apps, groups and information. Remember that it's okay and important to ask for help when you need it. Reach out to family, friends or an appropriate professional or service.

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The four pillars of health and wellbeing

Low mood and depression can be influenced by many parts of our lives – from housing and money worries to work, relationships and health. It can help to think about wellbeing as caring for your whole self – your physical, social, mental, and spiritual wellbeing. These four areas, or ‘pillars,’ overlap and can all be relevant in their own way to help with low mood and depression.



Reflecting on your mental wellbeing

You might find it useful to use the checklist below to identify what matters most to you. You can then use the 'My Plan' worksheet to take steps that are important to you.

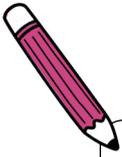
FACTORS THAT INFLUENCE MY MENTAL WELLBEING

Tick the ones that matter most to you and that you want to focus on.

- | | |
|---|---|
| <input type="checkbox"/> Having someone I can talk to about my feelings. | <input type="checkbox"/> Looking after myself during difficult times. |
| <input type="checkbox"/> Feeling able to trust friends or people in my life. | <input type="checkbox"/> Having a sense of purpose or meaning. |
| <input type="checkbox"/> Getting enough rest or sleep. | <input type="checkbox"/> Having ways to relax or feel calmer. |
| <input type="checkbox"/> Being able to eat in a way that supports my wellbeing. | <input type="checkbox"/> Understanding what affects my moods. |
| <input type="checkbox"/> Moving my body in ways that feel manageable for me. | <input type="checkbox"/> Knowing when and how to seek professional help. |
| <input type="checkbox"/> Making time for things I enjoy. | <input type="checkbox"/> Being involved in my treatment and care as much as I want to be. |
| <input type="checkbox"/> Feeling useful or helpful to others. | <input type="checkbox"/> Understanding and managing my medication in a way that works for me. |
| <input type="checkbox"/> Having opportunities to feel a sense of achievement. | <input type="checkbox"/> Feeling confident that people close to me know what helps when I'm unwell. |
| <input type="checkbox"/> Being kind and accepting towards myself. | <input type="checkbox"/> Feeling confident that people close to me know what to do in a crisis. |

My plan

Making changes when you're feeling low can be tough. This plan is here to help you take small, realistic steps. You don't have to do it perfectly – every effort counts. Be kind to yourself as you try things out.



STEP 1

What matters to me



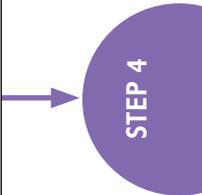
STEP 2

What do I want to focus on and what I will do



STEP 3

Use this space to jot down how you are feeling day-to-day



STEP 4

My review - How it's been going

What went well?

What was hard?

How have I been feeling – emotionally and physically?

What I will do next:

- Keep the same step Make it smaller/easier Try something new

GETTING BACK ON TRACK WHEN THINGS DON'T GO TO PLAN

Having a setback plan helps you get back on track. Remember setbacks are normal – they can happen for many reasons or no obvious reason at all. Jot down ideas that might help when things don't go to plan, and use the 'How to plan for setbacks' worksheet if you'd like to go into more depth.

REACH OUT FOR SUPPORT

If you are struggling, contact family, friends, your healthcare professional, or an appropriate professional or service.

If you're feeling distressed, in a state of despair, suicidal or in need of emotional support, phone NHS 111 or any of the helplines below.

- Call 999 if you or someone else is in immediate danger and there is a risk of physical harm, or if you have seriously harmed yourself.
- NHS 111 Mental Health option
- Samaritans 116 123
- Mindline 0800 138 1692 or 01823 276 892

Moving more

Regular movement is good for your body and has a powerful effect on mood. Even short bursts of activity can release 'feel-good' chemicals, reduce stress and help you sleep better. Movement is an important tool in protecting and improving your mental health when you're feeling low.

NHS Recommendations for Adults

- Any increase is good, start small and build up.
- Aim for 150 minutes of moderate activity per week (e.g. brisk walking, cycling, dancing).
- Or 75 minutes of vigorous activity (e.g. running, team sports).
- Spread activity across the week in 10+ minute chunks.
- Do strengthening activities (like yoga or resistance training) twice a week.
- Limit long periods of sitting.

Source: NHS Physical Activity Guidelines

Suggestions or ideas

- Find small moments: use waiting times (kettle, bus, school pick-up) to stretch or walk.
- Start with short walks, being outdoors provides extra health benefits.
- Take breaks from sitting: stand, stretch, or walk every hour.
- Make it fun: dance, play games, or revisit activities you enjoyed as a child.
- Connect with others: join a class, walk with a friend, or try a team sport.
- Move mindfully: notice your breath, surroundings, and how movement feels.



Make it fun -
dance or play
games!

PAUSE & REFLECT

THE EVIDENCE

- Being physically active influences dopamine, a brain chemical linked with mood and depressive symptoms (Marques et al., 2021).
- Exercise can improve mood and self-esteem, and structured exercise programmes can reduce depressive symptoms (Park et al., 2014).

