

## The Wellbeing Journal: Creative Activities To Inspire

Health Humanities draws upon the multiple and expanding fields of enquiry that link health and social care disciplines with the arts and humanities. It aims to encourage innovation and novel cross-disciplinary explorations of how the arts and humanities can inform and transform healthcare, health and well-being. It calls for a much richer body of work that breaks out of limited applications of the arts and humanities to any specific healthcare discipline, as in the medical humanities, which to date has been largely preoccupied with training medical practitioners. The health humanities is all about advancing health and well-being through the arts and humanities in ways that are not solely the preserve of medicine or to be defined and driven by it. As a more inclusive and applied field of activity with a fast-growing international community of researchers, health humanities looks to generate diverse and even radical approaches for creating healthier and more compassionate societies. This book aims to assist readers to consider how the arts and humanities can be applied more ambitiously in generating a healthier world.

As our lives get busier, boundaries between work and leisure blur and we spend less time thinking about what we're putting our minds, bodies and souls through. This fast-living is resulting in a pandemic of "ill-being": from general weariness and "feeling under the weather," to prolonged bouts of sickness, lethargy and sharp increases in stress, depression and mental health issues. The Wellbeing Book will demonstrate how we can interact with the world to lead a better life. The author provides 50 practical and uplifting ways to improve physical and mental wellbeing by focusing on the mind, body and soul. In doing so, he helps us to hit the pause button and learn how to enhance our energy and build resilience, cultivate our emotional and physical wellbeing, manage stress and live a happier and more fulfilled life.

Instagram guru Vex King provides guidelines on how to change the way one thinks, feels, speaks, and acts.

A journal for dreaming and writing about the good things in life, inspired by Gray Malin's aspirational lifestyle brand Gray Malin's Goals journal is a serene space for envisioning the life you want to lead. Featuring Gray's inspiring photography of beautiful places and soaring aerial views throughout, the journal contains a series of prompts to help you reflect on what makes you feel energized, balanced, and poised to do great things. The prompts vary in format, from list-making to jotting down notes and checking off adventures, all organized by types of goals such as travel, relationships, health and wellness, and creative aspirations. Suggestions and advice from Gray himself are sprinkled throughout, encouraging you to find ways to make every day important and to enjoy the journey and process.

While some forms of anxiety are natural, even helpful, anxiety disorders can lead you into a spiral of stress and

worry, and interfere with your everyday life. Practical, supportive and uplifting, this is a journal for anyone who struggles with anxiety, whether in the form of phobias, social anxiety, generalized anxiety (GAD) or day-to-day worrying. Beautifully illustrated by Marcia Mihotich, *The Anxiety Journal* by Corinne Sweet encourages you to use CBT techniques and mindfulness exercises to help you better understand your anxiety and help you to achieve peace and calm. Whether you're awake at 4am unable to turn off those racing thoughts, or struggling to get yourself together before a presentation, *The Anxiety Journal* will help to soothe stress and reduce worry, identify negative thought-cycles, and provide you with techniques to combat anxiety wherever you are.

Does your child often feel isolated and do they struggle to get involved in social situations? Are they nervous about what people think of them, or maybe they're just a little unsure of how they feel about themselves? These could be signs that your child is experiencing low self-esteem. This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child grow their self-esteem. It's aimed at children aged 7-11 because a lot happens in these years that can impact a child's sense of self-worth, not just now but for years to come. Your child will be guided, with the help of Bop - a friendly and supportive character they can identify with - through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.

Through creative exercises and mini-journals, discover your unique, multi-faceted self. With short introductory narratives, and trigger headings to provoke thought, creativity and self-awareness, *The Book of Me* is a celebration of individuality and a chance to take stock of your life, your dreams and goals, and reflect on what's truly important to you. It is also a soothing guide to self-compassion and kindness, and a journal to reference now and in the future for maintaining well-being and self-care. Through free expression, words and pictures, and inspired by the vibrant full color illustrations, really get to know yourself in this beautifully designed and illustrated creative journal. *My Mindful Journal* is a journal for readers and writers, aged 12+, to journey on a path towards mindfulness. The interior is comprised of designed journal pages, affirmations, guided lists, inspirational quotes and doodles for colouring in.

