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Mental Health & Wellbeing

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

This workbook is designed to help you build healthy self-care habits that support your mental, emotional and physical wellbeing. It is not intended to diagnose or treat any mental health condition.

If your mental health is significantly affecting your daily life, please speak with your GP or another qualified healthcare professional.

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

By using this workbook, you accept responsibility for your own wellbeing and decisions.

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PAGE 1 – What Is Self-Care?

 Understanding self-care

Self-care means taking positive actions to look after your physical, emotional, mental and social wellbeing.

Self-care isn't selfish.

Looking after yourself helps you cope with life's challenges, build resilience and support the people around you.

Even small acts of self-care can make a big difference over time.

♥ Self-care can help me...

- ☐ Reduce stress.
- ☐ Improve my mood.
- ☐ Increase my energy.
- ☐ Sleep better.
- ☐ Feel calmer.
- ☐ Build confidence.
- ☐ Improve relationships.
- ☐ Prevent burnout.
- ☐ Support my mental wellbeing.
- ☐ Feel more balanced.

♥ Reflection

What does self-care mean to me?

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PAGE 2 – Checking In With Myself

Taking time to notice how you're feeling helps you understand what you need.

♥ Today I feel...

- ☐ Calm.
- ☐ Happy.
- ☐ Tired.
- ☐ Anxious.
- ☐ Overwhelmed.
- ☐ Hopeful.
- ☐ Stressed.
- ☐ Lonely.
- ☐ Content.
- ☐ Other

♥ What do I need today?

♥ One thing I can do for myself today

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PAGE 3 – My First Self-Care Step

Self-care doesn't have to take hours.

A few minutes each day can have a positive impact on your wellbeing.

 Today I will...

- ☐ Drink more water.
- ☐ Eat a healthy meal.
- ☐ Go for a walk.
- ☐ Spend time outdoors.
- ☐ Rest without feeling guilty.
- ☐ Read a book.
- ☐ Practice mindful breathing.
- ☐ Talk to someone I trust.
- ☐ Celebrate taking care of myself.

 My first self-care goal

♥ How did it make me feel?

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PAGE 4 – Looking After My Physical Wellbeing

Your physical health and mental wellbeing are closely connected.

Small healthy choices can improve your mood, energy and resilience.

♥ Today I will...

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Move my body.
- ☐ Get some fresh air.
- ☐ Stretch for a few minutes.
- ☐ Get enough sleep.
- ☐ Reduce screen time.
- ☐ Rest when I need to.
- ☐ Celebrate my progress.

♥ One healthy habit I'd like to improve

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PAGE 5 – Looking After My Emotional Wellbeing

Looking after your emotions means recognising how you feel and responding with kindness rather than judgement.

♥ Today I will...

- ☐ Accept my feelings.
- ☐ Speak kindly to myself.
- ☐ Practice gratitude.
- ☐ Take regular breaks.
- ☐ Let myself rest.
- ☐ Ask for support if I need it.
- ☐ Celebrate small successes.
- ☐ Remember that it's okay not to be okay.

♥ One emotion I'm experiencing today

♥ One healthy way I'll respond

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PAGE 6 – Making Time for Myself

Self-care isn't selfish—it's essential.

Making even a few minutes for yourself each day can improve your wellbeing.

♥ Today I'll make time to...

- ☐ Read.
- ☐ Listen to music.
- ☐ Go for a walk.
- ☐ Sit quietly.
- ☐ Enjoy a hobby.
- ☐ Spend time outdoors.
- ☐ Practice mindfulness.
- ☐ Have a relaxing bath or shower.

☐ Enjoy a hot drink.

☐ Do something that makes me smile.

♥ My favourite way to recharge

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I looked after myself by...

♥ One thing I'm grateful for

♥ One thing that made me smile

♥ One act of self-care I'll do tomorrow

♥ Remember

You deserve the same care, kindness and compassion that you give to others.

Looking after yourself isn't a luxury—it helps you stay healthy, resilient and able to face life's challenges.