MOVEMENT RECOMMENDATIONS

Be active

at least **150** minutes moderate intensity per week
increased breathing
able to talk

at least **75** minutes vigorous intensity per week
breathing fast
difficulty talking

Build strength
to keep muscles, bones and joints strong
on at least **2** days a week

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

Source: UK Chief Medical Officers' Physical Activity Guidelines 2019

WHERE TO START

You could start by filling in 'My plan' or try any of the following:

- For general information and tips on moving more, start with the NHS Better Health videos, advice, apps, groups and discounts: nhs.uk/better-health/get-active/
- For local groups you could start with Health Walks sasp.co.uk/mendip and Park Run parkrun.org.uk/
- For in-person support, join a healthier lifestyles 6-week programme through Health Connections Mendip: healthconnectionsmendip.org/healthy-lifestyles-programme/
- For tools to help you become more active, visit Health Connections Mendip: healthconnectionsmendip.org/directory/exercise/
- For wider groups, services and resources, explore the full Health Connections Mendip directory: healthconnectionsmendip.org/mendip-directory/



NHS Better Health Videos
Get Active



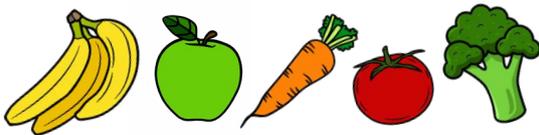
Mendip
Health Walks

Eating well

What you eat and drink can directly affect how you feel. A balanced diet provides the fuel your brain and body need to work well. Poor eating habits can worsen low mood and fatigue. Making small, realistic changes can support recovery from depression and help stabilise your energy.

NHS Recommendations for Adults

- Aim for at least 5 portions of fruit and vegetables a day (one portion = a handful or 80g).
- Drink 1.5 – 2 litres of water per day.
- Choose wholegrain foods where possible (bread, pasta, rice).
- Include protein with every meal.
- Limit processed foods, fast foods, and high-sugar snacks.



Source: NHS Eatwell Guidelines

Suggestions or ideas

- Swap sugary snacks for fruit or nuts.
- Add vegetables to pasta, soups, or sandwiches.
- Choose wholegrain bread or rice.
- Cook one new healthy recipe each week.
- Plan meals ahead to avoid last-minute takeaways.
- Share meals with friends or family for variety.



Make water
your drink
of choice

PAUSE & REFLECT

THE EVIDENCE

- Research shows that dietary improvement with more wholefoods and fewer processed foods can reduce depressive symptoms (Jacka et al., 2017).
- Healthier eating patterns such as the Mediterranean diet are linked with lower risk of depression and improved wellbeing (Firth et al., 2020).

WHAT IS IMPORTANT TO ME?

Use this checklist to explore the benefits of healthy eating and identify the reasons that matter most to you. Tick the ones that feel most important – this can help you stay motivated and focused on your goals.

- Boost energy and feel more alert.
- Support a healthy weight.
- Improve mood and reduces stress.
- Strengthen your immune system.
- Sleep better.
- Support brain health and concentration.
- Reduce risk of long-term health conditions.
- Keep bones and muscles strong.
- Improve digestion and gut health.

FOCUSING ON MORE



Learn why nutrition is important for everyone and how small, evidence-based changes can improve health. This booklet explains the 'why' and 'how' of healthy eating for lasting wellbeing.

<https://bit.ly/481Xu4t>

WHERE TO START

You could start by filling in 'My plan' or try any of the following:

- For general information and tips on losing weight, start with the NHS Better Health videos, advice, apps, groups and discounts: nhs.uk/better-health/lose-weight/
- For information on wholefoods and healthy recipes: healthconnections mendip.org/resources/food-cookery-and-growing/
- For in-person support, join a healthier lifestyles 6-week programme through Health Connections Mendip: healthconnections mendip.org/healthy-lifestyles-programme/
- For resources designed to help you with healthier eating, visit Health Connections Mendip: <https://healthconnections mendip.org/resources/healthier-eating/>
- For wider groups, services and resources, explore: healthconnections mendip.org/mendip-directory/



NHS Better Health Videos Lose Weight



Information on Wholefoods and Healthy Recipes

Sleep and rest

Good sleep supports your mood, energy, and overall wellbeing. Improving your sleep can help you feel more refreshed, boost resilience, and make daily life easier to manage.

NHS Recommendations for Adults

- Have good sleep routine. This should include having a set time to start winding down – and a way to relax is important too. Going to bed and getting up at fixed times is another good sleep habit.
- Relax, unwind and try meditation to help you sleep
- Try mindfulness for sleep
- Create the right sleep environment
- Do not force sleep
- Improve sleep through diet and exercise

Source: NHS Everymind Matters

Suggestions or ideas

- Wind down before bed: Try reading, listening to calming music, or gentle breathing exercises.
- Avoid screens: Limit phone and TV use for at least an hour before bed.
- Avoid alcohol and smoking: Both can disrupt sleep quality.
- Don't clock-watch: Turn your clock away and keep your phone out of reach.
- Keep your bedroom cool, dark, and quiet.
- Stay active during the day for better sleep quality.



Turn the page to see how your sleep is

PAUSE & REFLECT

THE EVIDENCE

- Poor sleep is linked with low mood, stress and mental-health difficulties, and improving sleep may support emotional wellbeing (Public Health England, 2020).

HOW IS MY SLEEP?

