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Mental Health & Wellbeing

Emotional Wellbeing Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The exercises in this workbook are designed for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – Understanding Emotional Wellbeing

Emotional wellbeing is about understanding, accepting and managing your emotions in healthy ways.

Everyone experiences a wide range of emotions. Feeling happy, sad, worried, excited, frustrated or overwhelmed is a normal part of being human.

Looking after your emotional wellbeing can help you cope with challenges, build stronger relationships and improve your overall quality of life.

♥ Today I'm feeling...

☐ Happy

☐ Calm

☐ Hopeful

☐ Excited

☐ Worried

☐ Anxious

☐ Sad

☐ Frustrated

☐ Overwhelmed

☐ Lonely

☐ Tired

☐ Other:

♥ What has influenced how I'm feeling today?

💚 What would help me feel more emotionally balanced today?

💚 Remember

Every emotion has a purpose.

Instead of judging your feelings, try to notice them with kindness and curiosity.

Understanding your emotions is the first step towards improving your emotional wellbeing.

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PAGE 2 – Understanding Your Emotions

Every emotion gives us information about how we're experiencing the world around us.

There are no "good" or "bad" emotions. Even difficult feelings can help us recognise when something needs our attention or care.

Learning to identify your emotions is an important step towards improving emotional wellbeing.

♥ Which emotions have I experienced this week?

☐ Happiness

☐ Calmness

☐ Gratitude

☐ Hope

☐ Anxiety

☐ Stress

☐ Anger

☐ Sadness

☐ Disappointment

☐ Loneliness

☐ Frustration

☐ Excitement

☐ Other:

♥ What situations usually trigger these emotions?

♥ How do I usually respond to difficult emotions?

- ☐ Talk to someone.
- ☐ Keep my feelings to myself.
- ☐ Go for a walk.
- ☐ Listen to music.
- ☐ Write in a journal.
- ☐ Practice deep breathing.
- ☐ Spend time alone.
- ☐ Other:

♥ One healthier way I could respond next time

♥ Remember

Emotions come and go like waves.

You don't have to fight them or ignore them.

By recognising your feelings and responding with kindness, you can begin to build greater emotional awareness and resilience.

Your emotions are part of you—they don't define you.

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PAGE 3 – Understanding Emotional Triggers

Emotional triggers are situations, memories, words or experiences that create a strong emotional reaction.

Understanding your triggers can help you respond more calmly and make choices that support your wellbeing.

Remember, triggers are not a sign of weakness—they are opportunities to learn more about yourself.

 My common emotional triggers

- ☐ Feeling criticised
- ☐ Feeling ignored
- ☐ Conflict
- ☐ Stress
- ☐ Financial worries
- ☐ Health concerns
- ☐ Loneliness
- ☐ Change or uncertainty
- ☐ Feeling overwhelmed
- ☐ Other:

♥ Think about a recent emotional experience.

What happened?

How did I feel?

How did I respond?

♥ What could help me respond differently next time?

- ☐ Pause before reacting.
- ☐ Take slow, deep breaths.
- ☐ Talk to someone I trust.
- ☐ Go for a walk.
- ☐ Write down my thoughts.
- ☐ Practice mindfulness.
- ☐ Focus on what I can control.
- ☐ Other:

♥ Remember

You may not always be able to avoid emotional triggers.

However, understanding them gives you the opportunity to respond with greater awareness, kindness and self-control.

The more you understand your emotions, the more confident you'll become in managing them.

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PAGE 4 – Expressing Your Emotions in Healthy Ways

Expressing your emotions is an important part of emotional wellbeing.

Keeping everything inside can sometimes make emotions feel more intense. Finding healthy ways to express how you feel can reduce stress and help you feel more balanced.

Remember, it's okay to feel your emotions and it's okay to ask for support.

 Healthy ways I can express my emotions

- ☐ Talk to someone I trust.
- ☐ Write in a journal.
- ☐ Go for a walk.
- ☐ Exercise or move my body.
- ☐ Practice deep breathing.
- ☐ Draw, paint or be creative.
- ☐ Listen to music.
- ☐ Spend time in nature.
- ☐ Practice mindfulness.
- ☐ Other:

 What helps me feel understood?

♥ When I find it difficult to express my feelings, I usually...

- ☐ Stay quiet.
- ☐ Keep everything inside.
- ☐ Become emotional.
- ☐ Avoid people.
- ☐ Write my thoughts down.
- ☐ Ask for support.
- ☐ Other:

♥ One healthy way I will express my emotions this week

♥ Remember

Expressing your emotions doesn't make you weak.

It helps you understand yourself better, build stronger relationships and care for your emotional wellbeing.

Your feelings matter, and it's okay to let them be heard in healthy and respectful ways.

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PAGE 5 – Looking After Your Emotional Wellbeing

Looking after your emotional wellbeing is something you can practise every day.

Small acts of self-care, healthy routines and supportive relationships can help you feel more balanced and better able to cope with life's challenges.

Remember, emotional wellbeing is a journey, not a destination.

 This week I will...

- ☐ Get enough sleep.
- ☐ Drink more water.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Exercise or move my body.
- ☐ Practice gratitude.
- ☐ Take regular breaks.
- ☐ Spend time with people I care about.
- ☐ Do something that makes me smile.
- ☐ Be kind to myself.
- ☐ Other:

♥ Three things that improve my emotional wellbeing

1.

2.

3.

