



My Wellbeing Journal



2023



The Six C's

Emergency Management Specialists



Thank you for taking the time to download The Six C's Wellbeing Journal 2023.

We know life can be a little hectic and stressful at times, it can be even harder if you work in the emergency management sector.

No matter who you are, or what work you do, there's moments throughout life's journey that can be a little bumpy sometimes.

Research suggests that by keeping a wellbeing journal and writing down our thoughts and centring our emotions, can not only reduce our stress and anxiety, it can have a positive influence on our mental, emotional and physical wellbeing.

The Six C's have put together a wellbeing journal that may assist you throughout your journey. You may choose to do all the activities or maybe just a few or even just one. The choice is yours! We have also included some useful grounding techniques and some tips on what you can do when you are feeling overwhelmed.

The wellbeing journal is your personal space for you to reflect, gather your thoughts, focus on your emotions, face your fears, identify your triggers and set positive goals for your future. There are no right or wrong answers, no judgements or criticisms, it's for your eyes only.

Whether you choose to journal daily, weekly, monthly or something in between the choice is yours.

We hope that you will benefit from this resource as much as we have!

Feel free to share a copy of this FREE resource with your colleagues, friends and family. (Obviously a blank copy!)

Sue and Mat



DAILY WELLNESS LOG

Date:

Daily Affirmation

.....

.....

Today I am grateful for:

1.

.....

2.

.....

3.

.....

Things I can do to make today great:

1.

.....

2.

.....

3.

.....

Wellness Log

Water Tracker



Exercise Log

Mood Tracker



Meals

Breakfast

Lunch

Dinner

Snacks

Drinks

Great things that happened today:

1.

.....

2.

.....

3.

.....

Thoughts and Reflections

.....

.....

.....

.....

.....

.....



DAILY PLANNER

Date:

Priorities

[illegible]

To-Do

[illegible]

Schedule

Time	Activity
07:00	
08:00	
09:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	

Legend

✓ Completed • In Progress × Deleted

→ Forwarded ✓ Delegated



Weekly check in

DATE _____

TOP 3 THINGS I DID THIS WEEK

○

○

○

THIS WEEK I FELT



MOST REWARDING INTERACTION I
HAD THIS WEEK

NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS
WEEK

WHAT WAS THE BEST THING
ABOUT THE WEEK?

MY RANKING OF THE WEEK



Things to remember when you're overwhelmed



You're allowed to step back and take a break.
(Yes, even when there is so much to do.)



It's okay to ask for help.



You can get through this.



You are more capable than you know.



Just take one step at a time.



Don't underestimate the power of closing
your eyes and taking a deep breath.



You don't need to have everything figured
out right now.



WEEKLY HABIT TRACKER

Habit

Day

[illegible]

Grounding Techniques

5 SENSES:

Find:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

DISTRACTION

- Name all the green things you can see
- Count backwards by 3 from 100
- Recite a poem or song
- Pick a category and name all the things you can (dog breeds, football teams etc.)

IN YOUR BODY

Place your feet flat on the floor. Starting at the crown of your head focus on your body piece by piece. Paying attention to each tiny movement and feeling as you breathe.

BREATHING

Focus on breathing from your own diaphragm (your stomach should move but not your chest). Breathe in for 5 seconds, hold for 4, out for 7 seconds, hold 4. Repeat.



5 minute journaling

Date:

[illegible]

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Morning

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY



Evening

TODAY I HAVE...

I AM GREATFUL FOR...

I GO TO BED FEELING...

TOMORROW I WISH TO...