Use this worksheet to check in and score your sleep	Rarely/Never (0)	Sometimes (1)	Usually/Always (2)
Are you satisfied with your sleep?			
Do you stay awake all day without dozing?			
Are you asleep between 2am and 4am?			
Do you spend less than 30 minutes awake at night? (Include time taken to fall asleep and awakenings from sleep)			
Do you sleep between 7 to 9 hours a night? (7 to 8 hours for adults 65+)			

What does my sleep score mean?

8-10 Suggests generally healthy sleep.

5-7 Suggests some sleep difficulties.

0-4 Suggests your sleep may need extra attention or support.

My sleep score:

/ 10

WHERE TO START

You could start by filling in ‘My plan’ or try any of the following:

- For general information and tips on sleep, start with the NHS Every Mind Matters videos and advice: nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/
- For step-by-step guidance, you can sign up to the free NHS Better Sleep 6-week email programme: sleep.ecrm-registration.nhs.uk/
- For in-person support, join a healthier lifestyles 6-week programme through Health Connections Mendip: healthconnectionsmentip.org/healthy-lifestyles-programme/
- For tools designed to help you improve your sleep, visit Health Connections Mendip: healthconnectionsmentip.org/resources/sleep/
- For wider groups, services and resources, explore the full Health Connections Mendip directory: healthconnectionsmentip.org/mendip-directory/



NHS Every Mind Matters Sleep Tips



NHS Better Sleep 6 Week Email Programme

Alcohol and drugs

Alcohol and drugs can temporarily change how you feel but over time they may affect your overall wellbeing. They can disrupt sleep, lower energy and impact mood and concentration. Cutting down or avoiding them can improve your mental and physical health and wellbeing.

Recommendations for Adults

- Limit or avoid substances like alcohol, recreational drugs, and tobacco.
- If you consume alcoholic drinks, follow NHS guidance of no more than 14 units per week spread across several days, with alcohol free days.
- However, World Cancer Research Fund says: 'Limit alcohol consumption. For cancer prevention, it's best not to drink alcohol.'
- Seek professional support if needed to cut down or quit.

Suggestions or ideas

- Choose alcohol-free drinks, avoid environments where drugs are present, try smoke-free zones.
- Track your units, set personal limits, plan social activities that don't involve drinking.
- Contact your GP, NHS Stop Smoking services and local drug and alcohol support services and groups.

PAUSE & REFLECT

THE EVIDENCE

- Alcohol use contributes to poor sleep, which in turn worsens low mood and anxiety (Ebrahim et al., 2013).
- Drug misuse is strongly linked with mental health problems, including depression (Public Health England, 2017).
- Using NHS stop-smoking services makes you up to three times more likely to quit for good (NHS stop smoking services help you quit NHS, 2022).

WHAT IS IMPORTANT TO ME?

Use this checklist to explore the benefits of cutting down or quitting alcohol, cigarettes and/or drugs. Tick the ones that matter most to you.

- | | |
|--|---|
| <input type="checkbox"/> Feel more positive and improve mood. | <input type="checkbox"/> Have more energy for daily life. |
| <input type="checkbox"/> Think more clearly and focus better. | <input type="checkbox"/> Support a healthy weight. |
| <input type="checkbox"/> Strengthen relationships. | <input type="checkbox"/> Improve memory and concentration. |
| <input type="checkbox"/> Reduce risk of accidents or legal issues. | <input type="checkbox"/> Lower blood pressure. |
| <input type="checkbox"/> Save money. | <input type="checkbox"/> Strengthen your immune system. |
| <input type="checkbox"/> Feel more in control. | <input type="checkbox"/> Reduce risk of serious illnesses (heart disease, cancer, liver disease, lung disease). |
| <input type="checkbox"/> Sleep better and wake feeling refreshed. | |

WHERE TO START

You could start by filling in 'My plan' or try any of the following:

- **Smoking:** For general information, free apps and tips: nhs.uk/better-health/quit-smoking
- **Smoking:** For phone, one to one or group support in your area and a tool to calculate money saved if you stop smoking: smokefreesomerset.org.uk
- **Alcohol:** For general information, free apps and tips: nhs.uk/better-health/drink-less
- **Alcohol:** Alcohol calorie counter tool: wcrf.org/living-well/eating-well/alcohol-calorie-calculator/
- **Alcohol:** For advice on calculating alcohol units: nhs.uk/live-well/alcohol-advice/calculating-alcohol-units
- **Drugs and Alcohol:** For one to one or group support tailored to your needs: turning-point.co.uk



NHS Better Health
Quit Smoking



Turning Point
Drugs and Alcohol Support

Looking after your mental wellbeing

Caring for your mind means making space for your thoughts and feelings. Simple, regular habits can boost mood, ease stress, and build resilience for life's challenges.

5 Ways to Mental Wellbeing

Simple, everyday activities that everyone can do to boost mental health, often described as the wellbeing equivalent of 'five fruit and veg a day.'

- 1 **Connect:**
Build relationships with others.
- 2 **Be active**
Move your body every day.
- 3 **Take notice**
Be mindful and appreciate the moment.
- 4 **Keep learning**
Try new things and stay curious.
- 5 **Give**
Do something kind for others.