♥ One thing I will do for myself today

♥ How do I feel after taking care of myself?

Remember

Looking after your emotional wellbeing doesn't require big changes.

Small, positive actions repeated regularly can make a meaningful difference over time.

Every act of self-care is an investment in your emotional health and wellbeing.

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PAGE 6 – Building Emotional Resilience

Emotional resilience is the ability to recover from difficult experiences and continue moving forward.

Being emotionally resilient doesn't mean you never feel upset—it means learning healthy ways to cope, adapt and care for yourself during challenging times.

Remember, resilience grows through practice and patience.

 When life feels difficult, I can...

☐ Take one step at a time.

☐ Be kind to myself.

☐ Ask for support.

☐ Focus on what I can control.

- ☐ Take regular breaks.
- ☐ Practice deep breathing.
- ☐ Spend time outdoors.
- ☐ Remind myself that difficult feelings will pass.
- ☐ Other:

♥ A challenge I have overcome

♥ What helped me through it?

♥ One strength I discovered about myself

♥ Remember

You have already overcome challenges in your life.

Every difficult experience you've worked through has helped build your resilience.

You are stronger than you may realise, and every step forward matters.

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PAGE 7 – Practising Gratitude

Gratitude is about noticing the positive things in your life, no matter how small they may seem.

Practising gratitude doesn't mean ignoring life's difficulties. It means recognising moments of hope, kindness and joy alongside the challenges.

Over time, gratitude can help improve emotional wellbeing and encourage a more balanced perspective.

♥ Today I am grateful for...

1.

2.

3.

♥ Something positive that happened this week

♥ Someone I appreciate

Why do I appreciate them?

♥ One thing I'm looking forward to

♥ Remember

Some days, gratitude may feel easier than others—and that's okay.

Even noticing one small positive moment can help you reconnect with hope and perspective.

Every day may not be good, but there is something good to be found in every day.

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PAGE 8 – Creating an Emotional Wellbeing Plan

Looking after your emotional wellbeing is something you can practise every day.

Having a simple plan can help you respond to difficult emotions with greater confidence and remind you of the healthy habits that support your wellbeing.

Remember, you don't have to be perfect—you just have to keep caring for yourself.

♥ Things that help me feel emotionally well

☐ Spending time with loved ones.

☐ Going for a walk.

☐ Listening to music.

☐ Reading.

☐ Being in nature.

☐ Practising mindfulness.

☐ Exercising.

☐ Journalling.

☐ Taking time to rest.

☐ Other:

My Personal Wellbeing Plan

When I notice I'm struggling emotionally, I will...

1.

2.

3.

People I Can Reach Out To

1.

2.

3.

My Daily Reminder

Write a message to yourself that you can read on difficult days.

Remember

Emotional wellbeing isn't about feeling happy all the time.

It's about understanding your emotions, caring for yourself and knowing that difficult feelings will not last forever.

Every small act of kindness towards yourself helps build a healthier, more balanced future.

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PAGE 9 – My Emotional Wellbeing Action Plan

You've explored your emotions, recognised your triggers and discovered healthy ways to care for yourself.

Now it's time to create a personal plan that you can return to whenever you need it.

Remember, emotional wellbeing is built through small, consistent acts of self-care.

♥ My Emotional Wellbeing Goals

Goal 1

Goal 2

Goal 3

♥ Things That Help Me Feel Emotionally Strong

☐ Talking to someone I trust.

☐ Spending time outdoors.

- ☐ Practising gratitude.
- ☐ Journalling.
- ☐ Taking slow, deep breaths.
- ☐ Exercising.
- ☐ Getting enough sleep.
- ☐ Eating balanced meals.
- ☐ Taking regular breaks.
- ☐ Other:

My Support Network

1.

2.

3.

My Personal Reminder

When emotions feel overwhelming, I want to remember...

♥ Remember

Every emotion you experience is temporary.

You don't have to face difficult feelings alone, and you don't have to solve everything today.

Small steps, taken with kindness and patience, can make a meaningful difference.

Your emotional wellbeing matters, and every positive choice helps you build a healthier future.

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PAGE 10 – My Emotional Wellbeing Action Plan

Congratulations on completing this workbook.

Emotional wellbeing isn't about feeling happy all the time. It's about understanding your emotions, responding to them with kindness and developing healthy habits that support your wellbeing.

Use this page to create your personal plan for looking after your emotional wellbeing.

♥ Three Things I Will Focus On

1.

2.

3.

♥ When I'm Struggling Emotionally, I Will...

- ☐ Pause and take slow, deep breaths.
- ☐ Be kind to myself.
- ☐ Talk to someone I trust.
- ☐ Focus on one small step.
- ☐ Spend time outdoors.
- ☐ Practice gratitude.
- ☐ Take time to rest.
- ☐ Remember that difficult emotions will pass.

♥ My Personal Reminder

When life feels difficult, I want to remember...

My Emotional Wellbeing Promise

"I will treat myself with kindness, accept that all emotions are part of being human, and continue taking small steps to care for my wellbeing. I will remember that asking for support is a strength and that every day is a new opportunity to move forward."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Your emotional wellbeing deserves care, patience and attention.

By recognising your emotions, looking after yourself and reaching out when you need support, you are building a healthier and more balanced future.

Progress doesn't have to be perfect—every positive step matters.

Thank you for using this workbook.

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 Supporting your mental health and wellbeing, one day at a time.