

well good!

Think good • Do good • Feel good



A-Z
Daily Tips

Many of the ideas in the Well Good A-Z guide are underpinned with credible scientific research to support their use.

There are, however, several other ideas in the guide which are based on how they have made me, and others, feel.

Ultimately, focus on what you can do to become the best version of you, without the need to compare yourself to others.

Written by

Frances Williams & Emily Holmes

Accredited by The British Psychological Society and the Association for Coaching

Front Cover Graphics by Arman Rahman Rony

Please also visit www.wellgood.life

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**'All things
are possible
if I believe'**

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A

Apologise

Apologising can be hard to do.

Being able to accept when I am wrong and being brave to say sorry, is a powerful skill.

I will trust myself to say sorry as soon as I feel I have done something wrong? Being stubborn just because I find it hard to accept I am in the wrong, may cause upset for a longer period.

I will focus on how I will feel once I have said sorry and we can all move forward.

I will learn to be more comfortable with saying sorry!

Tip: Say sorry as soon as I feel I need to. I will learn from my behaviour, so there won't be as much need to say sorry. As soon as I feel I may be in the wrong, I will apologise. I will try to learn from my behaviour and experiences.

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A

And Thankfully

When I am thinking or saying something negative, I will try to add 'and thankfully' to the end of the sentence.

When this happens, I will be tricking my mind and turning the negative situation into a positive. This can help me stop feeling down or focussing on a negative emotion and instead, help me feel more upbeat and positive.

E.g. Ahhh, it's raining outside and thankfully the garden is getting watered to save me having to water when I get home.

Tip: Next time I say something negative, I will add 'and thankfully' to turn it into a positive. I will notice if my mood changes about the situation I was feeling negative about.

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**'I want to look in
the mirror and be
proud to be me!'**

Burton College student, 2023

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B

Breathing

If I ever feel worried, upset, anxious or stressed, it is extremely important for me to remember to BREATHE! To take a deep breath in through my nose and out through my nose.

Breathing (deeply) is important at all times of the day but I can forget and get used to shallow breathing.

BOX BREATHING is a great relaxation, breathing technique that can help to reduce anxiety, stress and panic.

1. Inhale through your nose to a count of 4 seconds
2. Hold for 4 seconds
3. Breathe out for 4 seconds
4. Hold for 4 seconds and repeat until comfortable

Tip: I will lie or sit in a comfortable position, take a big deep breathe in through my nose, allowing my belly to expand fully and follow the above steps to try the box breathing technique.

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B

Budgeting

Budgeting is all about managing my money.

It is important to understand:
what money do I have coming in?
what money do I have going out?

It is a great idea to understand where I spend most money and what exactly I am spending my money on.

I may not be aware how much money I am spending on unnecessary items. I may notice I am spending more than I should on items that I don't need and if I were to stop and save this money, I may be able to be happier with my choices down the road.

Tip: Make a list of all the things I spend money on in the week and log any money I make from a job. Check that I have more money coming in than going out.

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**'I don't have to be
perfect to be
amazing, because
perfect doesn't
exist'**

**well
good!**

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C Choice

Every day I have choices to make!

I can choose to do better, behave better, live better, think better, respond better and ultimately feel better.

Change is never easy and sometimes I can find it hard to change the way I do some things. I can find it hard to change and do something differently but if it was easy, I wouldn't appreciate it and everyone would be able to do it. When I think back to when I made a good choice, it made me feel good. When I found something hard to start with, but I got through it, I felt proud. Usually, I feel a sense of achievement and pride when I do make choices with positive outcomes for my self and/or others; I want to notice that feeling. **The choice is mine!** I can make a change any time. I may find it hard at times, and I will be challenged and tested, but that's the time to test my courage, strength, patience and resilience.

Tip: I will think about the choices I make. I will try to make better choices and learn from when I make not so good choices.