Source: NEF Five Ways to Wellbeing 2008

Suggestions or ideas

- Use a short breathing exercise when stress builds.
- Be kind to yourself: notice self-critical thoughts and gently reframe them.
- Journalling: write down worries, gratitude, or small wins.
- Use creativity: colouring, music, or crafts can soothe and distract.
- Try mindful moments: focus on the present (a hot drink, the sound of birds, your breath).
- Grounding techniques: help stay present by focusing on your senses.
- Reflect on how spending time on digital devices affects your mood.

Try the
Stress Bucket
tool over
the page

PAUSE & REFLECT

THE EVIDENCE

- Self-compassion is linked with fewer depressive symptoms and greater resilience (MacBeth & Gumley, 2012).
- Regular journalling or expressive writing can reduce distress and depressive symptoms for some people (Sohal et al., 2022).
- Creative activities such as art or music are associated with improved mood and reduced depression symptoms (Fancourt & Finn, 2019).

STRESS BUCKET TOOL

The stress bucket is a simple way to picture how stress builds up. Every worry or stressful event adds more 'water' to your bucket. If the bucket gets too full, it can overflow, leading to overwhelm. The aim is to keep the bucket from filling up by finding ways to 'let water out'.



Things that make me feel worried or stressed and add 'water' to my bucket.



Things that help me feel better and let the 'water' out of my stress bucket.

WHERE TO START

You could start by filling in 'My plan' and looking at the tools on the next page or try any of the following:

- For general information, apps, videos and tips, visit NHS Every Mind Matters: nhs.uk/every-mind-matters
- Create your own Mind Plan and free 4-week email programme: nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/
- Sign up for a 7-week email programme to ease anxiety: anxiety.ecrm-registration.nhs.uk/
- For in-person support, join a healthier lifestyles 6-week programme through Health Connections Mendip: healthconnectionsmentip.org/healthy-lifestyles-programme/
- For wider groups, services and resources, explore: healthconnectionsmentip.org/mendip-directory/



NHS Every Mind Matters



NHS Every Mind Matters Mind Plan

Understanding your digital habits

Phones, social media and screens can bring many benefits: connection, information, enjoyment and support. But how we use digital technology, and how often, can also influence our mood, sleep, concentration and sense of wellbeing.

Digital wellbeing is not about cutting technology out - it's about using it in ways that support your mood, relationships and overall wellbeing.

- Mood & emotions: constant notifications, news, or comparison on social media can increase stress, anxiety or low mood
- Energy & sleep: screen use late at night can interfere with sleep and leave us feeling tired or flat
- Focus & motivation: frequent switching between apps can make it harder to concentrate or feel motivated
- Connection: digital contact can be supportive, but too much scrolling can sometimes increase feelings of loneliness

Small, gentle adjustments can make a difference to mood and energy

- Fewer notifications
- Shorter or more intentional scrolling
- No screens before sleep
- Putting the phone out of reach at certain times
- Taking regular screen breaks
- Reducing news or social media use
- Charging your phone outside the bedroom
- Using an alarm clock instead of your phone
- Having phone-free times or places
- There is no "right" amount of screen time – what matters most is how it affects you.

Turn the page for more digital reflection

PAUSE & REFLECT

REFLECT ON YOUR DIGITAL WELLBEING

You might find it helpful to use the checklist below to reflect on your digital wellbeing. You can then start to think about some of the solutions that might help.

Which digital activities do I use most?

When do I notice I'm on screens most?

About how much time do I spend on screens in a typical day?

How is my mood when I have been using screens, especially for longer periods?

How does my body feel when I have been using screens for a longer periods?

If I use screens less, or more intentionally, I could:

- Spend time with someone.
- Go outside or move my body.
- Rest, slow down or get more sleep.
- Read or listen to audio.
- Create or make something.
- Join a group or activity.
- Do something enjoyable or meaningful.
- Improve relationships.

Add any of your own ideas below:

- _____
- _____
- _____

WHERE TO START

You could start by filling in 'My plan' or try any of the following:

- For general information, and support using digital devices: healthconnections.mendip.org/directory/digital-skills-support-and-information/
- Simple tools such as Apple Screen Time or Android Digital Wellbeing help track smartphone usage patterns, while apps such as Forest, One Sec, or Freedom can add pauses and boost focus.



Health Connections Digital Skills, Support and Information

Connecting with others

Strong, supportive relationships are one of the biggest protectors for mental wellbeing. Staying connected with others can reduce loneliness, improve self-worth and remind us we are not alone. Even small moments of connection matter and can make daily life feel lighter.

Recommendations for Social Wellbeing

'Connect with other people' is one of the 5 Ways to Mental Wellbeing.

- Building stronger, closer relationships can help you feel happier and more secure.
- Volunteer your time – helping others can give you a sense of purpose and strengthen community ties.
- Talk about your feelings – sharing worries with someone you trust can lighten the load.

Suggestions or ideas

- Stay in touch with family or friends, especially during stressful times.
- Plan small social activities you enjoy, like coffee or a walk.
- Join a local group, class, or volunteering activity to meet new people.
- Spend time in shared spaces - a café, library, park, or community venue - just being around others can help you feel connected.
- Map your support network and keep it visible (e.g. on the fridge).

