



Seva Mandal Education Society's
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Department of Psychology
Samvedana Counselling Cell

Greetings!

Today's Activity is on 'Wellness Journal'

At unsettling times like this pandemic, it might feel like things are very much out of your control. Most routines have been thrown into disarray. With each passing day, each of us is struggling with the question of "What to do?"

Journaling is one of those underrated activities which would not only give you joy, but would also turn out to be an insightful activity. It helps keep a track of one's progress. It is important to make time for yourself and indulge in activities which make you happy. In order to look after others you need to first care for yourself.

Below is a small worksheet to get you started

**WELLNESS
TO LIVE YOUR
BEST LIFE**



An Initiative by Principal, Dr. Leena Rajee

WELLNESS JOURNAL

DATE: _____

TODAY'S POSITIVE THOUGHTS

JUST FOR ME



REFLECTIONS ON THE DAY



WATER

FRUITS & VEGETABLES

EXERCISE

TIME: _____

ACTIVITY:

VITAMINS & SUPPLEMENTS

References:

Rizer, L. (2016, October 20). Find Your Balance with a Free Printable Wellness Journal. Retrieved from <https://www.sunnydayfamily.com/2016/10/wellness-journal.html?m=1>

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Welle, D. (2020, March 29). Exercising Enough. Retrieved from <https://www.ecowatch.com/staying-healthy-coronavirus-lockdown-2645583333.html?rebellitem=3#rebellitem3>