**well
good!**

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**'Every day I can
make the choice to
do better, live
better, behave
better, think better,
respond better and
ultimately feel
better'**

**well
good!**

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D

Don't compare!

I can compare everything about my life to those around me. The quickest way I become miserable and often the reason people with lots of money are still unhappy is because there will always be someone richer, with a bigger house, better car, better designer clothes, fancier holidays etc however if I can master the art of not comparing and being content with what I have, I will be richer than anyone. I will be truly 'happy' as I won't need anything else 'material' to make me happy. Material items provide short term happiness until I need the next 'thing'. Being content in myself, grateful for what I have and not comparing will help me create a lifetime of happiness, as I will be completely happy and grateful in the present.

Tip: When I find myself feeling inadequate or like a "loser", I will stop and ask myself if I am simply making assumptions about worth. Why am I doubting myself? What do I really want to be happy? I will not compare myself to others. I will compare myself to who I was yesterday.

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**'I can if I think I
can'**

**well
good!**

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E

Emotions

All emotions are powerful, and we need them!

Emotions are there to protect me and can show those around me how I am feeling.

I can let my emotions take over when it isn't needed, and I don't need protecting. E.g. Feeling anxious leaving the house or sitting in a car on the drive.

When my emotions are affecting my everyday life in a negative way and actually causing me more harm than good, I need to work on my mindset to help train my mind, to understand that it isn't helpful in this scenario, as I am safe. This takes time and many tools/techniques can help me with this when looking at my mindset.

Asking for help will help me get the support I need and developing my emotional vocabulary will help me to do this.

Tip: I can go to [wellgood.life](https://www.wellgood.life) to read more about mindset and what books, tools and techniques can help improve my mindset.

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E

Exercise

It is important for my overall health to get at least 30 minutes exercise each day, five times a week. The exercise should raise my heart rate and make me break a sweat.

Just 30 minutes every day can increase my fitness, strengthen my bones, reduce any of my excess body fat, boost my muscle power & endurance. It can also reduce my risk of becoming poorly. This will keep my heart and lungs healthy, release powerful endorphins which help improve mental health and make me feel good too. Examples of 30 minutes of exercise that will raise my heart rate and keep me fit and healthy are:

Walking, running, cycling, football, gymnastics, tennis, badminton, swimming, circuits, basketball, aerobics, martial arts.

Tip: I will do exercise 5 days a week. E.g. Walking, jogging, biking, dancing, tennis, boxing, martial arts, going to the gym etc

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**'Allow exercise to
take my tears and
sadness and turn
them into sweat'**

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F

Failure

I will learn something new or succeed!

Redefining failure to mean something positive for me. Either way I have moved forward, so failure is a frame of mind. Anytime I don't get where I want to be, I will think about what I have learnt during the experience. I will find three positives I have gained from the experience.

Trying something new without the fear of failure is one of the best things I can do as I will be stepping out of my comfort zone. I may also surprise myself, do better than I dreamed, and I will be so proud of myself.

If I never try, due to the thought of failure, this is a waste of me! I can do anything, so I will learn from experiences and keep trying!

Tip: I will try something new that I have always wanted to try and will see it as a learning opportunity.

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F

Feedback

I will get used to asking for and receiving feedback as this will help me grow as a person as I go through life.

Feedback exists to help me and others grow.

It is not to criticise or hurt feelings. not criticise me. Feedback should leave me feeling informed and empowered to want to put changes in place. Even if I am scared when people give me feedback, I will still ask people whom I respect and admire for their help I can close up and become defensive should anyone offer me feedback, however, if I realise and accept, I am not perfect (as no one is) I will drop my ego and be a sponge wanting to take on as much feedback and knowledge as possible. I will work on being the greatest version of me, for the rest of my life.

Tip: I will ask for feedback at each opportunity I get and use the feedback to move forward in a positive way.

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**'I will begin each
day with a grateful
heart'**

**well
good!**

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G

Good Environment

I will become what I feed my mind. This means I must be careful who I spend my time with, what I watch on the TV, what I read, what I listen to, what my environment is like, because I will become it.

