

A hand-drawn thought bubble in blue with a green arrow pointing upwards and to the right.

# WELLBEING JOURNAL

A place to write down the things  
that make you feel good



## WHAT IS THIS JOURNAL FOR?

Sometimes, if we are worried about a problem or a challenge in our lives, we may not pay as much attention to the things which could help us to feel good. There is evidence that paying attention to these things (some of them may be very small and easily missed), and writing them down or even drawing them, can help us to feel good.

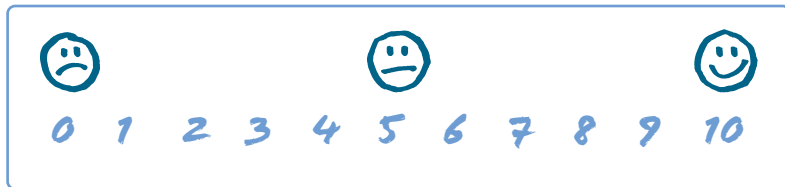
The more we practise paying attention to things that we are grateful for and that make us feel good, then the more likely we are to notice good things as they happen, even if we are having a difficult time.

So, this is a journal just for you, to think about and write down the things which make you feel good.

# HOW MIGHT YOU USE THIS JOURNAL

You might like to try an experiment to see for yourself how writing down the things you're grateful for each day may help you to feel good.

Before you start, **think about how you have been feeling in general over the last week or two**, on a scale of 0-10, where 0 is not very good at all, and 10 is feeling really good:



Once you have done this, take some time each day, perhaps in the evening as you're thinking about your day, to **write down or draw three things** that have happened during the day that make you feel good or that you are grateful for. This isn't always easy, particularly at first, or if you have had a day when things don't seem to have gone so well.

With practice, as you start to notice and write down your positive experiences, you may start to find it gets easier and more enjoyable to do this experiment each day and you may start to spot the positive things as they happen.

**Write or draw in your journal each day for 30 days.** At the end of the 30 days, mark the scale, thinking about how you have felt generally over the past week, as you did before at the start of the experiment.



You may notice that you have moved up the happiness scale, and you might feel more positive as you realise there are lots of moments that happen in your life that you feel good about. If so, keep going!

However, you might not feel any better, and you might need a little longer to keep practising the experiment. If you do find that you are still very unhappy or you feel even more unhappy than you did when you started the experiment, do talk to an adult you can trust about how you've been feeling to get some support.

**There are some ideas about support at the back of the journal.**



## A BIT ABOUT ME...

NAME .....

AGE .....

SCHOOL .....

FAVOURITE HOBBY .....

FAVOURITE FOOD .....

IF I WERE AN ANIMAL I WOULD BE:  
.....

I WISH I COULD BE BETTER AT:  
.....

BUT I'M REALLY GOOD AT:  
.....

## WHAT MIGHT YOU WRITE OR DRAW IN THIS JOURNAL?

We are all different! The things that make you feel good might be different from the things that make someone else feel good. It may be that you write about something you have seen, heard, felt, or tasted, or something a person did or said that you are grateful for.

Here are just a few examples:

- Enjoying a cold drink on a hot day.
- Watching the sun setting in the evening.
- Listening to birds singing.
- Cuddling a pet.
- Smelling a flower.
- Listening to music you enjoy.
- Playing a game with a friend or relative.

DATE.....



THREE THINGS THAT MADE ME FEEL GOOD TODAY...

HOW I HAVE FELT TODAY...

Happy      sad  
Excited      Worried  
Angry      Grateful

SOME IDEAS OF MY OWN...

.....  
.....  
.....

DATE.....



THREE THINGS THAT MADE ME FEEL GOOD TODAY...

HOW I HAVE FELT TODAY...

Loved      Grumpy  
Annoyed      Anxious  
Proud      Helpful

SOME IDEAS OF MY OWN...

.....  
.....  
.....

DATE.....



