



My Be Well Plan

Activity Book

Find an activity that works best for you.





Easy Read

This document is an Easy Read version of the Be Well Plan Activity Bank.

The original document was made by researchers from:



- South Australian Health and Medical Research Institute.
- Be Well Co.
- Flinders University.
- Orama Institute.

The Activity Book has activities you can use in your Be Well Plan.



Some words are written in **bold**.

We explain what these words mean.

What is mindfulness?



Lots of the activities in this book talk about **Mindfulness**.



Mindfulness is:

- Thinking about what you are doing now.
- Not worrying about anything else that is happening.
- Not being distracted by anything else.

Mindfulness helps you feel **grounded**.



Being grounded means distracting yourself from emotions, such as

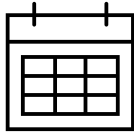
- fear,
- sadness,
- anger.

This book will have different mindfulness activities that can help you feel grounded.

Each activity will tell you:



- How long to do it.



- How often to do it.



- How **difficult** it is.

This will tell you if the activity is:

- Easy.
- Medium.
- Hard.



It will also tell you what areas it can have a positive impact on.

You can choose an activity that works best for you.

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1. Mindful Breathing



Different ways to breathe that can help if you are feeling stressed.

How long	How often	Difficulty
 10 minutes	 1 a day	 Easy



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Mood.
- Anxiety.
- Stress.

What is Mindful Breathing?



We all breathe every day, all day.

Sometimes we do not notice we are breathing.

If you think about your breathing for a minute, it can help you to feel calm.

Why I should do Mindful Breathing



This can help you to **ground** yourself.

This means to distract yourself from emotions, such as

- fear,
- sadness,
- anger.

How to do Mindful Breathing



1. Breathe slowly in through your nose.



2. Breathe slowly out through your mouth.



3. Breathe in through your nose for 6 seconds.



4. Breathe out through your mouth for 6 seconds.

5. Try to focus just on your breathing.



6. Think about how your breathing feels as you breathe in and out.



7. Do this for 1 minute.

2. Progressive Muscle Relaxation



Relaxing different muscles in your body.

How long	How often	Difficulty
 15 minutes	 1 a day	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Mood.
- Anxiety.
- Stress.

What is Progressive Muscle Relaxation?



This is a mindfulness activity for your muscles.

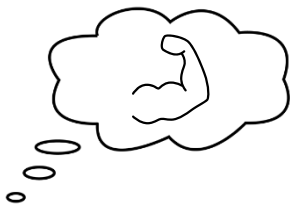


You will **tense** different muscles.

Tense means to squeeze different muscles.



Then you will relax different muscles.



Think about your muscles when they are tense and when you relax them.



You can tense and relax all your muscles in your body.

Why I should do Progressive Muscle Relaxation



Sometimes your muscles may tense because you feel anxious or stressed.

This can help you to relax your muscles.

How to do Progressive Muscle Relaxation



1. Find a space you can lie down or sit.



2. Breathe slowly in through your mouth.



3. Breathe slowly out through your mouth.

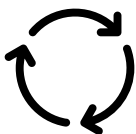


4. Choose 1 body part of your body.



5. Tense this body part for 30 seconds.

6. Relax this body part for 15 seconds.



7. Repeat with other body parts.

How to tense different muscles in your body



Feet: curl your toes downwards.



Lower leg: Pull your toes towards you to stretch your calf muscle.



Upper leg: Tighten your thigh muscle.



Bottom: Squeeze your bottom muscles.



Hands: Make a fist.



Upper arm: Bend your arm up and make a fist.



Jaw: clench your jaw.



Eyes: squeeze your eyes shut.





Forehead: raise your eyebrows and hold them high.

3. Mindful walking



Think about your walking and how it makes you feel.

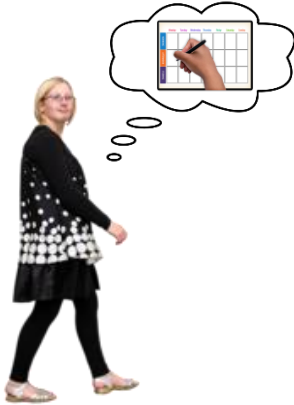
How long	How often	Difficulty
 10 minutes	 1 a day	 Easy



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Health.
- Mood.
- Anxiety.
- Stress.

What is Mindful Walking?



Sometimes when you walk you think about

- What you are doing that day.
- What problems you have.
- Stress in your life.



Mindful walking is when you just think about the steps you are taking.

You do not think about other things.