So, I will surround myself with positive news, positive energy, and good people.

If I am on social media, I will be careful who I follow and what I read, as the algorithm will feed me stories similar to what I spend time reading/watching. If this is negative, I will be reading/watching more negative stories, and this can affect my mental health.

Tip: I will unfollow people, that don't post things that I would like to see or those that post things that cause a negative feeling inside of me.

“Show me your friends and I'll show you your future”. John Donne

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G

Gratitude

Harvard Health says that 'In positive psychology research, gratitude is strongly and consistently associated with greater happiness.' Noun: the quality of being thoughtful; readiness to show appreciation for and to return kindness. Gratitude will help me feel more positive emotions, relish good experiences, improve my health, deal with adversity, and build strong relationships.

I will think about all the things I am grateful for; I have woken up today, seen my friend, not had an argument, the sun has been out, I got to do exercise, I have had food to eat and I have had a good day at school/college/work.

Tip: Every morning, when I open my eyes, before doing anything else, I will say or write down, three things I am grateful for today.

Then before bed, I will say or write down, three things I am grateful for in the day. I can go to wellgood.life and print the daily journal to use to write these things down.

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**'If I have food to
eat, a roof over my
head, people that
love and care for
me, then I am rich
in everything I need'**

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good!**

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H

Hard Work

Hard work is the key ingredient for me to achieve my goals and dreams. I may also need to ask for help, get a mentor, start a course, but if I work hard and stay focussed, I will achieve what I set out to. If

I find what I am passionate about, then the hard work won't seem like a chore, I will want to work hard, because I am passionate about what I am doing. If I'm not sure what I am passionate about, I will sit and think about what things make me smile, what activities/jobs I find enjoyable, if I like helping people etc. This will help me narrow down what I may enjoy doing. I will remind myself that my decisions do not have to be 'forever' but I can change my mind and try new things that work for me 'for now'. I will put the hard work in when it gets tough and I won't give up on myself; Instead, I will look for areas where I can try harder, ask for help and listen!

Tip: I will sit quietly and think about what I am passionate about, what makes me smile & brings me joy.

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H

Hobbies

Research shows that having a hobby is linked to lower levels of depression – and may even prevent depression for some, as mentioned by neuroscience news.

When I take part in a hobby I enjoy, chemical messengers in my brain are released – such as dopamine, a chemical which helps me feel pleasure.

These feel-good chemicals can then make me want to do the hobby again, and feel more motivated to do so. There are many hobbies I can try, physical hobbies like a sport, playing a musical instrument, however others may be relaxing like reading, playing cards or collecting an item like coins.

Tip: I will think about an activity I may enjoy, I will research it, find out if there's a club locally or online and take the first step to try it out! Most clubs will let me try it for free to see if I'll enjoy it.

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good!**

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'I will be grateful
for today and what I
have in my life right
now'

**well
good!**

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I

Inner Power and Beauty

I have an inner power within me, that can help me achieve anything. The inner power is my mind!

The key is for me to look after it and do what it needs to be powerful. It can only be powerful if I do what I can to protect it, focussing on the positive, not comparing, believing I have the inner power, listening to uplifting podcasts, reading what I can to take control, learning about tools and techniques that can help my mindset. I am willing to keep learning, recognising my power and achieving anything I set my mind on. Inner beauty outshines outer beauty, however I am made to feel that what I look like, is the most important thing. Looks will go, however who I am on the inside is what stays. If I am focussed on the type of person that makes me beautiful on the inside, the world would be a better place.

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good!**

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If I am only friends with people focussed on what I look like, they are not worth being friends with because they will soon drop me for someone else. If I am a beautiful person on the inside, the right people will radiate towards me and never want to leave. They will want to be my friend for life.