WEEKLY PLANNER

Priorities

Monday

Tuesday

Wednesday

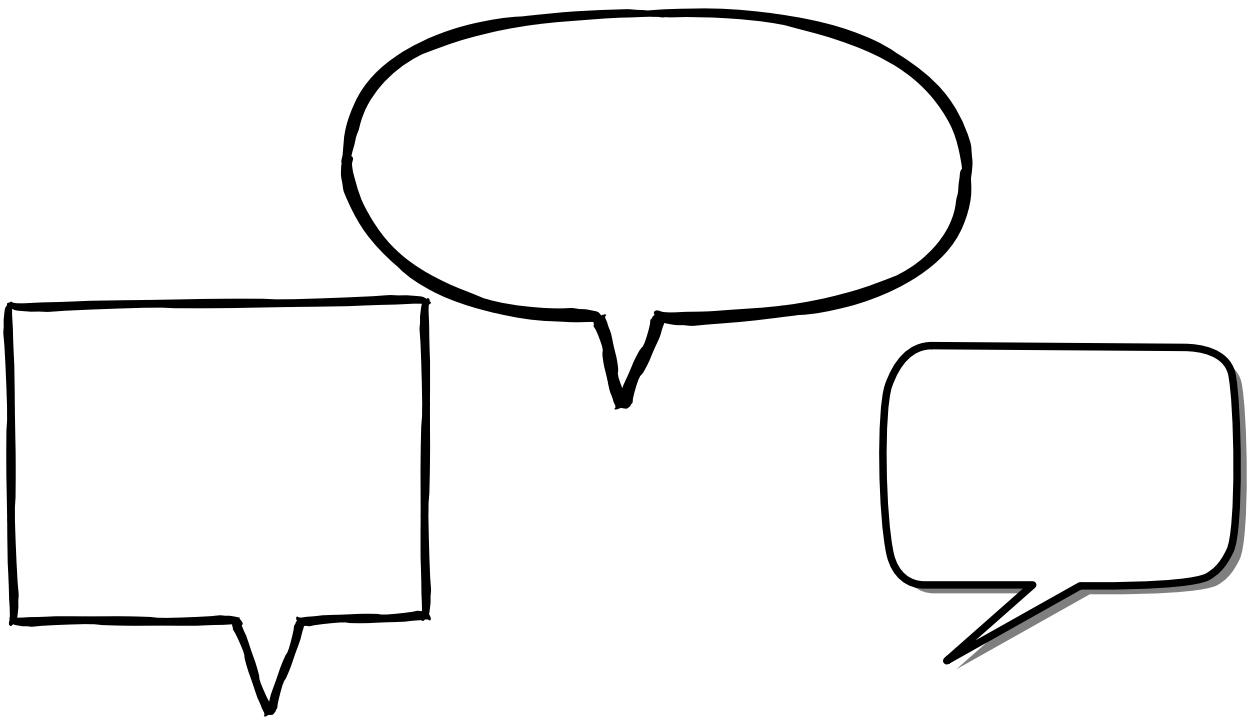
Thursday

Friday

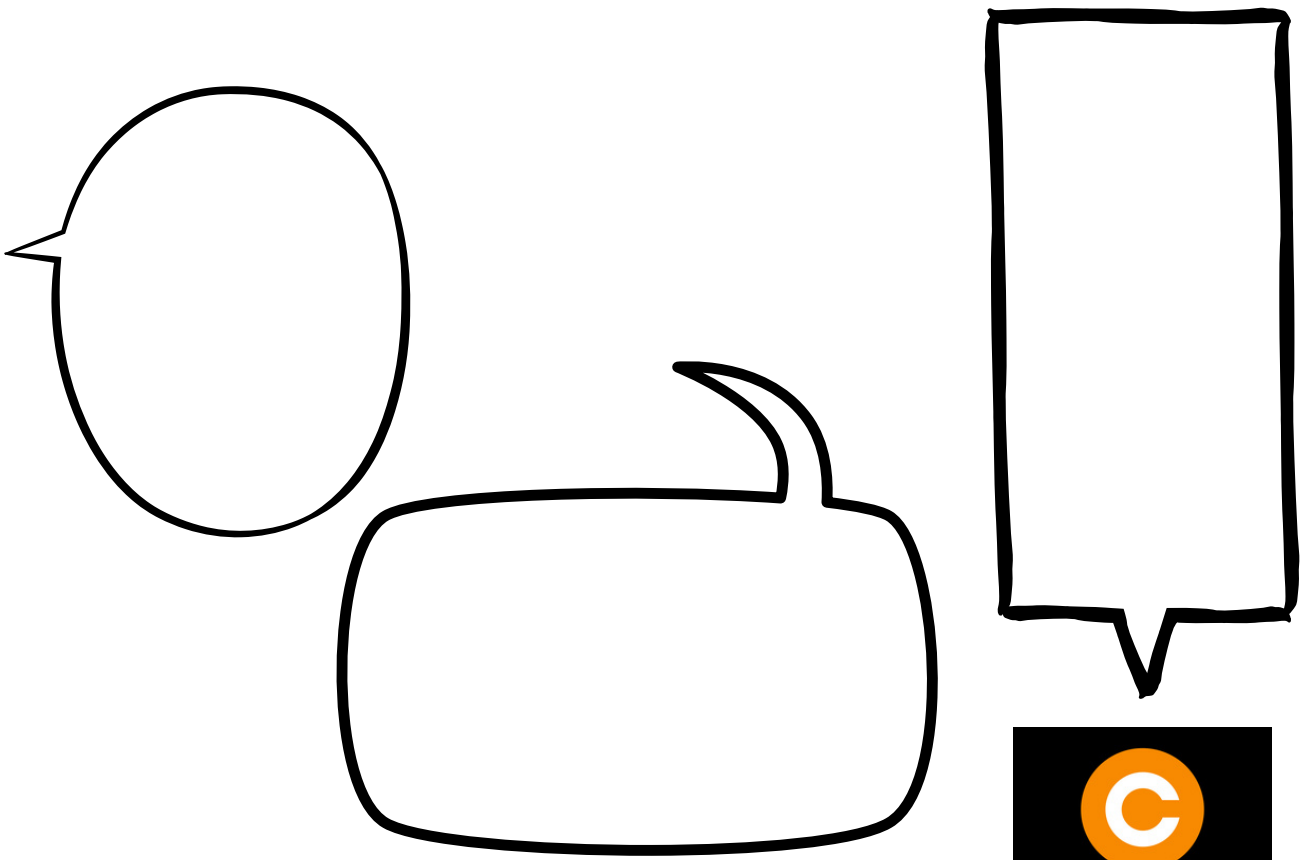
Saturday

Sunday





I am awesome because



Year in Pixels

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
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29												
30												
31												

Choose a colour for each type of day and use the colours to colour in the calendar.

- ☐ Amazing, fantastic day
- ☐ Really good, happy day
- ☐ Normal, average day
- ☐ Exhausted, tired day
- ☐ Depressed, sad day
- ☐ Frustrated, angry day
- ☐ Stressed, frantic day
- ☐ Sick day
- ☐ Really, really horrible day

Self care to do list

Pick one activity from each colour to do today



Walk

Stretch

Swim

Massage

Pedicure

Yoga

Workout

Nap

Journal

Music

Go outside

Laugh

Art

Give back

Meditate

Relax

Read a book

Gratitude



KEEP IT UP

Bake

Set boundaries

Take a break

Cook a meal

Unplug

Go to bed early

To do list

Drink water

Tidy up

Have a snack

Deep breaths

Ask for help

GOOD JOB

Vent

Cuddles

WELL DONE



Hot shower

Positive self talk

Dance



Weekly self care checklist



	M	T	W	T	F	S	S
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"Self care is not self indulgence
- it is self preservation."



Monthly Reading Log



Books I want to read



Books I have read



Date	Title	Rating
		★ ★ ★ ★ ★
		★ ★ ★ ★ ★
		★ ★ ★ ★ ★
		★ ★ ★ ★ ★
		★ ★ ★ ★ ★
		★ ★ ★ ★ ★
		★ ★ ★ ★ ★
		★ ★ ★ ★ ★



**"LOOSING YOUR SELF IN A BOOK IS
THE ULTIMATE RELAXATION."**



W.O.O.P IT!

WOOP is a science-based mental strategy that you can use to find and fulfill your wishes, set preferences, and change your habits.

W

Wish

What is an important wish you would like to accomplish? Be specific and realistic.

Wish

3-6 words

.....

.....

.....

O

Outcome

What would be the best results from accomplishing your wish? How would you feel? How would this impact your life?

Outcome

3-6 words

.....

.....

.....

O

Obstacle

What is it within you that holds you back from fulfilling your wish? What in you might stop you?

It might be an emotion, an irrational belief, or a bad habit. Think more deeply - what is it really?