[This Book Will Make You Stronger](#)

[The Wellbeing Journal](#)

[Exercises to soothe stress and eliminate anxiety wherever you are](#)

[The Zones of Regulation](#)

[The Reflective Journal](#)

[The Little Book of Self-care](#)

[My Mindful Journal](#)

[Believe in Yourself. Self-Care Journal to Free Your Mind, Let Go of Stress and Live Your Best Life](#)

[Book of Ideas](#)

[True You](#)

[A Journal for Quieting Anxiety](#)

[A Creative Guide to Self-Care](#)

[A Year's Journal to Help You Map Your Mood Through All Its Ups and Downs](#)

*Self-care is daily nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. Central to the idea of self-care is the idea that taking care of yourself is not selfish and offers essential ways to stress-proof your body and mind. In this beautiful little book, Suzy offers 30 self-care practices for the reader to choose from depending on what they need. Chapters include practices for: - Rest & relaxation - Energy boosters - Mind management - Emotional first aid*

*Filled with uplifting quotes, positive statements and helpful tips and exercises, this journal encourages you to record and reflect upon your most joyful moments and experiences. Guiding you through all aspects of your life, this book will help you to discover true happiness every day.*

*This book argues that some aspects of mental health practice have become mechanical, joyless and uninspiring, leading to a loss of creativity and wellbeing. A high level of wellbeing is essential to mental health and contemporary mental health care - and creativity is at the heart of this. A greater awareness of everyday creativity, the arts and creative approaches to mental health practice, learning and leadership can help us reinvent and reinvigorate mental health care. This, combined with a clearer understanding of the complex concept of wellbeing, can enable practitioners to adopt fresh perspectives and roles that can enrich their work. Creativity and wellbeing are fundamental to reducing occupational stress and promoting professional satisfaction. Introducing a new model of creative mental health care combined with recommendations for wellbeing, Creativity, Wellbeing and Mental Health Practice is a practical, evidence-based book for students, practitioners and researchers in mental health nursing and related disciplines.*

*Even the bravest of the brave and the coolest of the cool worry. Worrying is normal when so much has changed. Inspired by conversations with his parent friends who weren't sure how to explain what is happening right now to their small children, artist and writer Jon Burgerman decided to do something to help. I decided to write a*

*book about worry and stress and how normal it is and how we can try and mitigate it. I think we might not acknowledge that small children worry as much as they do. Without a means of expressing their anxieties the stress can manifest and have adverse effects. It's important to talk openly about what is going on and that the feelings we're experience are being felt by a lot of people, and that by sharing and caring for each other we can try and make it a little better.*

*A beautifully illustrated journal encouraging the reader to harness the power of happiness and bring more joy every single day.*

*'A hymn of love to the world ... A journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise' Elizabeth Gilbert, author of Eat, Pray, Love As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In Braiding Sweetgrass, Kimmerer brings these two ways of knowledge together. Drawing on her life as an indigenous scientist, a mother, and a woman, Kimmerer shows how other living beings - asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass - offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.*

*This daily journal is filled with new ideas, creative prompts, and words of wisdom that will help you write a little joy into every day of the year.*

*This journal is designed to give you the space to be completely honest with yourself, whatever you're going through. Each page includes a quote to inspire you to respond authentically, so that you can later look back over your own journey of resilience, self-discovery and faith. 'This Is Me: My Wellbeing Journal' has been developed by CWR to complement the ministry of Kintsugi Hope and includes contributions from Patrick Regan OBE and others involved in the Honesty Over Silence tour.*

[My Happy Mind](#)

[UC I Am Here Now](#)

[My Wellbeing Journal Years 1 And 2](#)

[Happy: The Journal](#)

[The Wellbeing Book](#)

[Braiding Sweetgrass](#)

[Good Vibes, Good Life](#)

[How Self-Love Is the Key to Unlocking Your Greatness](#)

[The Book of Me](#)

[Take a Moment](#)

[Create Your Own Calm](#)

[The Big Activity Book for Anxious People](#)

[Everybody Worries](#)

[Creative Activities to Help Manage Stress, Anxiety and Other Big Feelings](#)

When Laura Earnshaw found out her son was struggling with anxiety at school, she was shocked to discover there was no support available for him. As a leading global HR executive specializing in helping people thrive, she decided to take matters into her own hands and went on to create myHappyMind, now an award-winning curriculum used in hundreds of nurseries and primary schools across the UK, that builds resilience, self-esteem and ultimately happiness in children. My Happy Mind will reveal, for the first time, all the science-backed secrets used in this curriculum to empower and educate parents – whether your child is struggling already or you want to future proof their mental health. Packed with inspiring stories and practical activities, you 'll find out: -The five ingredients to building resilient, balanced and happy minds -What a growth mindset is – and how to encourage this in your child -The power of dreaming and the importance of setting goals -How to teach your child to self-soothe when they feel stressed And much more! The message of this book is very simple: give today 's children the skills to thrive in tomorrow 's world.