Tip: When I am with people, I will focus on how they make me feel, I will notice if they say kind or hurtful words, whether they judge other people, if they wish good for others or not. This will give me an idea of who I am surrounding myself with, I will choose good people.

It isn't too late to make new friends, if I notice the friends I have, aren't the type of people I like. I can always try to get current friends to say kind things, not judge etc but if they don't want to, leave them to make their choices, as we all have our own life and lessons to learn. I'll be a happier, more beautiful person, if I surround myself with positivity & kindness.

**well
good!**

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'Today will be the day I focus
on doing what I can to make
the world a better place,
making others happy and less
focussed on myself.

I do not want to look back
wishing I had spent more time
laughing, loving, caring, enjoying
life, instead of always wanting
and wishing for more, being on
social media and watching life
pass me by.

I will live, love & laugh today!'

**well
good!**

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J

Journey

'Life is a journey, not a destination'

– Ralph Waldo Emerson

I will focus on the journey of my life, not just the destination and where I am going. It is important for me to have an idea of what I am aiming for, however I must be flexible and enjoy the journey that takes me there. I may have tests and challenges along the way, that will test my character, strength, honesty, trust, patience and resilience, however if I am willing to take each day as it comes, I can adapt where needed, I will get to the destination that I aimed for. Destinations may change along the way too as I grow and learn. That is ok! The main thing is that I stay true to myself, I am willing to keep learning, I will do what I need to be happy, focus on my mindset, I will be kind to all around me and I will feel grateful for the opportunities that come my way.

Tip: I will think about the first steps I can make on my journey and take action on the first step now, not tomorrow!

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good!**

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J

Journaling

Journaling is a great way to clear my mind and help reduce my worries.

Journaling allows me to acknowledge what I am thinking and feeling, which allows a greater sense of self-awareness.

Often when I write things down, I will feel less pressure to remember what's on my mind and it can help me solve problems. This can also help reduce my stress. Scientific research has shown the following:

- o It can counteract many of the negative effects of stress
- o Journaling can strengthen immune system response
- o Journaling decreases the symptoms of asthma, arthritis, and other health conditions.

Tip: I will follow the journal example at the end of this guide and use the daily journal on the Well Good website www.wellgood.life for 30 days, to notice how I feel.

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good!**

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'If I am not completely happy with a situation, I can make a change! I am responsible for my happiness; my life and my future, so I will take control and stop blaming others'

**well
good!**

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K

Kindness

Kindness is a key component of happiness.

When I do something for others it activates the areas of my brain associated with pleasure, social connection, and trust. Selfless behaviour releases endorphins in the brain and boosts happiness for me, as well as for the people I help.

Tip: I will do a random act of kindness each day/ week, such as one of the following:

- o I will smile at someone when out on a walk.**
 - o I will share something I have.**
 - o I will hold the door open for someone.**
 - o I will say something nice to someone.**
 - o I will thank someone who I appreciate.**
 - o I will be a good listener.**
- o I will offer to help someone that needs it.**
- o When in a car, I will encourage the person driving, to let someone out, in front of us.**

**well
good!**

Think good • Do good • Feel good

'When I go to say
something, I will ask
myself, is this a kind
thing to say, if it
isn't, I won't say it'

**well
good!**

Think good • Do good • Feel good

L

Listen

When someone is talking to me, I will make sure I am fully listening to what they are saying. I will also show them I am listening by making eye contact, I won't be on my phone or looking elsewhere, I will give my full attention to the person talking. I won't listen to respond; I will listen to understand. I often listen to people, and as they are talking, think 'oh I'm going to say this' and then spend most of the time whilst they are talking, trying to remember what I am going to say. I will try not to do this! When someone is talking, I will focus on the words they are saying, only when they have finished talking, I will then respond. I can also disregard parents/carers/ loved ones when they are advising me. I will remember to think that if the person has good intentions, I will try to listen, as what they are saying, is because they care for me.