Map your support network on the next page

Source: NEF Five Ways to Wellbeing 2008

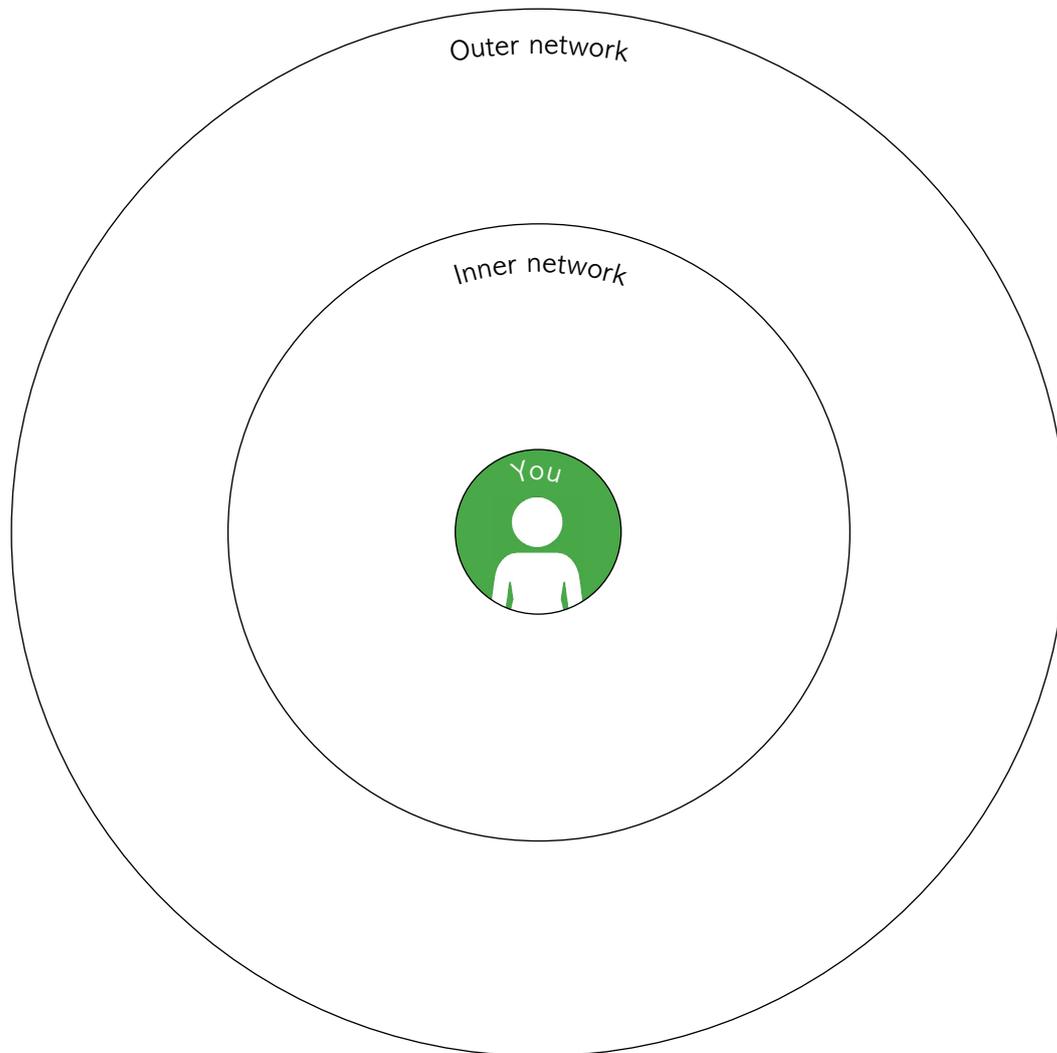
PAUSE & REFLECT

THE EVIDENCE

- Strong social connections support mental wellbeing and help people cope better during difficult times (NHS, 2020).
- People with supportive relationships report better mental health and live longer (Mental Health Foundation, 2016).
- A sense of belonging in the community is linked with higher wellbeing and lower rates of depression (ONS, 2021).
- Peer support interventions can help reduce symptoms of depression (Pfeiffer et al., 2011; Shorey & Chua, 2023).

MY SUPPORT NETWORK

Jot down the people, groups and supports in your life. Think about who supports you, for example friends, family, neighbours, professionals, groups or even pets, and what support they offer, such as practical help, company or shared activities. There are no right or wrong answers – include whatever feels supportive to you.



WHERE TO START

You could start by filling in 'My plan' or try any of the following:

- For general information and tips on building social connections, loneliness and healthy relationships:
nhs.uk/every-mind-matters/lifes-challenges/
- For in-person support, join local groups and activities. Explore the Health Connections Mendip, Social Wellbeing category:
healthconnectionsmentip.org/directory/social-wellbeing/



Every Mind Matters
Dealing with Life's Challenges

Finding meaning and purpose

Most people have a part of them that wants to discover meaning and purpose in life. This is often referred to as 'spirituality'. It influences personal values and beliefs. The importance of spirituality for health and wellbeing is becoming better understood. It can be an important part of someone's life. It may also benefit physical and mental health.

We derive our focus of meaning in life from different sources, e.g. the natural world, music, family, faith or a specific spiritual pathway. For some people, spirituality will involve religious, philosophical or humanist values and beliefs. This may provide support and comfort during difficult times.