THREE THINGS THAT MADE ME FEEL GOOD TODAY...

HOW I HAVE FELT TODAY...

- Silly
- Lonely
- Frustrated
- Joyful
- Kind
- Scared

SOME IDEAS OF MY OWN...

.....

.....

.....

DATE.....



THREE THINGS THAT MADE ME FEEL GOOD TODAY...

HOW I HAVE FELT TODAY...

- Amazed
- Disgusted
- Peaceful
- Surprised
- Bored
- Distracted

SOME IDEAS OF MY OWN...

.....

.....

.....

DATE .....



THREE THINGS THAT MADE ME FEEL  
GOOD TODAY...

HOW I HAVE FELT TODAY...

(Use ideas from the previous days to fill out your own)

.....

.....

.....

DATE .....



THREE THINGS THAT MADE ME FEEL  
GOOD TODAY...

HOW I HAVE FELT TODAY...

(Use ideas from the previous days to fill out your own)

.....

.....

.....

## TIME TO CARRY ON...

We hope you've found this notebook helpful! Carry on looking out for three good things every day and encourage those around you to do the same.

Remember the Five Ways to Wellbeing – there are lots and lots of other things you can do to look after yourself. What could be your next challenge?



## SOME IDEAS FOR YOU

### **CONNECT**

- Make a playlist of your favourite songs and share it with your friends.
- If you like cooking, share the recipe for your favourite creation with someone.
- Think about someone who might be lonely at this time and send them some 'happy post' to cheer them up.

### **BE ACTIVE**

- Put on your favourite music and dance for 10 minutes.
- Have a good stretch.
- Do some squats while waiting for the kettle to boil.

### **KEEP LEARNING**

- Do a puzzle, word search or Sudoku.
- Find out the meaning of your name (and your family members' names too).
- Learn 1-10 in another language.

### **GIVE TO OTHERS**

- Do a chore around the house that someone else might usually do.
- Do three random acts of kindness in one day.
- Give someone a compliment.

### **TAKE NOTICE**

- Blow bubbles and watch how they move, their colours etc.
- Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar.
- Look up to the sky and find funny shapes in the clouds.
- Try to notice one thing that makes you feel excited and one thing that makes you feel calm and relaxed.



# SOURCES OF HELP

## CHILDLINE

0800 1111 (free 24hr)

Confidential listening for anyone aged 18 and under

[childline.org](http://childline.org)

## STUDENTS AGAINST DEPRESSION

[studentsagainstd Depression.org](http://studentsagainstd Depression.org)

For information and self-help material

## THE MIX

[themix.org.uk](http://themix.org.uk)

Essential support for under 25s

## ANNA FREUD

[annafreud.org/on-my-mind/self-care](http://annafreud.org/on-my-mind/self-care)

Useful ideas for looking after yourself

## SAMARITANS

116 123

For confidential emotional support 24/7

[jo@samaritans.org](mailto:jo@samaritans.org)

## PAPYRUS

[papyrus-uk.org](http://papyrus-uk.org)

Suicide prevention and support

## YOUTH ACCESS

[youthaccess.org.uk](http://youthaccess.org.uk)

Mental health info and guidance for 11-25 year olds

## BEAT

0808 801 0711 (youthline for under 18's)

Help and information about eating disorders

## ABOUT THE CHARLIE WALLER TRUST

The Trust was set up by the Waller family in 1997 to remember Charlie. We now work with thousands of parents, carers and teachers to help children and young people look after their mental health. Learn more about us at [charliewaller.org](http://charliewaller.org).

## GET IN TOUCH

[hello@charliewaller.org](mailto:hello@charliewaller.org)

01635 869754

## FIND OUT MORE

[charliewaller.org](http://charliewaller.org)

## FOLLOW US



## The Charlie Waller Trust

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The Charlie Waller Trust is a registered charity in England and Wales 1109984.

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Registered address: as above.