Tip: I'll practice active listening by paying attention to what someone is saying to me, before I think about how I should respond. Learn more about Active Listening on the Well Good website www.wellgood.life

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good!**

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L

Learning

When I was at school, college or uni, I was there to learn. It is natural when I finished school, college, or university, that I wanted to get a job and put what I've learnt into practice. Learning doesn't have to be just completed at school, college, or university. I am learning daily; I am always learning about life and myself. It is important when I finish learning at school, college and university and start a job, that I keep learning in some form. If I am working in a certain industry, I can read about it, my role, my mindset, I can join networks/communities to mix with people in a similar role, I can get a mentor, listen to podcasts and I may decide to do another course to enhance learning later in life. Times change, so I will never feel as though I know it all, I will be willing to keep learning.

Tip: I will think of a book to read, podcast to listen to or reach out to a mentor to help guide me where I am in my life right now.

**well
good!**

Think good • Do good • Feel good

**'When life is difficult,
I will see the issues as
challenges.**

**Imagine the situation is
testing my strength,
courage, resilience, and
patience!**

I will never give up!'

**well
good!**

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M

Mindset

My mind is the most powerful tool I have! I will use it wisely!

My mindset will determine how I think, determines how I feel, how I act and that can either lead to either happiness or misery. I have a choice and am willing to work on my mindset, I can achieve anything. My mindset is impacted by all areas of wellbeing, physical, mental, nutritional, financial, emotional, social and spiritual. I can work on my mindset, however if I don't focus on all the areas of wellbeing, I will not be the best version of myself. My mindset can be improved through many tools and techniques. If I go onto the website: wellgood.life I will find lots of information, techniques, resources and activities to help with my mindset & wellbeing.

Tip: REMEMBER, EVERYONE MAKES MISTAKES, I WON'T LET IT CHANGE OR IMPACT MY MINDSET. I WILL REFLECT, LEARN & PUT THINGS IN PLACE TO LEARN FROM IT!

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good!**

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M

Meditation

Studies have shown meditation is a powerful tool which can positively enhance sleep, mood, focus, care, work & reduce stress, anxiety, depression, amongst other things.

I can find a meditation that suits me as there are many available.

I may need to try a few different ones, but I will find one that suits me.

I will try to do a meditation that is at least 12 minutes long.

There are many meditations on YouTube I can follow for guided meditations.

I can also use apps such as Calm, Headspace and Zen.

Tip: I will go to the website [wellgood.life](https://www.wellgood.life) or YouTube to try a meditation or I will go to the app Calm, Zen or Headspace to try one.

**well
good!**

Think good • Do good • Feel good

**'I won't always be
looking for the next
best thing, I will be
content in the now'**

**well
good!**

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N

Nutrition

Getting the right nutrition for my body is essential for a healthier, longer, life.

My body is a machine and it needs the cleanest, most nourishing fuel it can get! Carbohydrates are my main source of energy as they help fuel my brain, kidneys, heart muscles, and central nervous system. Fibre is a carbohydrate that aids in digestion, it also helps me feel full, and keeps my blood cholesterol levels in check.

Proteins are needed for growth and repair of my muscles (tissues) as well as to repair cells and make new ones. Protein is also used to make my body chemicals such as hormones and enzymes. Protein is an important building block of my bones, muscles, cartilage, skin, and blood. Every cell in my human body contains protein.

Fats are an essential part of a healthy, balanced diet. *Continued on next page.*

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Fat is a source of essential fatty acids, which my body cannot make itself. Fat helps the my body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.

Vitamins and minerals are nutrients my body needs in small amounts to work properly and stay healthy. Having a balanced and varied diet should provide me with all the nutrients I need.

Tip: I will get a greater understanding about what I eat by using the app or website, My Fitness Pal, to track my nutrition.

We are what we eat!

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N

Never Give up!

No matter how low, frustrated, desperate, angry, worried, or sad I feel, I WILL NEVER GIVE UP!!