Spiritual wellbeing can include the need:

- To give and receive love
- To be understood
- To be valued as a human being
- For forgiveness and trust
- To explore beliefs and values
- To find meaning, purpose and hope

Spiritual care can help when someone is struggling because their health is changing or getting worse. This is especially true if you're:

- Looking for help to cope with being unwell, physically or mentally
- Dealing with difficult feelings such as anxiety, uncertainty, despair, guilt or anger
- Coming to terms with an illness and searching for meaning

Suggestions or ideas

Looking after your own spiritual needs can include doing activities that help you:

- Reflect on your day-to-day experiences
- Connect to how you're feeling in a deeper way

Everyone will have different activities that help them.

Ways to look after your own spiritual needs include:

- Exploring your thoughts and feelings using art, music, drama or writing
- Meditation/mindfulness techniques
- Spending time reflecting on your feelings, either alone or with others
- Meeting others in a relaxed environment to discuss any deeper questions that you want to explore
- Gardening or spending time in nature
- Taking part in the worship and rituals relevant to your faith – like going to church, the mosque or another faith group or meeting

Reflect on your spiritual needs on the next page

THE EVIDENCE

- Spirituality and finding meaning in life are linked with better coping and lower depressive symptoms (Koenig, 2012).
- Hope and a sense of purpose are linked with lower depressive symptoms and improved wellbeing (Schrack et al., 2011).

WHAT ARE MY SPIRITUAL NEEDS?

Try answering the following questions about your own spiritual needs with the HOPE tool, and consider taking it with you to appointments if you feel it might help practitioners to better understand your needs.

<p>H – Hope / spiritual resources</p>	<p>What gives me meaning, hope or comfort?</p> <p>What helps me during difficult times?</p>
<p>O – Organised religion</p>	<p>Am I part of a faith group or community?</p> <p>Which religious practices matter to me?</p>
<p>P – Personal spirituality</p>	<p>Do I have spiritual beliefs that guide me?</p> <p>What personal practices (e.g. nature, art, meditation) help me most?</p>
<p>E – Effects on care</p>	<p>Do my beliefs affect the care I receive?</p> <p>Is there anything I'd like those supporting me to understand about this?</p>

Whitehead et al., 2022

WHERE TO START

You could start by filling in 'My plan' or use the 'Exploring Values, Strengths and Purpose' Tool on the following pages.

- The Somerset Foundation Trust chaplaincy team offer emotional, spiritual, and religious care for patients, visitors, carers, and staff. They will listen without judgement and respect your beliefs, as you try to make meaning in the midst of uncertainty and change. somersetft.nhs.uk/chaplaincy-and-spiritual/chaplaincy-and-spiritual-care/community-chaplaincy-and-spiritual-care/



Somerset Foundation Trust
Chaplaincy Team

Exploring values, strengths and purpose

Sometimes it is helpful to pause, reflect and reconnect with the things that bring meaning, balance and direction to your life. There are no right or wrong answers – just space for your reflections.

What are my values?

Knowing our values helps us make decisions that feel right for us. Values guide how we live, how we treat others, and how we look after ourselves. They shape what feels meaningful. Tick any that feel important to you or add your own:

- | | | |
|-------------------------------------|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Health | <input type="checkbox"/> Adventure |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Creativity | <input type="checkbox"/> Belonging |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Love |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Nature | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Family | <input type="checkbox"/> Growth | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Learning | <input type="checkbox"/> Justice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Community | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Peace | <input type="checkbox"/> _____ |



My top three values are:

1 <input style="width: 90%;" type="text"/>	2 <input style="width: 90%;" type="text"/>	3 <input style="width: 90%;" type="text"/>
--	--	--

How do I live these values day to day?

Which value do I want to nurture more right now?



What are my strengths?

Noticing your strengths builds confidence, resilience, and a sense of identity. Strengths are qualities that help us handle challenges, support others, and make a difference. Tick any that feel important to you or add your own:

- | | | |
|--|---|--------------------------------------|
| <input type="checkbox"/> Kind | <input type="checkbox"/> Empathetic | <input type="checkbox"/> Team player |
| <input type="checkbox"/> Good listener | <input type="checkbox"/> Practical | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Creative thinker | <input type="checkbox"/> Problem solver | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Organised | <input type="checkbox"/> Encouraging | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Calm under pressure | <input type="checkbox"/> Honest | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Reliable | <input type="checkbox"/> Positive | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Determined | <input type="checkbox"/> _____ |



Which strengths do I use most often?

Which strengths give me energy or joy?

What new or forgotten strengths would I like to use more?

CONTINUED

What is my purpose?

Reflecting on purpose helps you see where your energy and contribution matter most. Purpose is about how we use our values and strengths to create meaning – for ourselves or others. It doesn't have to be big; purpose can show itself in everyday acts of care, creativity, or connection. Tick any that feel important to you or add your own:

- | | |
|--|--|
| <input type="checkbox"/> Helping or supporting others | <input type="checkbox"/> Exploring faith or spirituality |
| <input type="checkbox"/> Learning or creating | <input type="checkbox"/> Protecting nature or the planet |
| <input type="checkbox"/> Caring for family, friends, or animals | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Making or fixing things | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Working for fairness or positive change | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sharing joy or kindness | <input type="checkbox"/> _____ |



When do I feel most alive, useful, or fulfilled?