Every healthy choice...

Every moment of rest...

Every act of self-kindness...

Is an investment in your wellbeing and your future. ♥

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PAGE 8 – Building Healthy Daily Habits

Healthy habits don't have to be big to make a difference.

Small actions repeated each day can improve your physical and mental wellbeing over time.

♥ Today I will...

☐ Drink enough water.

- ☐ Eat regular meals.
- ☐ Move my body.
- ☐ Spend time outdoors.
- ☐ Get enough sleep.
- ☐ Take regular breaks.
- ☐ Practice gratitude.
- ☐ Be kind to myself.
- ☐ Celebrate my progress.

♥ One healthy habit I'll focus on this week

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PAGE 9 – Looking After My Mind

Looking after your mental wellbeing is just as important as looking after your physical health.

Giving yourself permission to slow down can help reduce stress and improve your mood.

♥ Today I will...

- ☐ Take five slow breaths.

- ☐ Spend time away from my phone.
- ☐ Listen to calming music.
- ☐ Read for a few minutes.
- ☐ Practice mindfulness.
- ☐ Spend time in nature.
- ☐ Write in my journal.
- ☐ Notice three good things about today.

♥ What helped my mind feel calmer today?

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PAGE 10 – Building My Support Network

Looking after yourself also means allowing others to support you.

You don't have to manage everything on your own.

♥ My support network includes...

- ☐ Family.
- ☐ Friends.
- ☐ Partner.

- ☐ GP.
- ☐ Counsellor or therapist.
- ☐ Support group.
- ☐ Colleagues.
- ☐ Neighbours.
- ☐ Community groups.
- ☐ Other

♥ Someone I can reach out to

♥ One way they can support me

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PAGE 11 – Weekly Reflection

Take a moment to reflect on your week.

♥ This week I looked after myself by...

♥ One thing that made me feel better

♥ One thing I've learned about myself

♥ My self-care goal for next week

♥ Remember

Self-care isn't about doing everything perfectly.

It's about making small choices that support your wellbeing every day.

Every healthy habit...

Every moment of rest...

Every act of kindness towards yourself...

Helps you build a happier, healthier and more balanced life. ♥

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PAGE 12 – Creating Healthy Boundaries

Looking after yourself sometimes means saying "no" and protecting your time and energy.

Healthy boundaries help you care for yourself while maintaining positive relationships.

 This week I will...

- ☐ Say no when I need to.
- ☐ Take regular breaks.
- ☐ Protect my personal time.
- ☐ Ask for help when I need it.
- ☐ Let go of unnecessary guilt.
- ☐ Respect my own limits.
- ☐ Prioritise my wellbeing.
- ☐ Celebrate my progress.

 One boundary I'd like to strengthen

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PAGE 13 – Rest Without Guilt

Rest is an important part of wellbeing.

Taking time to recharge helps your mind and body recover so you can face life's challenges with more energy.

 Today I will...

- ☐ Take a proper break.
- ☐ Slow down.
- ☐ Enjoy a quiet moment.
- ☐ Switch off from work.
- ☐ Put my phone away.
- ☐ Allow myself to relax.
- ☐ Recharge without feeling guilty.
- ☐ Be kind to myself.

 What helps me feel rested?

Take a few moments to reflect on today.

♥ Today I looked after myself by...

♥ One thing that made me feel happy

♥ One challenge I managed well

♥ One act of self-care I'll do tomorrow

Take time to celebrate your progress.

♥ This week I...

♥ One thing I'm proud of

♥ One self-care habit that's helping me

♥ My goal for next week

♥ Remember

Self-care isn't something you earn.

It's something you deserve.

Looking after yourself allows you to better cope with life's challenges and to support the people you care about.

Every healthy choice...

Every moment of rest...

Every act of self-kindness...

Is helping you build a healthier, happier and more balanced life. ❤️

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PAGE 16 – Making Time for Joy

Self-care isn't only about managing stress.

It's also about creating moments of happiness, laughter and enjoyment.