Why I should do Mindful Walking



Mindful walking can help you:

- Reduce stress.
- Concentrate.
- Regulate your emotions.

How to do Mindful Walking



1. As you walk think about how your body is feeling.

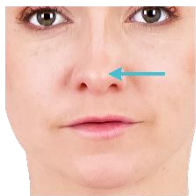
Think about the feelings you feel in your:

- Legs.
- Feet.
- Arms.

2. Think about how your body moves as you take a step.



3. If you start to think about something else, stop and think about your next step again.



4. Use your nose and smell what is around you.



5. Use your mouth and see if there is anything you can taste around you.






6. Think about your feet touching the ground and how it feels.

4. Online Mindfulness



You can use an app or website to practice Mindfulness.

How long	How often	Difficulty
		
Depends on the activity you choose.		



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Mood.
- Anxiety.
- Stress.

What is Online Mindfulness?



There are different mindfulness activities you can find on:

- Websites.
- Mobile apps.

It is important to find one that works on the device that you want to use.

Why I should do Online Mindfulness



Online mindfulness can help you find ways to practice:

- Meditation.
- Deep breathing.

How to do Online Mindfulness



1. Go on the internet or app store.



2. Type in the word mindfulness.

3. Different videos, instructions will show up.



4. Click on 1 to try.

5. Try it!

Keep going if you like it.

If you do not like it, try a something else.






Here are some free apps you can try:

- Smiling Mind.
- Insight Timer.
- Headspace.

5. Mindful Eating



How does it feel when you eat?

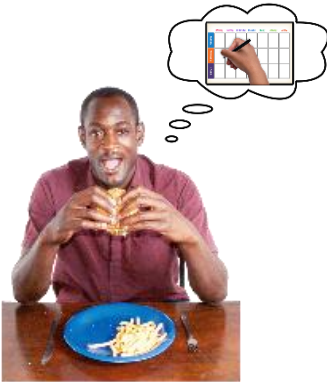
How long	How often	Difficulty
 10 minutes	 1x a day	 Easy



This activity can have a positive impact on:

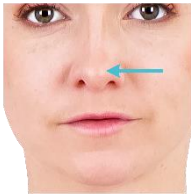
- Wellbeing.
- Resilience.
- Mood.
- Anxiety.
- Stress.

What is Mindful Eating?



Sometimes when you eat you think about:

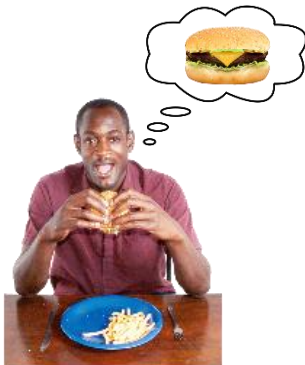
- What you are doing today.
- What makes you sad and angry.



Mindful eating is when you think about what you are eating.

- How the food smells.
- How the food feels in your mouth.
- How the food tastes.

Why I should do Mindful Eating



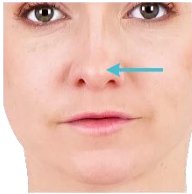
Mindful eating can help you to think about the yummy food you eat.

How to do Mindful Eating



1. Eat your food slowly.

2. Are you still feeling hungry or are you full?



3. Think about the food.

- How does it smell.
- How does it taste.
- How does it feel.



4. Do not do anything else when eating.

Do not look at your phone or the TV.



5. Did you cook your food or need to get it ready to eat?

You do not have to do this with every meal.

Start with 1 day and see how you go.

6. Yoga



Connecting the breath, mind and body.

How long	How often	Difficulty
 15 minutes	 1 a day	 Easy



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Health.
- Mood.
- Anxiety.
- Stress.

What is Yoga?



Yoga helps you think about:

- Your breathing.
- How your body feels.

Why you should do Yoga

Yoga can help your body in different ways:



- Stronger heart.
- Stronger muscles.
- Stronger spine.
- Staying healthy.
- Blood flow.
- Relaxation.
- Sleep.
- Reduce stress.

How to do Yoga



You can join a Yoga Studio.



Search for Yoga Studio's online.

You can ask for help to do this.



You can also do yoga at home.



Search for home yoga exercise online.

You can find some beginner Yoga exercises at:




www.yogidia.com

7. Mindful Attention



5 – 4 – 3 – 2 – 1

Focus on what is happening around you.