Keep track of you A mood tracker is a handy tool to help you map your emotions over time. Whether you want to understand how you feel and why, or learn more about your mood patterns, this book is the perfect place to start. Including a monthly mood tracker, a sleep chart, a diet tracker and more, this journal allows you to check in with yourself every day - it's a simple way to untangle your feelings, keep tabs on your state of mind and gain a clear snapshot of you. The Wellbeing Journal Creative Activities to Inspire

'Wonderfully honest and relatable, and it's also extremely comforting and reassuring too' MIND, No.1 Mental Health charity 'I recommend this for anyone who's looking to find true consistent happiness' Craig David "This book is a way to release what's going on inside your head and to keep heading towards the good stuff. The simple stuff. The stuff that's going to really hit up that happiness on a deep and nourishing level. Whether you dip into these pages every now and then when you feel you need it, or use it daily as a positive exercise, I hope it brings you much relief, joy and calm. Amen

to the pen." - Fearne Cotton For many of us, life can feel like it's moving too fast with pressure bearing down on us from all sides - whether that's from school or work, family or social media. As a result, we find ourselves frazzled, lost and - too often - feeling blue. It's a subject close to Fearne's heart. Drawing on her own experiences and including expert advice, HAPPY offers practical ways of finding joy each and every day. Happiness isn't a mountain to climb, it's just one foot in front of the other on the path of life, and here you'll find little steps that will help make the differences that count. With workbook elements to help you start and end the day well; get in touch with your creative side; and find peace through written exercises, simple practical ideas and visualisations, these are daily tricks and reminders to help you unlock that inner happiness.

Modern life isn't just stressful, it can be overwhelming. With expert support from Mind, these short, simple techniques will help you take a moment and find calm wherever you are and whenever you need it.

Explore your inner world and be inspired with The Wellbeing Journal. Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and it includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences. Creativity and reflection can have a powerful, positive influence on our lives. Now, with The Wellbeing Journal, you can enjoy practising these skills every day and wherever you go.

Transform your day with the activities and guided colouring in this journal. Learn more about what mindfulness is - and how to do it - while also enjoying the focussed calm it can bring to your life. Each of the stunning patterns that fill this book is accompanied by a gentle exercise in mindfulness, created by Chartered Counselling Psychologist and mindfulness practitioner Dr Sarah Jane Arnold. There is also space to write your thoughts and feelings, along with inspirational quotes that work together to help harness your creativity and promote your well-being

From the bestselling author of Start Where You Are, a beautifully illustrated journal for easing the everyday anxieties we all carry. Feeling anxious, uncertain, overwhelmed? You're not alone. In this empowering new tool for self-care, popular artist and author Meera Lee Patel presents a fresh approach to feeling better. Designed to help us better understand ourselves and dial down the everyday worries getting in our way, these thoughtful and beautifully illustrated journal pages are a safe space for reflection, self-acceptance, and the freedom to move forward with more clarity and joy. Bringing together inspiring quotes from great thinkers and writers throughout history and engaging journal prompts and plenty of room to capture your thoughts, the book is a calming breath of fresh air and a quiet space to reflect and recharge in a hectic and uncertain world.

[Guided Colouring to Bring Calm to Your Day](#)

[Oxford Textbook of Creative Arts, Health, and Wellbeing](#)

[A Creative Guide to Happiness for Teen Minds](#)

[The Happiness Journal](#)

[Wellbeing, Recovery and Mental Health](#)

[A Child's Guide to Self-Esteem](#)

[A Self-Discovery Journal of Prompts and Exercises to Inspire Reflection and Growth](#)

[Breathe Yoga Journal](#)

[Activities to Refocus, Recentre and Relax Wherever You Are](#)

[Self-Care and Wellbeing Journal](#)

[A Curriculum Designed to Foster Self-regulation and Emotional Control](#)

[A Creative Mindfulness Guide and Journal](#)

[My Wellbeing Journal Years 9 and 10](#)

[You're a Star](#)

*This book brings together current research on recovery and wellbeing, to inform mental health systems and wider community development.*