Small moments of joy can lift your mood and improve your wellbeing.

❤️ This week I will...

- ☐ Listen to my favourite music.
- ☐ Watch something that makes me laugh.
- ☐ Spend time with someone I enjoy.
- ☐ Enjoy a favourite hobby.
- ☐ Spend time in nature.
- ☐ Read a good book.
- ☐ Treat myself with kindness.
- ☐ Celebrate the little things.

❤️ One thing that brings me joy

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PAGE 17 – Looking After My Relationships

Healthy relationships are an important part of self-care.

Spending time with people who respect and support you can improve your emotional wellbeing.

 This week I will...

- ☐ Spend time with family.
- ☐ Call a friend.
- ☐ Listen without judgement.
- ☐ Express gratitude.
- ☐ Ask for support if I need it.
- ☐ Respect my own boundaries.
- ☐ Offer kindness to someone else.
- ☐ Stay connected.

 One relationship I'd like to strengthen

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PAGE 18 – My Self-Care Success Journal

Every act of self-care matters.

Take a moment to celebrate the positive choices you've made today.

 Today I...

- ☐ Drank enough water.
- ☐ Ate nourishing meals.
- ☐ Took a break.
- ☐ Moved my body.
- ☐ Practised mindfulness.
- ☐ Spoke kindly to myself.
- ☐ Asked for support.
- ☐ Did something I enjoy.
- ☐ Celebrated my progress.

 My biggest self-care success today

♥ What helped me look after myself?

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PAGE 19 – Looking Forward

Self-care is something you can practise every day.

Small actions repeated over time can create lasting improvements in your wellbeing.

♥ Looking ahead...

One self-care habit I'll continue

One area of my wellbeing I'd like to improve

My promise to myself

♥ Remember

Looking after yourself is one of the most valuable investments you can make.

Every healthy habit...

Every kind thought...

Every moment of rest...

Helps you become stronger, healthier and more resilient.

You deserve care just as much as anyone else. ♥

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PAGE 20 – Looking After My Energy

Your energy is valuable.

Paying attention to what gives you energy—and what drains it—can help you make choices that support your wellbeing.

♥ Things that give me energy

☐ Spending time outdoors.

☐ Talking to supportive people.

☐ Getting enough sleep.

☐ Exercise or movement.

☐ Reading.

☐ Listening to music.

☐ Mindfulness.

☐ Quiet time.

☐ Healthy food.

☐ Other

♥ One thing that drains my energy

♥ One change I can make this week

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PAGE 21 – Creating a Self-Care Routine

A simple routine can help you look after yourself consistently, even on busy days.

 My daily self-care routine

- ☐ Drink water.
- ☐ Eat regular meals.
- ☐ Move my body.
- ☐ Take a mindful break.
- ☐ Spend time outdoors.
- ☐ Connect with someone.
- ☐ Practice gratitude.
- ☐ Get enough sleep.
- ☐ Do something I enjoy.
- ☐ Reflect on my day.

 One habit I'll start tomorrow

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PAGE 22 – Caring for My Mind and Body

Looking after your wellbeing means caring for your whole self.

Small acts of care can make a big difference over time.

♥ Today I will...

- ☐ Speak kindly to myself.
- ☐ Rest when needed.
- ☐ Fuel my body well.
- ☐ Notice my emotions.
- ☐ Take slow breaths.
- ☐ Spend time in nature.
- ☐ Limit unnecessary stress.
- ☐ Celebrate my progress.
- ☐ Accept that I'm enough.
- ☐ Keep moving forward.

♥ One act of self-care I'll prioritise

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PAGE 23 – My Self-Care Reflection

Take a moment to recognise how far you've come.

♥ Since starting this workbook...

I have learned...

I feel healthier because...

One self-care habit I will continue...

♥ Remember

Self-care isn't a reward for working hard.

It's a daily commitment to your health, happiness and wellbeing.

Every healthy choice...

Every moment of rest...

Every act of self-compassion...

Helps you build a stronger, calmer and healthier life. ♥

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PAGE 24 – Creating Balance

Life is often busy, but balance comes from making time for the things that matter most.

Self-care is about finding a healthy balance between responsibilities, rest and enjoyment.

 This week I will...

- ☐ Make time to relax.
- ☐ Spend time with people I care about.
- ☐ Move my body.
- ☐ Get enough sleep.
- ☐ Eat nourishing meals.
- ☐ Enjoy a hobby.
- ☐ Spend time outdoors.
- ☐ Say no when I need to.
- ☐ Celebrate my progress.

 One area of my life I'd like to balance

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PAGE 25 – Celebrating My Progress

Every act of self-care is a step towards a healthier life.

Take time to recognise how far you've come.

♥ Today I...

- ☐ Looked after my physical health.
- ☐ Took care of my mental wellbeing.
- ☐ Rested when I needed to.
- ☐ Set a healthy boundary.
- ☐ Spent time with supportive people.
- ☐ Practised gratitude.
- ☐ Did something I enjoyed.
- ☐ Showed kindness to myself.
- ☐ Celebrated my progress.

♥ My biggest self-care achievement today

♥ How did it make me feel?

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PAGE 26 – My Wellbeing Plan

Self-care becomes easier when it becomes part of everyday life.

♥ I will continue to...

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Exercise regularly.
- ☐ Get enough sleep.
- ☐ Practice mindfulness.
- ☐ Make time for myself.
- ☐ Stay connected with supportive people.
- ☐ Set healthy boundaries.
- ☐ Celebrate my progress.
- ☐ Keep learning about wellbeing.

♥ My wellbeing goal

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PAGE 27 – Looking Ahead

Looking after yourself isn't something you do once.

It's something you choose every day.

♥ Looking ahead...

One self-care habit I'll continue

One new habit I'd like to build

My message to my future self

♥ Remember

Every healthy choice you make is an act of kindness towards yourself.

You deserve time to rest.

You deserve moments of joy.

You deserve to feel healthy, valued and supported.

Small acts of self-care today can create a happier, healthier tomorrow. 🌱

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PAGE 28 – Finding Joy in Everyday Life

Self-care isn't just about managing difficult days.

It's also about noticing the moments that bring happiness, peace and meaning.

Even small moments of joy can improve your wellbeing.

🌱 Today I enjoyed...

☐ Spending time outdoors.

☐ Laughing with someone.

☐ Listening to music.

☐ Reading.

☐ A warm drink.

☐ A favourite meal.

☐ A quiet moment.

☐ Completing a goal.

☐ Helping someone.

☐ Other

 One moment that made me smile today

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PAGE 29 – Recognising My Strengths

Looking after yourself helps you discover your strengths.

Take a moment to recognise the qualities that help you through life.

 My strengths include...

☐ Kindness.

☐ Compassion.

☐ Patience.

☐ Determination.

☐ Resilience.

☐ Courage.

☐ Gratitude.

☐ Optimism.

☐ Honesty.

☐ Creativity.

☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My Self-Care Action Plan

Self-care becomes a lifestyle through small, consistent habits.

♥ This month I will...

☐ Drink more water.

☐ Move my body regularly.

☐ Get enough sleep.

- ☐ Practice mindfulness.
- ☐ Make time for people I care about.
- ☐ Set healthy boundaries.
- ☐ Spend time outdoors.
- ☐ Do something I enjoy every week.
- ☐ Celebrate my progress.
- ☐ Keep learning about wellbeing.

♥ My biggest self-care goal this month

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PAGE 31 – My Self-Care Journey

Take a moment to recognise how far you've come.

♥ Looking back...

The biggest thing I've learned is...

The self-care habit that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Self-care isn't about being perfect.

It's about choosing yourself, one small act at a time.

Every healthy habit...

Every moment of rest...

Every act of kindness towards yourself...

Helps you build a healthier, happier and more fulfilling life. ♥

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PAGE 32 – Choosing Myself Every Day

Self-care is not something you do only when you're struggling.