I will get through any challenge, I have the inner power! It may take time, I may need to ask for help, I may feel it isn't getting better, I may not feel as though I am moving forward, but I will be making tiny movements forward. Those tiny movements will all add up and one day I will look back and say 'WOW, I never thought it would get better and I could do it, BUT look at me now'. When things are easy, I don't appreciate things as much. When I've worked hard and then achieved something, the sense of achievement is incredible.

Tip: Next time something seems too hard and I get the feeling I want to give up, I will notice the feeling and remember this!! I will dig deep, ask for help, keep going and see what happens.

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0

Organisation

Being organised can have a positive effect on my mental wellbeing. I may not consciously be aware but being unorganised and having lots of clutter can affect how I think, which will also effect how I feel and in turn affect my health. A cluttered room, leads to a cluttered mind.

To be able to think clearly is so important in every day life in order to make decisions, perform at my best in all aspects of my life, as well as being able to then prioritise tasks I need to undertake. Being organised can also help me sleep better because my mind isn't feeling cluttered like my room.

My environment also has an effect on my energy levels, so being organised, having a place for everything and having a clutter free room, will play a part in having positive energy around me.

Tip: If I have a messy room, I will tidy it and see if I feel differently.

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0

Own my own mind!

I won't let others change who I am, how I feel and how I behave!

I will be unapologetically me!

I will have my own beliefs, values and I will live by them.

I will do what I can to work on my own mind, to strengthen it, as this will then make me stronger and more powerful. I won't be afraid to say no, I will happily stick to what I actually want to do and believe and feel good about it. I won't be easily lead, which is a good thing, as it could get me into trouble.

I won't always want what others have, I won't just do something because others are doing it and won't just follow the crowd to fit in. I will be brave, different and trust my own mind to make the right choices for me!

Tip: Next time a friend is saying something I don't actually agree with or is trying to get me to do something I don't really want to do, I will remember this, I will be brave, own my own mind and choose to stay true to me!

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**'I will remember to
accept the things I
cannot change, I will
have the courage to
change what I can
and ask for guidance
when I need it'**

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P

Positive Affirmations

Positive affirmations are so important as when I say positive affirmations out loud, my brain responds to what I am saying, so if I am positive, I will start to feel more that way.

I will try to say the positive affirmations on the next page every morning and every night.

I will allow myself to smile as I say them, as smiling even when I don't feel like it, also has a positive effect on my brain too.

I can go to the website: www.wellgood.life to print a copy of the positive affirmation card, so I can carry one in my bag, phone case, purse, wallet, or keep somewhere I can see daily.

Tip: I will read the well good positive affirmation and breathing technique card every day.

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I am calm

JUST
Breathe

I am grateful

I am strong

BREATHE IN THROUGH YOUR NOSE

COUNT TO 4

Hold for 4

BREATHE OUT FOR 4

hold for 4

I am positive

I am kind

I am unique

I am learning

I am enough

I am ME

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P

Play

I will always find time to play, laugh and have fun!

As I get older, I can become more serious, I can feel as though playing is for little children, however I will always remember what makes me smile and do more of it.

I can play games; card games, made up games, board games, sports games, any games that I enjoy. I will find time to play by myself, with family, friends and others.

I can spend so much time in front of screens, I will take a break and just play!

Tip: I will go and play a game of something either on my own or with my family or friends. I will notice how I feel, if I am smiling and if I feel better for it! If I do feel better for it, I will plan to do it more often.

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Q

Quiet Time

I recognise that having time in the peace and quiet is extremely important for me.

It allows my brain to settle, reflect, process and understand what's going on. I may also hear my inner voice at this time, trying to guide me.

If I never sit still, I will never notice how I am truly feeling and what I am being guided on.

'Remember. All the answers I need are inside of me; I only have to become quiet enough to hear them'

-Debbie Ford

Tip: I will sit for 15 minutes every day, in complete silence, with no screens, no music, no people, just me!