How long	How often	Difficulty
 5 minutes	 1x a day	 Easy



This activity can have a positive impact on:

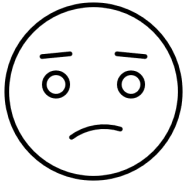
- Wellbeing.
- Resilience.
- Mood.
- Anxiety.
- Stress.

What is Mindful Attention?



Mindful attention is knowing what is happening around you.

Why I should do Mindful Attention



Mindful attention can help when you feel:

- Stressed.
- Anxious.
- Overwhelmed.

How to do Mindful Attention



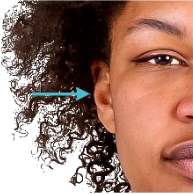
Think about where you are right now.

5



Find 5 things you can see.

4



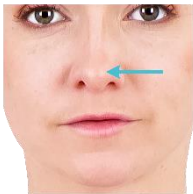
Find 4 things you can hear.

3



Find 3 things you can feel.

2



Find 2 things you can smell.

1



Find 1 thing you can taste.




Take a deep breath in between each activity.

8. Being Grateful



Think about what you are grateful for.

Think about the good things in your life.

How long	How often	Difficulty
 15 minutes	 1x a day	 Easy



This activity can have a positive impact on:

- Wellbeing.

What is being grateful?



Being grateful is thinking about all of the good things in your life.



This could be things like:

- Family.
- Friends.
- Holidays.
- Pets.



It is thinking about things that go right and well for you.

It is not thinking about what has gone wrong.

Why you should think about being grateful

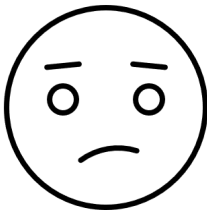


Being grateful helps you to feel:

- Positive.
- Happy.

It can help you to focus on something good when things are hard for you.

How to think about being grateful



1. Think about yesterday.



2. Think of 3 things you are grateful for.

3. Why did these things go well for you?






4. Who helped these to go well?

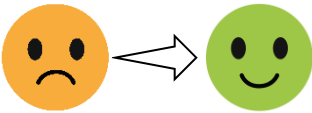
9. 3 Funny Things



Thinking about the good and funny things that have happened.

Life is better when you are laughing.

How long	How often	Difficulty
 10 minutes	 1x a day	 Easy



This activity can have a positive impact on:

- Wellbeing.
- Mood.

What is 3 Funny Things?



Sometimes life can be hard.



This activity asks you to think about good and funny things that have happened.

Why should I think of 3 Funny Things



It can help you forget sad and hard things.



It can make you feel happy.

How to think about 3 Funny Things



1. Write down 3 funny things that happened today.



2. How did they make you feel?






3. Why were they funny?

10. Re-thinking Thinking Traps



Stopping yourself from using **thinking traps**.

Thinking traps are negative ways of thinking.

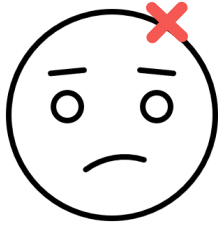
How long	How often	Difficulty
 20 minutes	 3x a week	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Mood.
- Anxiety.

What is a Re-thinking Thinking Traps?



Sometimes we might think about things in a negative way.



That is thinking something bad will always happen.

Sometimes our brain will make us think what happens is worse than what really happened.

This is called a thinking trap.

Why I should use re-thinking Thinking Traps

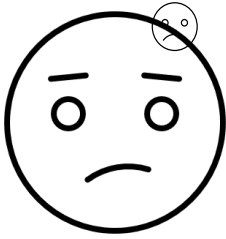


Changing how you think can change it from a bad to good thought.

This can help with how you are feeling.

It can help your anxiety.

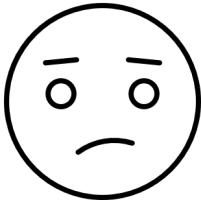
How to Re-Think Thinking Traps



1. Think of something that happened recently where you did not leave feeling good.



2. Stop thinking.



3. Think about what happened again.

4. Try to think about the real events that happened.

Do not think about how what happened made you feel.



5. How else could you have thought about the event?

Example of Re-thinking Thinking Traps



My partner did not come to an event with me. This means my partner does not care about me.




Think of other reasons why your partner could not come.

For example, they were busy or sick.

11. Expressive Writing



Write thing down when you have had a hard time.

How long	How often	Difficulty
 20 minutes	 1x a day	 Medium



This activity can have a positive impact on:

- Mood.
- Anxiety.
- Stress.

What is Expressive Writing?



Everyone has things happen that are hard.



Expressive writing is writing what you are thinking down.