*Unlock the power of your authentic self Any journey of self-discovery takes courage and vulnerability to begin. Inside this beautifully illustrated self-discovery journal you'll find the tools and inspiration to help you take the first step. Through thought-provoking writing prompts and creative exercises, you'll gain meaningful introspection as you explore your identity and emotions; examine your relationships; define your values, passions, and dreams; and embrace your life's purpose. Through 15 themed sections, this journal of self-discovery will help you to: Get motivated—Inspirational quotes by remarkable women along with insightful prompts and practices help guide you forward. Challenge yourself—Learn how to leave limiting beliefs and ineffectual habits behind. Then, journal your way to a fresh vision of what brings you joy and what you're capable of achieving. Celebrate the true you—Documenting your emergence into the person you are meant to become allows you to honor your journey and confidently move forward on your ever-evolving path in life. Start your journey of transformation in the pages of this empowering self-discovery journal.*

*I'VE CREATED THIS BOOK TO HELP SHOW THAT IT'S OK TO FEEL ALL EMOTIONS... Get a pen, pencil and colouring pens at the ready, and prepare to become great friends with your emotions. After all, they are great! In fact, they're AWESOME. They make life one big adventure as you try new things, learn, grow and discover who you are. Love, FEARNE \*\*\* Meet your moods in the brilliant new activity journal for children, by*

bestselling author and broadcaster Fearne Cotton. Have you ever felt... Sad... Happy... Angry... Lonely... Worried... Scared... Excited? Or several of these moods all at once? Emotions might seem big and complex - but the more we understand them, the better we can become at managing them. Say hello to all of these moods in YOUR MOOD JOURNAL, a customisable activity book divided into seven colourful and fully illustrated chapters and packed full of interactive exercises, practical tips and notes from Fearne herself that give children the tools to understand and articulate their emotions. The journal begins with an introduction from Fearne and includes stickers so that book can be personalised. This is the perfect toolkit for children looking to explore their emotions and build confidence in communicating their feelings. This big book of activities will help children learn about their different moods and how they make their mind and body feel, with lots of space to write, draw, learn, create and have fun along the way! In this empowering journal, Fearne Cotton, the bestselling author, broadcaster and founder of Happy Place, uses practical and engaging tools to guide children to a better understanding of themselves and their emotions. \*\*\* 'This fun, engaging journal is packed full of evidence-based activities to help children explore and understand their emotions. It is a wonderful introduction to emotional literacy, encouraging healthy coping and providing essential building blocks for future mental health.' Dr Jo Mueller, Clinical Psychologist

'WHO KNEW MY ANXIETY COULD BE SO FUNNY?' Amy Morrison, founder of Pregnant Chicken Feeling anxious? Who isn't! Your most irrational (and sometimes rational) fears are hilarious fodder for this sharp and relatable activity book. These days, anxiety is simply part of the human experience. Part journal, part coloring book, part weird coping mechanisms, and part compendium of soothing facts, The Big Activity Book for Anxious People will be an outlet for anyone who wants to take a break from reality, laugh through her fears, and realize with every page that she is not alone--and to help her figure out what to do when it's 3AM and she's wide awake worrying about whether she cc'ed the right "Bob" on that email. (Probably.) Activities include: \* Fun Facts about Aging! \* Public Speaking: A Diagram \* Your Hotel Room Carpet: A Petri Dish of Horrors \* Obscure Diseases You Probably Don't Have \* Zen Mantras For The Anxiously Inclined \* Soothing Facts about Hand Sanitizer On a bad day, try coloring in the soothing grandma. On a really bad day, find step-by-step instructions on how to build an underground bunker. Reid and Williams want everyone to remember that they're in good company: anxious people are some of the funniest and most interesting and creative humans on the planet. (They know, because they are two of them.)

Full of creative activities, this journal and colouring book aims to help young people aged 8-14 manage difficult thoughts, feelings and emotions such as anger and anxiety. It includes space to write and draw, colouring pages, inspirational quotes and poems, and provides a host of healthy coping strategies. "... a curriculum geared toward helping students gain skills in consciously regulating their actions,

which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

Mindfulness is the simple and powerful practice of training your attention. It's simple in that it's just about paying attention to what's happening here and now, and powerful because it can keep you from getting lost in thoughts about the future or past, which often generate more stress on top of the real pressures of everyday life. While learning to live in the moment, the joyful mindfulness exercises, meditations, coloring pages, and habit-breakers in this beautifully designed and illustrated book will challenge your powers of observation, investigation, and cultivation while bringing new awareness to your senses, thoughts, and emotions. *I Am Here Now* inspires readers to explore the world with greater curiosity and find moments of mindfulness in everyday life, while unleashing your creativity along the way. From the Trade Paperback edition.