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R

Reframe

When I feel a negative situation happening, which causes a negative thought, I will try reframing it into something positive.

E.g. 1) I am rubbish at tests

Reframe to - I have a test tomorrow, I have revised and I will do my best.

2) No one likes me

Reframe to - I am a good, kind person and the right people will like me, for me. There is no reason why anyone wouldn't like the person I am.

3) I'm not good at anything

Reframe to - I am good at many things, no one is perfect or good at everything. If I want to get better at something, I just have to work harder at it.

Tip: I will reframe a negative thought I have, into a positive E.g. I am rubbish at tests, reframed to: I have revised for my test tomorrow and will do my best.

**well
good!**

Think good • Do good • Feel good

R

Reflection

Self reflection is a special skill, that if I start working on this skill now, I will be able to recognise what I can do differently in the future, when similar situations arise. It is easier for me to blame others or play the victim, instead of looking at myself and seeing what I could potentially do differently. If I can master this, I will be able to take control of how I behave in situations that could be challenging. Recognising how I think, feel and behave in certain situations is extremely important. I may reflect on my behaviour with a group of friends and recognise that I over-reacted and this led to an argument. By reflecting, I can then choose to work on how I respond in future and try to manage my emotional responses better. I can be better prepared for these situations. It may also prompt me to apologise and say sorry at times, if I have reflected and identified I was in the wrong.

Tip: I will think back to a situation recently and reflect on my behaviour.

**well
good!**

Think good • Do good • Feel good

S Smile

Smiling can trick my brain into feeling happy, which can also boost happiness as recognised by the university of Kansas.

Science has shown that smiling can lift my mood, lower stress and possibly even prolong my life.

Dr. Isha Gupta, a neurologist from IGEA Brain and Spine explains, a smile spurs a chemical reaction in the brain, releasing certain hormones including dopamine and serotonin. “Dopamine increases our feelings of happiness. Low levels of serotonin are associated with depression and aggression,”

If I can smile more and release serotonin, then this will have a positive effect on my body.

Tip: I will try to smile every day as often as I can, even if I don't feel like it. I will say to myself, it is doing me good to smile and then I will notice how I feel at the end of the week.

**well
good!**

Think good • Do good • Feel good

S

Sleep

Sleep is a key part of our lives and we all need sleep to function.

The NHS state that 'I need good quality sleep to ensure my body and mind can recover each day. Lack of sleep can contribute to my behaviour challenges, concentration issues, and irritability.

Sleep is important because it helps with my mental, physical, social, and emotional development. Lack of sleep affects my mood and can cause me to be less patient and grumpier than normal. Sleep helps my brain to remember, memorise and analyse important information. These skills improve my performance at school.

Tip: I'll try to have a good bedtime routine to encourage good quality sleep. I'll not look at screens for at least an hour before bed, write in my journal & have quiet time.

**well
good!**

Think good • Do good • Feel good

**'I will think less
about myself, more
about others'**

**well
good!**

Think good • Do good • Feel good

T

Thoughts

Thoughts affect my feelings and feelings affect my health, so I will try to feed my body, mind, and soul with positive, happy thoughts.

This means I must be more mindful about what I watch on tv, films, social media and what I discuss with those around me.

If I stay watching and talking about negative, sad subjects, then I will naturally think more about these sad subjects, which can then lead to more stress, worry and anxiety.

Tip: I will be mindful about what I am watching, what I am listening to, who I am spending time with and ultimately what I am surrounding myself with and change it, if I notice negative thoughts.

**well
good!**

Think good • Do good • Feel good

'My thoughts affect my feelings & my feelings affect my health, so I will try to focus on the positive, stay calm & know that any situation will pass! I will acknowledge how I feel, feel it, then let it go!'

**well
good!**

Think good • Do good • Feel good

U Unique

I will embrace my differences and just focus on being the best version of me.

There is no one better qualified at being me, than me.

Why would I want to look the same as someone else? I will enjoy being different and unique. This is real beauty! I will be proud to be me!