It's a daily choice to value your health, happiness and wellbeing.

Every small act of care reminds you that you matter.

♥ Today I choose to...

- ☐ Look after my wellbeing.
- ☐ Speak kindly to myself.
- ☐ Take regular breaks.
- ☐ Nourish my body.
- ☐ Listen to my needs.
- ☐ Protect my energy.
- ☐ Celebrate small wins.
- ☐ Remember that I deserve care.

♥ One way I'll choose myself today

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PAGE 33 – Looking After My Whole Self

True wellbeing comes from caring for your mind, body and emotions together.

Small daily actions can have a lasting impact.

♥ This week I will...

- ☐ Get enough sleep.
- ☐ Eat nourishing meals.
- ☐ Drink enough water.
- ☐ Stay active.
- ☐ Spend time outdoors.
- ☐ Practice mindfulness.
- ☐ Stay connected with supportive people.
- ☐ Laugh and enjoy life.
- ☐ Be patient with myself.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 34 – My Self-Care Toolkit

Create your own collection of self-care activities that help you feel calm, healthy and recharged.

♥ My Self-Care Toolkit

- ☐ Going for a walk.

- ☐ Mindful breathing.
- ☐ Reading.
- ☐ Listening to music.
- ☐ Journaling.
- ☐ Talking to a friend.
- ☐ Spending time in nature.
- ☐ Taking a relaxing bath or shower.
- ☐ Enjoying a hobby.
- ☐ Practising gratitude.
- ☐ Other

 My three favourite self-care activities

1.

2.

3.

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PAGE 35 – My Self-Care Journey

Take a moment to recognise how much you've achieved.

♥ Looking back...

The biggest thing I've learned is...

The self-care habit that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Looking after yourself is one of the greatest gifts you can give yourself.

Every healthy choice...

Every moment of rest...

Every act of self-compassion...

Helps you become stronger, healthier and better able to enjoy life.

You deserve care. You deserve balance. You deserve wellbeing. ♥

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PAGE 36 – Living a Life of Wellbeing

Wellbeing isn't about being happy all the time.

It's about creating a life where you regularly care for your physical, emotional and mental health.

Small daily choices can lead to lasting positive change.

 Today I choose to...

- ☐ Make time for myself.
- ☐ Listen to my body.
- ☐ Accept my emotions.
- ☐ Do something that brings me joy.
- ☐ Rest when I need to.
- ☐ Appreciate the present moment.
- ☐ Be grateful for today.
- ☐ Keep moving forward.

 One thing I'll do for my wellbeing today

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PAGE 37 – My Personal Self-Care Promise

Self-care is a promise you make to yourself every day.

Even on difficult days, small acts of kindness towards yourself matter.

♥ I promise to...

- ☐ Put my wellbeing first.
- ☐ Speak kindly to myself.
- ☐ Respect my limits.
- ☐ Ask for support when I need it.
- ☐ Continue healthy habits.
- ☐ Make time to rest.
- ☐ Celebrate my progress.
- ☐ Never give up on myself.

♥ My personal promise

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PAGE 38 – My Wellbeing Plan

Looking after yourself is a lifelong journey.

Create a plan that helps you stay healthy, balanced and resilient.

♥ I will continue to...

- ☐ Eat nourishing meals.
- ☐ Drink enough water.
- ☐ Stay physically active.
- ☐ Get enough sleep.
- ☐ Practice mindfulness.
- ☐ Stay connected with supportive people.
- ☐ Make time for hobbies.
- ☐ Spend time outdoors.
- ☐ Be kind to myself.
- ☐ Celebrate every small success.

♥ Three things that help me feel my best

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Self-Care & Wellbeing Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you build healthy habits that support your physical, emotional and mental wellbeing.

Remember:

♥ You deserve care.

♥ Rest is productive.

♥ Small habits create lasting change.

♥ Progress is more important than perfection.

♥ Looking after yourself helps you live your best life.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support your wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If you have concerns about your mental or physical health, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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