Make improving your health and wellbeing easier with this tailor-made journal! If you are ready to kick-start a new healthier, happier lifestyle and be the best you can be, then this journal is for you! This handy diary is great if you are ready to improve your life. This 20cm x 25.5cm (8"x10") diary is the perfect size and gives you plenty of space to write in and the prompts and relevant sections make writing in your journal easy and enjoyable. Begin journalling and discover ways to improve your wellbeing, plus you can create your wish list and gratitude list. You can record how you are feeling, both physically and mentally. Record what you desire most, including your challenges and make a record of your sleep, stress, energy levels, fluid intake and overall mood. Using this journal can improve your wellbeing and self-care

[Breathe Out](#)

[Make Every Day Count](#)

[The Healthy Coping Colouring Book and Journal](#)

[International perspectives on practice, policy and research](#)

[Your Mood Journal](#)

[A Journal of Creative Direction and Graphic Design -](#)

[Finding joy in every day and letting go of perfect](#)

[Help your child build life-long confidence and resilience](#)

[The Anxiety Journal](#)

[Creative Activities to Inspire](#)

[A Creative Journal to Bring Joy to Your Day](#)

[My Mood Tracker](#)

[Health and Wellbeing Journal](#)

[30 practices to soothe the body, mind and soul](#)

This is the second edition of Barbara Bassot's hugely popular The Reflective Journal, the uniquely inspiring introduction to critically reflective practice. A powerful tool for processing your thoughts, feelings and actions, this book will lead you to a deeper understanding of yourself, your work and your studies, enabling you to develop your practice and achieve your professional goals. The new edition includes 10 brand-new sections, on themes such as reflecting in groups, time management and challenging limiting assumptions, as well as the space to write your reflections and the wealth of tips and advice on career development that made the first edition such a bestseller. Written for students on a range of courses, from education and business to social work, counselling and health, this book is also a must-have companion for those on placement or in professional practice - or indeed anyone who is being encouraged to reflect more deeply and critically on what they do.

The simple aim of this book is to help and support you through life. It is a tool to help you be a stronger version of the man you already are. Back in the day, keeping a journal was the manly thing to do. All the great thinkers, writers and explorers of the past kept a journal on a regular basis - from Ernest Hemmingway to Bruce Lee. It was a simple habitual practice; a clever therapeutic outlet, particularly for men, that has been lost. This book aims to bring it back. While the gym strengthens your body, think about this

book as a workout for your mind. This is brain training to build a positive mental attitude and, ultimately, a better and more resilient you. Contains three interactive sections: Warm Up, Hurdles and Strength, each with prompts, challenges and motivators to help get you started. Plus the MindManual, which offers further support, checks and advice to keep your brain training on track.

From the publishers of the bestselling The Wellbeing Journal comes the follow-up, Breathe Out, specifically designed for teenagers and the unique challenges younger people face. There is growing interest internationally in the contributions which the creative arts can make to wellbeing and health in both healthcare and community settings. A timely addition to the field, the Oxford Textbook of Creative Arts, Health, and Wellbeing is the first work of its kind to discuss the role the creative arts have in addressing some of the most pressing public health challenges faced today. Providing an evidence-base and recommendations for a wide audience, this is an essential resource for anyone involved with this increasingly important component of public health practice. The textbook offers key insights for developing new creative arts-based approaches to health and wellbeing, and shows how these can augment established practices within a variety of social settings. Theoretically grounded and with a strong evidence base, this book brings together contributions from both practitioners and researchers to provide a comprehensive account of the field. Using international examples, the textbook elucidates the various approaches that have successfully led to improvements in public health, whilst case studies in healthcare practices evaluate the impact of arts-based initiatives in a multitude of international settings, life-course stages, and social milieus. The Oxford Textbook of Creative Arts, Health, and Wellbeing is a comprehensive resource that will be essential to anyone with an interest in this increasingly important component of public health practice.

[Gray Malin: Goals \(Guided Journal\)](#)

[5 Minutes a Day to Be Your Best Self](#)

[This Is Me My Wellbeing Journal](#)

[Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants](#)

[Health Humanities](#)

[Happy](#)

[Tips and Exercises to Help You Find Joy in Every Day](#)

[Creativity, Wellbeing and Mental Health Practice](#)

[The Guide to Journalling for Men](#)

[The Mindfulness Companion](#)

[50 Ways to Master Your Mind, Boost Your Body and Supercharge Your Soul](#)