I do not want to see everyone looking the same and acting the same. I want to see that people look different and have their own opinions. I will focus on being unique, being kind and helping others. I will leave an everlasting impression on others if I just be me. I am enough by being me!

Tip: I will look in the mirror, say to myself, I am beautiful, I am unique, I am proud to be different, I am enough because I am ME (say your name)

**well
good!**

Think good • Do good • Feel good

U

Volunteering

‘Volunteering can lead to a rush of euphoria and the release of endorphins—the body's natural painkillers—which are comparable to morphine. This effect is coined a “helper's high.”

– NIH

When I help others, it can put things into perspective and make me realise how lucky I am, depending on what I am volunteering my time for.

Tip: I will volunteer my time. I will offer my help to someone, without asking for anything in return.

**well
good!**

Think good • Do good • Feel good

W

Water

Water has been scientifically researched to have many positive health benefits on our body.

Benefits include:

- o Helps maximise physical performance
- o Improves energy levels & brain function
- o May help prevent & treat headaches
- o Helps me go to the toilet

Tip: I will aim to drink around 8 glasses of water a day!

**well
good!**

Think good • Do good • Feel good

X

X-Factor

I have the X-factor! I won't forget that!

I will find my x-factor if I don't know what it is right now!

I will find something that ignites a fire within me, due to the passion I have for something.

I will find what that something is, for me!

Tip: I will think about what brings me joy? What comes naturally to me? What are my natural strengths? I will focus on doing what I am naturally good at, as this will then feel like second nature to me. I will write it all down, so I have it as a record.

**well
good!**

Think good • Do good • Feel good

'I will forgive, as
forgiveness is as
much for me and
my inner peace, as
it is for the other
person'

**well
good!**

Think good • Do good • Feel good

Y YOU!

I am beautiful, I am unique, I am ME!

I will embrace my differences and look in the mirror, smile, be grateful I am different and not the same as anyone else!

**well
good!**

Think good • Do good • Feel good

'I will let go of any feelings not of value to me, like stress, worry, anxiety and tension. Worrying is wasted energy so if I can change something, I will do it, but if it's out of my control, I will let it go!'

**well
good!**

Think good • Do good • Feel good

Z Zen

Zen is slang for feeling peaceful & relaxed.

I will try to find time each day to feel peaceful & relaxed. I know meditation can help me get into the 'zen' zone.

Tip: 30-minutes before bed, I will turn off all my screens, put on a meditation or some relaxing music and put on a steam diffuser or spray a mist of natural essential oils for relaxation (e.g. lavender)

Before I start relaxing, I will write down anything on my mind, so I am not holding onto any thoughts. I will allow myself to then just 'be'. I can find this very hard to do, because I am in a society that is constantly on the go.

If I do this though, it will have amazing effects on my thoughts, mind and in turn my mental and physical wellbeing.

**well
good!**

Think good • Do good • Feel good

Journal

How to get started with journaling!

I will get a piece of paper, a blank book/ notepad or use the daily journal on the Well Good Website www.wellgood.life for the next 31-days.

This will help me get into the habit of practising gratitude and being mindful day-to-day.

I can use any notebook to capture my thoughts (without judgement), feelings and what I am thankful for moving forward. I can write as much as I need or just a word! An example of how I might complete the journal, is shown below:

What's on my mind: (I will write down anything on my mind, without judgement)

I am grateful for:

1. My family 2. My Health 3. My Home

I feel I am:

1. Happy 2. Calm 3. Managing emotions

**well
good!**

Think good • Do good • Feel good

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Are you ready to embark on an inspiring journey towards unlocking your inner power and becoming the best version of you?

Unleash your true potential with "The Well Good A-Z Guide," a transformative manual by the founder of The Well Good Initiative, Frances Williams and psychologist Emily Holmes.

This comprehensive resource blends credible research, personal experiences, and daily tips to help you become the best version of you.

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