You can write about how you were feeling.

Why you should do Expressive Writing



When something is hard you may not want to talk about how you feel.



You can write down all of your feelings.

This can help you to

- Work through your feelings.
- Not feel as worried or stressed.

How to do Expressive Writing



1. Think about a hard time in your life.



2. Write down how you feel about this hard time.



3. Write down the thoughts you had in this hard time.

4. Write down how this hard time has made life for you now.

When you are doing Expressive Writing, remember:



- You can write anything you want.
- Do not worry about spelling.
- Focus on times that you can work through on your own.



- Get professional help with really hard times.



- It is OK if you are not ready to write about the hard time.

Choose a different time in your life.






- You do not need to show anyone what you have written if you do not want to.

12. Self-Compassion



Looking after yourself when you are having a hard time.

How long	How often	Difficulty
 20 minutes	 1x a week	 Medium



This activity can have a positive impact on:

- Resilience
- Mood.
- Anxiety.
- Stress.

What is Self-Compassion?



Self-compassion is being kind and helping yourself during a hard time.



You might try to help other people when they are having a hard time.

But when you are going through a hard time, you might not give yourself the same amount of help.

Why you should use Self-Compassion



Self-compassion can help you to feel better.

It helps you to not judge yourself.

How to do Self-Compassion



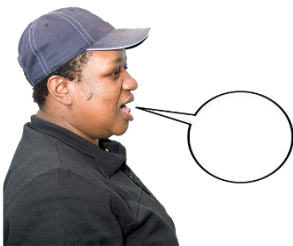
1. Think about a friend who had a hard time.



2. What would you say to help your friend?



3. How would you feel if this was you?






4. Think about what you would say to yourself if you were in the hard time.

5. Could you help yourself the same as you would help a friend?

13. Acceptance of Your Experience



Thinking about the feelings you had during an event.

How long	How often	Difficulty
 20 minutes	 1x a day	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience
- Mood.
- Anxiety.
- Stress.

What is Acceptance of your Experience?



You will feel lots of different emotions in your life.



It is important to let yourself feel the emotions you have.



Do not ignore the hard emotions.

Think about how the hard emotions make you feel.

Why I should do Acceptance of your Experience



Accepting your experience can help you deal with emotions such as:

- Anger.
- Sadness.
- Anxiety.
- Frustration.

How to do Acceptance of Your Experience



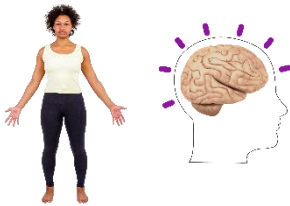
1. Think of an emotion you feel that can be hard.



2. How does it make your body feel?

3. It is ok to feel this emotion.

This emotion will only last for a short time.



4. After feeling that way, how does your body and mind feel?



5. Your body is going to feel different emotions every day.



6. Why do you think you felt this emotion?

7. Did something happen that made you feel this emotion?

14. Getting in Touch with your Values



Think about what is important to you in your life.

How long	How often	Difficulty
 20 minutes	 1x a week	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience.

What are values?



Values are things that are important to you.

It is good to know what kind of values you want in your life.

Different types of values in life can include:



- Teamwork.

- Love.

- Kindness.

- Honesty.

- Forgiveness.

- Family.

- Friends.

- Creativity.

- Learning.

- Gratitude.

- Hope.

- Humour.



What are your values in life?



1. Think about a time that was very important in your life.



2. What happened at that time that made it important?

- Your friends or family were there.
- You won something.
- You go a new job.
- Something else important to you.



3. What are 3 important values in your life?

4. How can you add your values in your life every day?






Knowing our strengths can help us to think about what our values might be.

Go to www.viacharacter.org/ to find out your strengths.

15. My Goals and Values



Thinking about your goals and what is important to you in your life.

How long	How often	Difficulty
 15 minutes	 1x a day	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience.

What are your goals and values?



Setting a goal can help you get something you really want.

Values are things that are important to you.



You might have a life goal. This could be:

- To get a job.
- To be a good partner.
- To get fit and healthy.



If your goals and your values in life are similar it makes it easier to achieve them.

Why I should think about my goals and values



Thinking about your goals and values at the same time can help you choose personal goals you want to have.



Choosing a goal that connects to your values will help you reach your goal.

How to choose goals with your values



1. What are your top values?



2. What life goal do you want to achieve?

3. How can you use your top values to reach your goal?






4. How can you break down your big goal into smaller goals?

16. Thought Defusion



The way you think can make you feel different emotions.

How long	How often	Difficulty
 15 minutes	 1x a day	 Hard



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Mood.
- Anxiety.
- Stress.

What is Thought Defusion?



What you think can make you feel different emotions.

You might feel:

- Sad.
- Happy.
- Angry.



Thought defusion is knowing that what you think can be true or not true.

You do not have to agree or believe what you are thinking.



Listen to what you are thinking if it will help you.

Why I should use Thought Defusion



Thought defusion can help when you are feeling sad or upset.

It can help you try and solve a problem.

How to use Thought Defusion



1. Think of a time when you felt sad or upset in the past week.

2. Do you think you would feel this again another time? Think about how you could change how you think.



3. Write down what you were thinking when you were sad or upset.



4. Try to change how you talk about what you are thinking.

Instead of saying, 'I am going to fail.'




Try to say, 'I am having the thought I am going to fail.'

5. Think of a time when you could practice this.

17. Thank you letter



Writing a letter to someone to say thank you.

How long	How often	Difficulty
 20 minutes	 1 time	 Medium



This activity can have a positive impact on:

- Wellbeing.

What is it?



Write a letter to someone you know to say thank you.

The letter can tell the person how they helped you feel happy.

What can I use it for?

It can help you:



- Make your relationships stronger with people.
- Feel happy and healthy.
- Focus on good things that happen in your life.
- Know that other people care for you.



How to write a thank you letter



1. Think about a person who you want to thank.

Write their name down.



2. Write a letter to the person about:

- How they helped you.
- How their help made you feel.



3. Give the person the letter to say thank you.

18. Reflective and active listening



Reflective means to think back on things.

Active listening is when you give the person talking all your attention.



Reflective and active listening is listening to other people and thinking about the conversation.

How long	How often	Difficulty
 5 minutes	 4x a day	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience.

What is reflective and active listening?



Reflective and active listening is a good conversation.

It is about giving the person talking all your attention and thinking about what they are saying.

Learn how to be a good listener and how to talk to other people.

What can I use it for?



Reflective and active listening can help you to build relationships with other people.

It can help you improve:

- Your communication skills.
- Relationships.
- How you feel.



How to do Reflection and Active Listening



When someone is talking to you:



1. Listen to the other person.

2. Look interested in the other person.



3. Ask questions about what the other person is talking about.

4. Try not to talk too much about yourself.

5. Try this with someone you know.

When you are active listening, try to listen and not talk about a holiday that you have been on.

Example of reflective and active listening



Person 1: I went on a holiday on the weekend.

Person 2: That sounds fun. Where did you go?



Person 1: I went to Queensland with my family.

Person 2: What did you like most about Queensland?






Person 1: It was good to just relax with my family and go on some rides.

Person 2: That sounds really great, glad you got to have a rest and do something fun with your family.

19. Assert Yourself



Telling other people what you think.

How long	How often	Difficulty
 15 minutes	 2x a day	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience.

What is Assert Yourself?



Assertiveness is to tell other people what you think and how you feel in a nice way.

It can be used when needing to deal with tricky situations.

What can I use it for?

It can help to:



- Reduce conflict.
- Reduce anger.
- Tell others how you feel.
- Have positive conversations with others.

How to assert yourself



1. Practice the **broken record technique**.

The broken record technique is when you keep saying the same thing if someone keeps asking you something.

For example, when someone does not listen to you when you say 'no', you keep saying 'no' every time they ask.



2. Write down when you practiced this.

3. What was the situation?



4. How did you use the broken record technique?

5. What could you do different next time?

Example of how to assert yourself



Someone wants you to buy something, but you do not want to.



You can say 'No thank you I do not want to buy anything.'



The person keeps asking you.





You say again 'No thank you I do not want to buy anything.'

Stay calm and repeat the same thing each time.

20. Goal Setting



Working towards something you want.

How long	How often	Difficulty
 15 minutes	 1 time	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Health.
- Mood.
- Anxiety.
- Stress.

What is Goal Setting?



Goal setting is working towards something that you want.

Think of something you really want that is a big goal.



Then think of small steps that you can do to reach your bigger goal.

What can I use it for?

You can use goal setting to:



- Try and do something you want to do.
- Help you feel good if you reach a goal.
- Help you make a plan to reach a goal.

How to set a goal?



1. Write down a goal you want to do in the next couple of weeks.



2. Why do you want to reach this goal?



3. Break down the goal into smaller steps.



4. Is there anything that might make the goal hard to do?

5. Write a **SMART** goal.

A SMART goal is:



- **Specific.**

Make the goal clear.



- **Measurable.**

Think about how you will know if you have reached your goal.



- **Achievable.**

Is your goal possible to do.



- **Realistic.**

Is it a goal that will work for you in your life.




- **Timely.**

When will you do the goal.

21. Meaningful Pictures



Think about pictures or photos that are important to you.

How long	How often	Difficulty
 5 minutes	 3x a day	 Easy



This activity can have a positive impact on:

- Wellbeing.
- Resilience.

What is it?

Meaningful pictures is thinking about:



- Things that are important to you each day.
- Why those things are important in your life.

What can you use it for?

You can use meaningful pictures to:

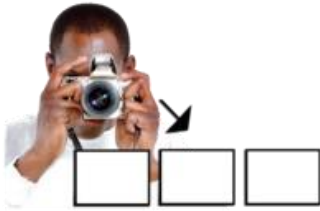


- Think of things that are important in your life.



- Help you feel happier in life.

How to do this?



1. Take photos of 3 things that are important to you.



2. Write or draw why the photos are important to you.



3. Print out or post these photos online to look at them again.

This can remind you why they are important things in your life.



Some ideas of things that could be important to you is:

- Your job.
- Your pets.
- Your friends.
- Your family.
- Going for walks.





Write or draw about each photo.

What is photo 1 of?	Why is it important to you?




What is photo 2 of?	Why is it important to you?

What is photo 3 of?	Why is it important to you?

22. Finding Flow



Doing something you enjoy and not thinking about anything else.

How long	How often	Difficulty
 10 minutes	 1x a day	 Easy



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Mood.
- Anxiety.
- Stress.

What is Finding Flow?



Flow is when you are doing something you enjoy and forget about everything else.

What can I use it for?



When you find your flow it helps you to be focussed on something you like.

It can help you to forget about things that may be hard.



It can help you to feel happy.

How to Find Flow



1. Think of an activity that you love.



2. Make sure this activity is a bit hard for you.



3. Think of a time of the day that is quiet.



4. Remove anything that stop you from doing your activity.
This could be your phone.


5. Begin your activity.

You might need to change your activity if what you chose does not get you into the flow.

23. Problem Solving



Feel more in control of your life.

How long	How often	Difficulty
 15 minutes	 1 time	 Medium



This activity can have a positive impact on:

- Wellbeing.
- Resilience.
- Health.
- Mood.
- Anxiety.
- Stress.

What is it?



Sometimes you will have problems.

It is good to know different ways to solve problems that you have.

What can you use it for?

Problem solving can be helpful all parts of your life.

It can help when you have:



- Negative feelings, like stressed or angry.
- Relationship problems.
- Problems at work.

Being able to problem solve is important.

It means you can do something to try and make things better.

How to do it?



1. Think about a problem you have.



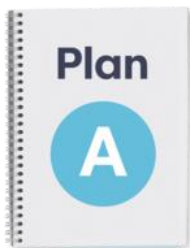
2. Think of some ways you could solve the problem.



3. What are some good and bad things about the way you could solve the problem.



4. Choose the best way to solve the problem.



5. Make a plan to solve the problem.





6. Check if the plan is working.

If it is not working, change the plan.

24. My Character Strengths



Find your strengths and what you like about yourself.

How long	How often	Difficulty
 15 minutes	 Ongoing	 Medium



This activity can have a positive impact on:

- Wellbeing.

What is it?



Your character strengths are the good things about you as a person.



Some character strengths are:

- Creativity.
- Honesty.
- Humour.
- Kindness.
- Leadership.
- Teamwork.



What can you use it for?



It is important to use your strengths every day.

This can help you to reach your goals and make you feel happy.

How to do it



1. Do the Signature Strengths test on www.viacharacter.org/



2. Choose 1 strength to use.



3. Think about different ways that you could use the strength you have chosen.



4. Think about how you could use the strength to reach a goal.

5. Write a SMART goal.

A SMART goal is:



- **Specific.**
Make the goal clear.



- **Measurable.**
Think about how you will know if you have reached your goal.



- **Achievable.**
Is your goal possible to do.



- **Realistic.**
Is it a goal that will work for you in your life.



- **Timely.**
When will you do the goal

Notes:

This resource was funded by the Australian Government Department of Social Services.

Go to www.dss.gov.au for more information. The development of the original Be Well Plan resources was supported by a grant by the James & Diana Ramsay Foundation.



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