Identify your main inner obstacle

Obstacle

3-6 words

.....

.....

.....

P

Plan

What is an effective plan of action to tackle the obstacle?

Plan

3-6 words

.....

.....

.....

If,

.....

then I will

.....



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GOAL TRACKER

Goal 1:

Start Date	Action Steps	Notes
.....
End Date	<input type="radio"/>
.....
My Why	<input type="radio"/>
.....	<input type="radio"/>
.....	<input type="radio"/>
.....

Goal 2:

Start Date	Action Steps	Notes
.....
End Date	<input type="radio"/>
.....
My Why	<input type="radio"/>
.....	<input type="radio"/>
.....	<input type="radio"/>
.....

Goal 3:

Start Date	Action Steps	Notes
.....
End Date	<input type="radio"/>
.....
My Why	<input type="radio"/>
.....	<input type="radio"/>
.....	<input type="radio"/>
.....

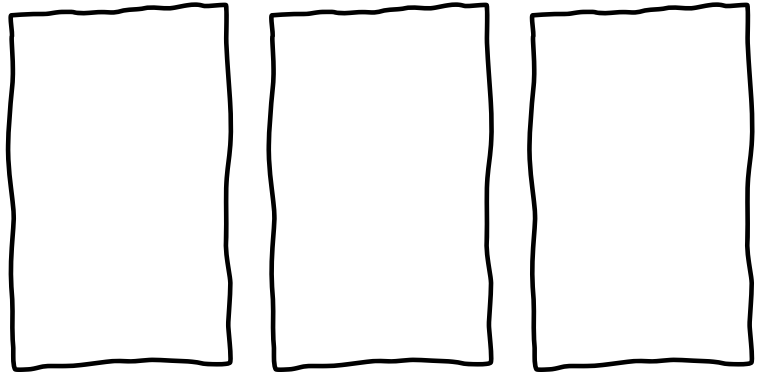
**A LITTLE
PROGRESS
EACH DAY
ADDS UP
TO BIG RESULTS**



My personal crisis plan

I know I'm triggered
when I notice:

Some good ways to distract myself are:



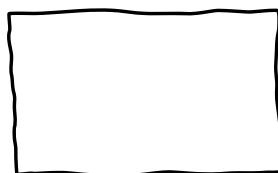
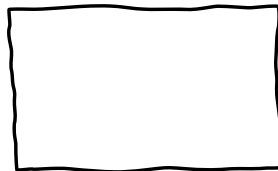
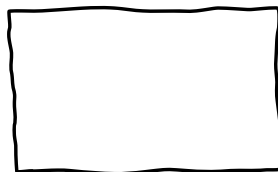
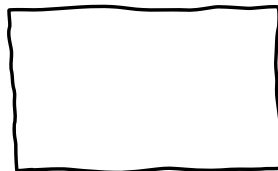
Some safe people I
can reach out to
are:

1

2

3

Things that help me
when I feel this way
are:



Ways to keep myself
and my space safe:

1

2

3

4

5

6

Some professional
organisations that
can help me:

1

2

3

4

5

don't forget



1 FOCUS ON THE GOOD



2

DO THE THINGS YOU LOVE

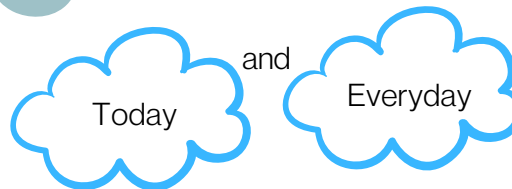


3 GO OUTSIDE



4

BE REALLY NICE TO YOURSELF



5 BE KIND



6 KEEP BEING BRAVE



7 YOUR FEELINGS AND THOUGHTS ARE VALID



8 TOMORROW IS A NEW DAY



9 ITS OK TO SAY NO FOR YOUR MENTAL HEALTH

10 EVERYTHING IS GOING TO BE ALRIGHT



12 EMBRACE NEW OPPORTUNITIES



11 SELF CARE IS IMPORTANT



13 YOU ARE LOVED



14 CELEBRATE YOUR WINS



throw
KINDNESS
around like
CONFETTI

www.thesixcs.com.au



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