Who or what benefits from what I do?

(Optional) If you'd like, write your purpose in one sentence.
Example: "To bring people together and help them feel connected."



Bringing it all together

Take a moment to look back over everything you've explored. Notice what feels important, surprising, reassuring, or simply true for you.

What feels most meaningful to me after working through this booklet? It can be anything that feels significant – a realization, a feeling, a reminder or something you want more of in your life.

Empty text box for reflection.

What new insights have I gained about myself - from my values, strengths, and purpose?

Empty text box for reflection.

What feels most 'right' or aligned for me at the moment? This might be a direction, a feeling, a priority or a small shift.

Empty text box for reflection.

You can return to these reflections at any time. Insight often grows slowly – you don't need to act on anything right now.



My Wellbeing Tools

Extra tools and activities to help improve
your mood and support your wellbeing

Weekly diary

This planner is a flexible space to help you track your week and reflect on patterns. Use it for planning social time, exercise, self-care, or a food diary. You can also note your emotions – include details like where you were, who you were with, and when you last ate, to help build a clearer picture of your wellbeing.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Smart goals and Tiny Habits

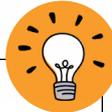
Making time for the things that matter to you can feel easier with a little planning. You might want to take small daily steps or make longer-term goals. Writing them down or using a planner can make them feel more achievable.

Planning ahead helps you include activities

that lift your mood or that you've enjoyed in the past. Remember to pace yourself, every small step counts and adds up over time.

Smart goals are for bigger, structured plans. Tiny Habits are for small actions that gently build momentum.

SMART GOALS



Consider what matters to you and where you want to start. Setting a clear goal helps us move from vague intentions ("I should exercise more") to a practical plan. SMART is a useful checklist:

- **S**pecific – narrow down your goal so it's clear and focused.
- **M**easurable – make sure you can track your progress.
- **A**chievable – realistic for where you are right now.
- **R**elevant – connected to what matters most to you.
- **T**ime-based – give it a timeframe so you can review and adjust.

SMART goal example:

"I want to do more gentle exercise (relevant), so I will do a 10-minute yoga video on YouTube (specific) before my shower each morning (time-based) at least 3 times a week (achievable) for the next few weeks (time-based). I'll note down how I feel afterwards in my notes app (measurable)."

TINY HABITS



Sometimes a SMART GOAL can feel too big at first.

That's where Tiny Habits come in:

- Steps of tiny habits that take almost no effort but create a ripple effect over time.
- You anchor them to something you already do, so they slot easily into your day.
- Celebrate small wins to create a positive feeling.
- Each tiny success builds confidence and rewires your brain to feel good about change.

Tiny Habit examples:

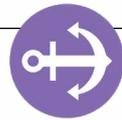
- After you brush your teeth, stretch for 30 seconds.
- After you make your morning tea or coffee, take 5 deep breaths.
- When you get home from work, send a quick message to a friend.

Use the Tiny Habits worksheet over the page.

Tiny Habits

Fill in this worksheet to create your Tiny Habits

Behaviour or goal I want to achieve	Anchor moment	Tiny behaviour	Celebration	How did it go over the past week?



Anchor moment

An existing routine in your life that will remind you to do the new Tiny behaviour (your new habit).

Tiny behaviour

The new habit you want but scaled back to be super tiny - and super easy!

Celebration

Something you do to create a positive feeling inside yourself.



Mindfulness exercises you can try

Consider trying these mindfulness exercises to see which ones feel right for you.

MINDFUL EATING

This involves paying attention to the taste, sight and textures of what you eat. Try this when drinking a cup of tea or coffee, for example. You could focus on the temperature, how the liquid feels on your tongue, how sweet it tastes, or watch the steam that it gives off.

MINDFUL MOVEMENT

While exercising, try focusing on the feeling of your body moving. If you go for a mindful walk, you might notice the breeze against your skin, the feeling of your feet or hands against different textures, and the different smells around you. Some people find mindful movement activities such as yoga or tai chi helpful for their mental wellbeing – perhaps see if there are any groups locally to you, or start by doing guided videos at home on YouTube.

BODY SCANNING/PROGRESSIVE MUSCLE RELAXATION

This is where you move your attention slowly through different parts of your body. Start from the top of your head and move all the way down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body. There are some helpful guided body scans and 'progressive muscle relaxation' videos on YouTube.

MINDFUL COLOURING AND DRAWING

Rather than trying to draw something in particular, focus on the colours and the sensation of your pencil against the paper. You could use a mindfulness colouring book, or download mindfulness colouring images from the internet. Lots of websites offer them for free.

MINDFUL MEDITATION

This involves sitting quietly to focus on your breathing, thoughts, sensations in your body or things you can sense around you. Try to bring your attention back to the present if your mind starts to wander. There are breathing exercises which can help with this gentle focus of attention – perhaps try one on the next page. Here is a beginner's guide to meditation: [nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-meditate-for-beginners/](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-meditate-for-beginners/)

Video: How to meditate for beginners

In this step-by-step video guide, mindfulness and meditation expert Dr. Becky Spelman explains how you can give meditation a go and the benefits it can bring.



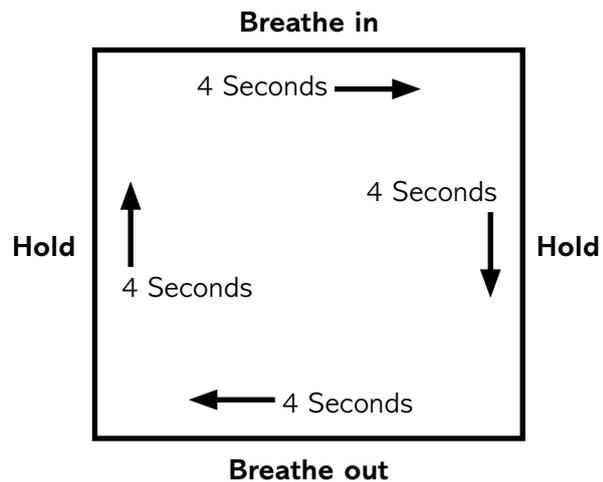
Mindfulness exercises you can try

You might like to explore one of these mindful exercises and see how they feel for you.

BOX BREATHING

Box breathing is a simple breathing exercise which can help calm your nervous system.

- To try it, find a comfortable position sitting tall with relaxed shoulders.
- Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds, and repeat at least 3 times, or until you feel calmer.



5-4-3-2-1 GROUNDING TECHNIQUE

When you notice stress building, you might like to try a grounding tool like the 5-4-3-2-1 exercise. Take a moment to focus on each of your senses and try and come up with the following number of things you notice.

5

Things you can see

(e.g. birds, trees, a spot on the ceiling, pictures on the wall)

4

Things you can feel

(e.g. your hair, your hands, the chair you are sitting on)

3

Things you can hear

(e.g. a clock ticking, a car, a dog barking)

2

Things you can smell

(e.g. soap, your clothes, air freshener)

1

Things you can taste

(e.g. chewing gum, coffee)

Journalling

Journalling can be a gentle way to pause and reflect on your wellbeing. There's no single 'right' way to do it. What matters is finding a style that feels natural for you.

DIFFERENT WAYS TO JOURNAL

There are lots of ways you can journal - this can be in any format that suits you, such as handwriting in a paper-based journal or notebook, recording voice notes, or using apps on your phone. Some people enjoy writing longer pieces in a conversational style, while others prefer spending just a few minutes a day making short notes, perhaps jotting down a couple of things you're grateful for or noting your energy levels. You could start by making a few notes at the bottom of this page or use the Gratitude Journal tool.

HELPFUL PROMPTS WHEN JOURNALLING

Here are some journalling prompts you can use if you'd like a little inspiration to get started.

- **“I think that...”/“I feel like...”**
Separating yourself from your emotions and thoughts (for example, “I feel like I have messed up” instead of “I have messed up”) reminds us that our thoughts are not always factual and do not define us, enabling us to take a step back.
- **“Right now, I feel like I need...”**
Recognising and tending to our needs is important, and writing them down can help.
- **“I can be kinder to myself by...”**
This prompt encourages self-compassion and may help you to avoid ruminating, self-blame and unhelpful thinking styles.
- **“I felt stressed/anxious/low today because...and I was able to overcome this by...”**
This prompt enables us to acknowledge and respond to moments of distress, and to recognise when we can move past these moments and overcome them, which can help to reassure us that we can get through future struggles too.



YOU CAN USE THIS SPACE TO JOURNAL

Weekly gratitude journal

List 3 things you're grateful for each day. This can be as simple as a sunny day, a happy place or a hug from a loved one. The key is to focus on the positives – the things that bring you joy and comfort. Try this for a week and see how you get on.



	1	2	3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

How to plan for setbacks

Setbacks are a normal part of life and part of every wellbeing journey. Planning for them doesn't mean expecting the worst – it means knowing what helps you get back on track when things wobble. Here are some things that you might want to reflect on.



Notice your early warning signs.

Everyone has signs that things are getting harder, for example, feeling more tired or avoiding people.

What are your early warning signs?



Identify what triggers a setback.

Everyone has times when things feel tougher. Looking back can help you spot what tends to trigger a dip or setback.

What are your triggers?



Know what helps you feel steady again.

We all have different things that help us get back on track, for example, going for a walk, talking to someone supportive or listening to music.

What do you do to help you get back on track?



Identify your “go-to” supporters.

Who are the people in your life who you feel comfortable talking to? Who listen without judging you and help you feel grounded.

Write their names here and how you usually contact them.

Remember: Setbacks are not failures

They don't mean you're going backwards – they mean you are human.
Having a plan helps you recover faster, feel more in control, and protect your wellbeing.

SUPPORTING MOOD AND WELLBEING



REACH OUT FOR SUPPORT

If you're feeling distressed, in a state of despair, suicidal or in need of emotional support, phone NHS 111 or any of the helplines below.

- Call 999 if you or someone else is in immediate danger and there is a risk of physical harm, or if you have seriously harmed yourself.
- NHS 111 Mental Health option
- Samaritans 116 123
- Mindline 0800 138 1692 or 01823 276 892