

Charlene Richard RSW

Sleep: Time	Vitamins/ Medications	Food	Mood	Activity	Energy	Body
Cycle: Other:						

Nourishing Activities – How to Fill Your Well

1. **Journaling:** Studies show that expressing emotions has many health benefits. Commit to writing for 15 minutes per day. Write about what you are feeling, reasons you may be feeling it, where you think these feelings are coming from and what you can do to feel better. You can write about relationships, roles you have, experiences etc.
2. **Gratitude Journaling:** Studies show that writing out what you are thankful for, everyday for three consecutive weeks, has long-lasting mood boosting effects.
3. **Deep Breathing:** Pause and notice your breath as many times a day as you can. Purposely slow down your breathing and take deep breaths allowing your relaxation response to kick in – many great health benefits come from inducing your relaxation response.
4. **Walk Mindfully:** Notice what is around you as you walk. Use all of your senses as you are walking. Feel your feet grounded to the ground. Pay attention to the colours, objects and nature. Pay attention to your posture, breath and tension in your body.
5. **Eat Mindfully:** Notice the texture of your food. The way it looks, the smells, the flavours. Try to label the different flavours you taste. Chew your food well.
6. **Drink Water:** Your well needs lots of water. Enough Said. One more thing... if you drink coffee, make sure you have an extra glass of water for each cup.
7. **Stretch:** Especially important if you have a job that you have to sit at all day. Get your body moving at least once per hours, even if only for a minute or two.
8. **Connect:** Connecting with others plays a huge role in our overall wellness. Send an email or text. Better yet, sneak in a quick call. Write a letter and send it in the mail. Go see a colleague. Stop and spend a few minutes with your loved ones – really listen to what they have to say. Make connecting a regular practice.
9. **Snacks:** Keep a ready supply of healthy snacks that don't contain too many preservatives. Fruits, nuts, granola, veggies and hummus, teas, fruit juices, oatmeal. Use the log to pay attention to how different food choices impact your mood, energy level and body. Awareness is key – find what works for you.
10. **Walk Outside:** Getting outside for as little as five minute walks at a time can help you increase your energy and improve your mood. Throw your shoes/boots on and go walk around the block a couple of times. Bonus points if you have a pet to walk!