



Manchester
Talking Therapies

The Wellbeing Journal



for anxiety and depression

Service provided by The Big Life group

DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Positive affirmation: Negative thoughts do not serve me anymore.

DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Positive affirmation: Today, I will do my best.

DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Positive affirmation: I know my worth..

BOX BREATHING EXERCISE

TO PRACTICE BOX BREATHING:

1 - BREATHE OUT SLOWLY, RELEASING ALL THE AIR FROM YOUR LUNGS.

2 - BREATHE IN THROUGH YOUR NOSE AS YOU SLOWLY COUNT TO FOUR IN YOUR HEAD.

3 - HOLD YOUR BREATH FOR A COUNT OF FOUR.

4 - EXHALE FOR ANOTHER COUNT OF FOUR.

5 - HOLD YOUR BREATH AGAIN FOR A COUNT OF FOUR.

6 - REPEAT FOR THREE TO FOUR ROUNDS'



DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Positive affirmation: I am capable of making healthy choices.

DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Positive affirmation: "No" is a complete sentence, and I don't have to explain or justify my boundaries.

DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

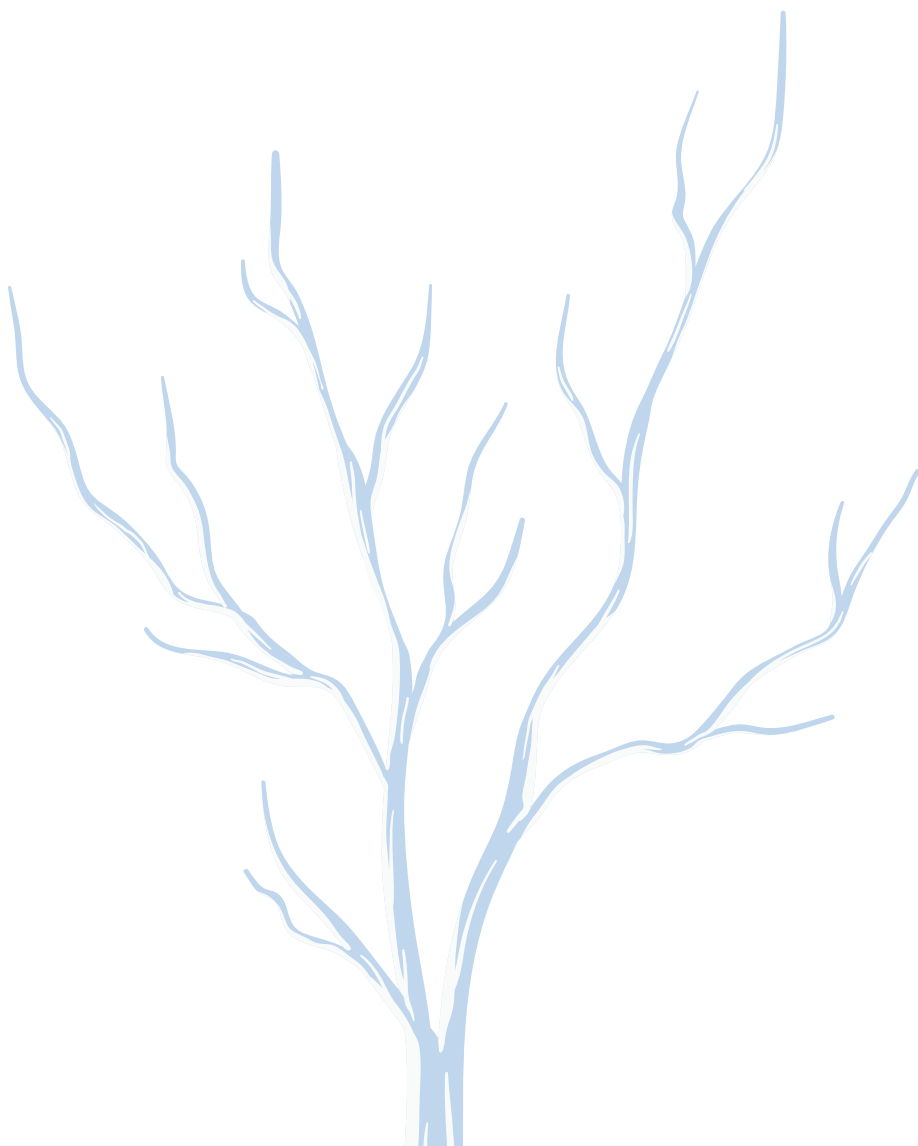
How do you want to feel today?

Today's affirmation:

Positive affirmation: I am allowed to feel upset, and sad sometimes – that's part of being human.

WORRY TREE EXERCISE

**LIST YOUR WORRIES ON THE BRANCHES.
THIS STEP EXTERNALISES YOUR CONCERNS,
MAKING THEM FEEL MORE MANAGEABLE.**



DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Positive affirmation: I am a strong, capable person.

DAILY CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Really bad

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Positive affirmation: I don't have to give up my hopes and dreams.



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**Scan the code for more
information and to refer
or call us on 0161 226 3871**



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