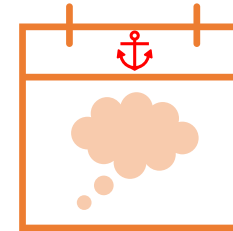


Thought for the Day – for staff wellbeing

SIMPLE STEPS TO WELLBEING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks 1 & 3	<p>"I am making a difference to the lives of others"</p> 	<p>"I am going to be kind to myself"</p> 	<p>"I know I am good at"</p> 	<p>"I know I can cope with what happens" - think of a time when you did!</p> 	<p>"I am planning to do something I love at the weekend"</p> 
Weeks 2 & 4	<p>"I am going to talk to someone who matters to me"</p> 	<p>"I am going to reflect on 1 thing that is going well"</p> 	<p>"I know that it is ok to ask for help when I need it"</p> 	<p>"I am going to take breaks to rejuvenate"</p> 	<p>"I am going to try something new this weekend"</p> 





HOW TO USE THIS CALENDAR...

- The affirmations in the 'Thought for the Day' calendar are designed to help us focus on things that can increase our emotional wellbeing
- Approaching it as follows could increase benefits:
 - Choose the best time of the day for you to slow down:
 - While waking up, going to sleep or when you need a break
 - Take a few minutes to read the affirmation
 - Think about what the affirmation means for you
 - Feel free to soften your gaze or close your eyes - and notice your thoughts and feelings

Alternatively, these could help structure conversations with your colleagues or friends and family.