

MIND

BODY

WHOLE

WELLNESS TRACKER





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Introduction Page

The Mind Body Whole Wellness Tracker is intended to help you recognize connections between feelings (stress and mood) and healthy habits (sleep, healthy eating, and exercise) while developing and practicing coping skills. Coping skills are self management skills that help us respond to stressful situations with more ease. In this book you will learn about life skills and habits and how they relate to stress. Weekly Trackers and Thought Processing pages are included for you to use. These pages will help you learn more about how your feelings and habits are affecting each other. Aim to record your responses in the Weekly Tracker at the same time of day; for example, right when you finish school or before you go to bed.

This book belongs to: _____

Draw a picture of your peaceful, happy self.

Draw a picture of your frustrated, sad self.

Notice the difference between these two depictions of yourself. The goal of this booklet is to help you identify your feelings and develop self management coping skills to be more like your peaceful, happy self. Identifying emotions can be challenging. It is helpful to have a trusted relationship with a caring adult to navigate these feelings. List at least one trusting adult that you feel comfortable talking to here: _____
If you do not have an adult you can speak to, and you feel overwhelmed with stress or you are facing a mental health crisis, please call 988 to speak to someone who can help.

Stress and Mood 1:



What is stress? Stress is our physical or emotional response to external situations or pressures

Stress is not always bad!

- Distress vs. Eustress (Bad Stress vs. Good Stress)
 - Distress: Negative stress. This stress can make us feel upset or worried. You may feel this way when studying or thinking about upcoming responsibilities.
 - Eustress: Positive stress. This stress can motivate us or make us excited. You could feel this type of stress when getting ready for an event or before meeting new friends.

What causes stress?

- school, homework, hobbies, social media, family, friends, trying a new activity, working on something challenging, looking forward to something exciting

How does stress affect us?

- Stress effect on physical wellbeing: headaches, muscle tension, tiredness, upset stomach, trouble sleeping
- Stress effect on mood and emotions: anxiety, anger, sadness, frustration, overwhelmed feeling, lack of emotional control, excitement



Getting in touch with our emotions:

- Stress can cause us to change our mood. Being aware of our emotions can help us understand how we are feeling and make appropriate choices. This list below can be used to identify, accept and even communicate our emotions. Check in with yourself! Are there any emotions in the chart that you felt today?

PEACEFUL	POWERFUL	JOYFUL	SCARED	MAD	SAD
CONTENT	PROUD	CREATIVE	CONFUSED	HURT	SLEEPY
THOUGHTFUL	HOPEFUL	ENERGETIC	ANXIOUS	CRITICAL	BORED
RELAXED	CONFIDENT	AMUSED	DISCOURAGED	FRUSTRATED	APATHETIC
THANKFUL	CHEERFUL	DARING	EMBARRASSED	JEALOUS	MISERABLE

How can we cope?



Journal thoughts and feelings



Exercise



Talk with a trusted individual



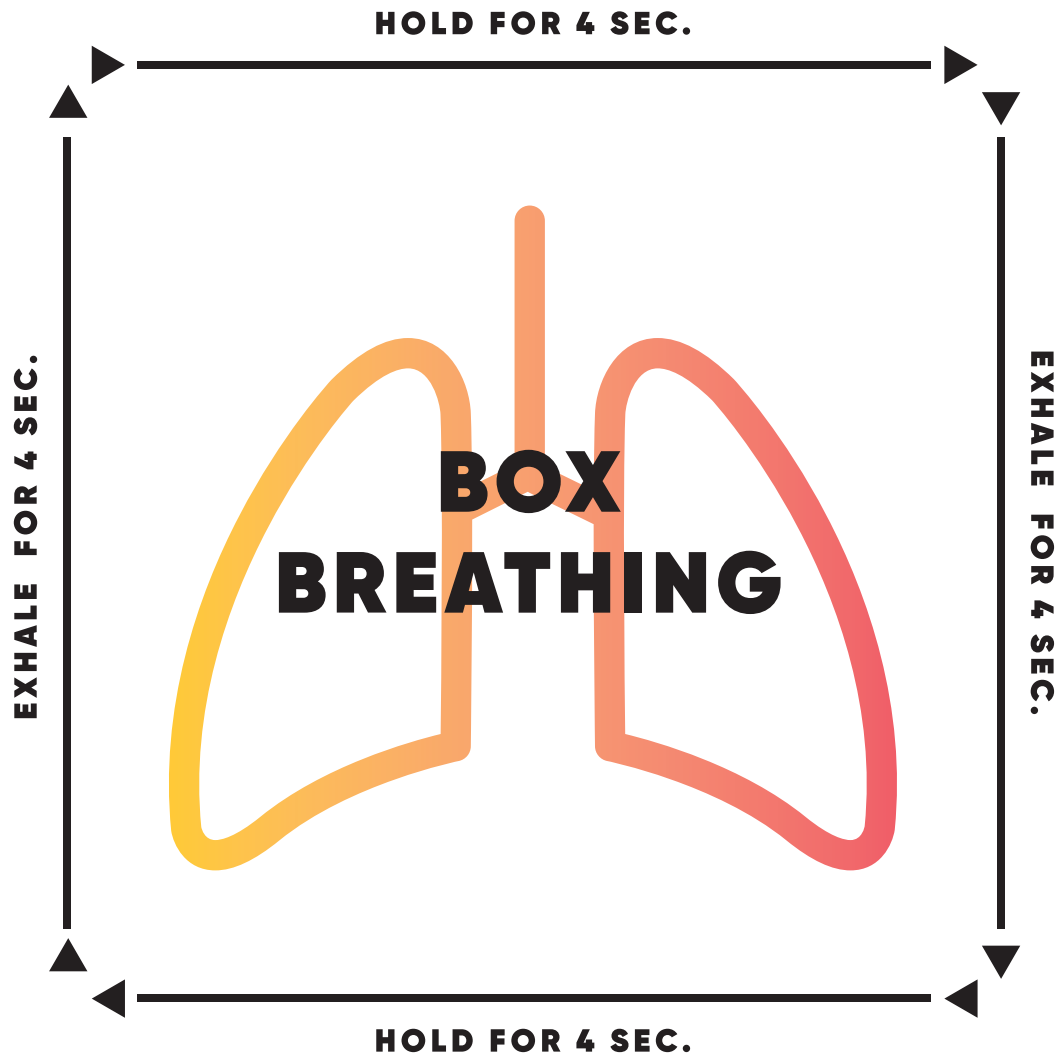
Eat a healthy, balanced diet



Have a healthy sleep routine



Practice mindfulness



Get in an upright seated position with your back straight, feet flat on the floor and roll your shoulders back and down, making sure you can breathe easily.

INHALE count of 4 **HOLD** count of 4 **EXHALE** count of 4 **HOLD** count of 4. **REPEAT 3x!**



Week 1 Tracker

BODY MIND WHOLE	DATE:							
	DAY	1	2	3	4	5	6	7
STRESS LEVEL	HIGH							
	MED							
	LOW							
MOOD	😊							
	😐							
	😞							



Week 1 Processing

1. The most positive part of my week was:
2. This made me feel:
3. The most challenging part of my week was:
4. This made me feel:
5. Coping skills that helped me with my challenges?
6. One thing I will try next week to lower my stress:
7. Things I am grateful for:

