



# 14-day Well-being Diary

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*Affected by the outbreak of COVID-19, some of us might have to stay at home for a long period of time while some might be under quarantine.*

*This 14-day well-being diary provides you with some daily activities as a reference to make your everyday life more fulfilling.*

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# Calendar

Now, your well-being diary begins!

We have prepared some activities for you to make your everyday life more fulfilling. The activities suggested by us have adopted the "seven wellness principles" to help cultivate a good self-caring habit.

The principles are as below:



Mind Well



Sleep Well



Eat Well



Work Well



7 Wellness Tips



Exercise Well



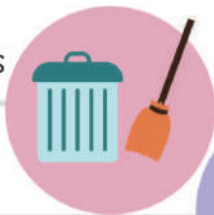
Play Well



Love Well

# Daily Activities

Setting Small Goals



My Thoughts and Feelings



My Spiritual Oasis



Get My Body Moving



I am an Artist



Do You Still Remember Me?



Fun Family Games



Relearning Old Skills



I am a Bookworm



I Love Movies



Life-long Learning



Tips:

If you want to type directly on this e-document, please save this document onto your computer or phone first before making any edits. Otherwise, the changes you have made may disappear, if you save this document after editing.

# Day 1

My feeling(s) is/are \_\_\_\_\_

My bodily sensation(s) is/are \_\_\_\_\_



## Setting Small Goals

Setting up some small goals for yourself every day, such as cleaning up your house, reading a chapter of a book, or calling your friend for a chat and so on, can help you attain a sense of control and refresh your mind.



The small goal for myself today:



How I feel after completing the goal:

Mood of the day: Please fill in the hearts below to indicate your mood today.

Very bad (1 heart), very good (10 hearts)



# Day 2

## My Thoughts and Feelings

We come across different people and things - both good and bad - in everyday life. These experiences may change how we look at things and handle them. Thinking about your past can be a good way to better understand yourself.

My feeling(s) is/are \_\_\_\_\_

My bodily sensation(s) is/are \_\_\_\_\_

A difficult moment/event in the past:

How did I cope with it:

How did the experience help me to overcome difficulties at this point of my life:

Mood of the day:

Please fill in the hearts below to indicate your mood today.  
very bad (1 heart), very good (10 hearts)





# Day 3

My feeling(s) is/are \_\_\_\_\_

My bodily sensation(s) is/are \_\_\_\_\_

The small goal for myself today:

## My Spiritual Oasis

Here, we are going to introduce you the practice of "mindfulness", an exercise that brings you peacefulness and allows you to stay at the present moment.

### What is mindfulness?

Mindfulness can improve psychological well-being. You can pay attention to the present moment by observing your bodily sensations, thoughts, feelings, and the surroundings without making any judgment. Through mindfulness practice, you can get in touch with your own thoughts and emotions with a peace of mind, focus on them, and respond accordingly.

How I feel after completing the goal:

### Mindfulness Tips:

You can type and search "mindfulness" online for more information and practice guidance. Some common exercises are mindful breathing and mindful eating.

Mood of the day:

Please fill in the hearts below to indicate your mood today.

Very bad (1 heart), very good (10 hearts)



The Practice of "Mindfulness"





# Day 4

My feeling(s) is/are

My bodily sensation(s) is/are

## Get My Body Moving

Let's try to focus on your body today and choose some activities that you are comfortable doing, such as yoga or aerobic exercises.



The small goal for myself today: How I feel after completing the goal:

Mood of the day: Please fill in the hearts below to indicate your mood today.

Very bad (1 heart), very good (10 hearts)





# Day 5



My feeling(s) is/are

My bodily sensation(s) is/are

## I am an Artist

When we were little, we might be able to draw anything randomly, as long as there were papers and pencils. The definition of art is very broad and boundless. You can create art pieces even if you are not a professional artist. Art is an expression that allows you to present your ideas. Let's regain and show your art talent today!

The small goal for myself today:

How I feel after completing the goal!



Mood of the day: Please fill in the hearts below to indicate your mood today.

very bad (1 heart), very good (10 hearts)





# Day 6

My feeling(s) is/are

My bodily  
sensation(s) is/are

## Do You Still Remember Me?

Is there anyone whom you have not been in touch with for a while? Family members? Friends? You can take this opportunity to make a call or send a text message to reach out to them, see if they are doing well and update each others' current lives. By doing so, you can feel more connected to people.

How I feel after  
completion:

Mood of the day: Please fill in the hearts below  
to indicate your mood today.

very bad (1 heart), very good (10 hearts)



# Day 7

My feeling(s) is/are

My bodily sensation(s) is/are

## Fun Family Games

Playing games together can be relaxing and bring your family closer. Look for different kinds of games as activities that you all enjoy, such as card games or board games. If you are living alone, you can also find some fun things to do, like online or mobile games.

The game I wish to play today is:

How I feel after completion:

Mood of the day: Please fill in the hearts below to indicate your mood today.

very bad (1 heart), very good (10 hearts)



# Day 8

## My Thoughts and Emotions

Want to be happy? It's very simple! Research tells us that we can lead happier lives if we show gratitude to ourselves and others. Let's think about what make you feel grateful in life!

♥ My feeling(s) is/are

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♥ My bodily sensation(s) is/are

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♥ Write down three things that you feel grateful for in the past year, and the reasons:

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- 
- 
- 
- 

♥ How I feel after completion?

- 
- 
- 
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- 
- 
- 

Mood of the day:

Please fill in the hearts below to indicate your mood today.



very bad (1 heart), very good (10 hearts)



# Day 9

## Relearning Old Skills

Do you remember things you used to be good at? Have you sort of forgotten how to do them since then? Some of your skills may get a bit rusty if you don't practice them for awhile, like cooking, making origami, or needlework. In fact, through rediscovering these skills, you may find that you remember much more than you think!

My feeling(s) is/are

My bodily sensation(s) is/are

The small goal for myself today:

How I feel after completing the goal:

Mood of the day: Please fill in the hearts below to indicate your mood

Very bad (1 heart), very good (10 hearts)



# Day 10

## I am a Bookworm

Living in a vibrant and busy city, we may often lack time to enjoy reading. Do you have an unfinished book just sitting in the corner, or any books that you would like to read again? Now is a better time than ever!



My feeling(s) is/are

My bodily sensation(s) is/are

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The small goal for myself today:

How I feel after completing the goal:

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Mood of the day:

Please fill in the hearts below to indicate your mood today.

very bad (1 heart), very good (10 hearts)



# Day 11

My feeling(s) is/are

My bodily  
sensation(s) is/are

## Life-long learning

The aim of life-long learning is to  
maintain your sense of curiosity  
and keep up with new trends and skills.

Search online or grab a book to learn something new today!

The small goal  
for myself today:

How I feel after  
completing the goal:

Mood of the day:

Please fill in the hearts below to indicate your mood  
today. very bad (1 heart), very good (10 hearts)



# Day 12

## My Thoughts and Emotions

Sometimes it is rather difficult for us to express our gratitude towards others, especially the ones close to us like our family members, friends, teachers and so on. Yet, you will become happier by expressing your gratefulness to them.

My feeling(s) is/are

My bodily sensation(s) is/are

Write down the person you feel grateful for:

Why do you feel grateful for him/ her?

Mood of the day: Please fill in the hearts below to indicate your mood today.

Very bad (1 heart), very good (10 hearts)



# Day 13

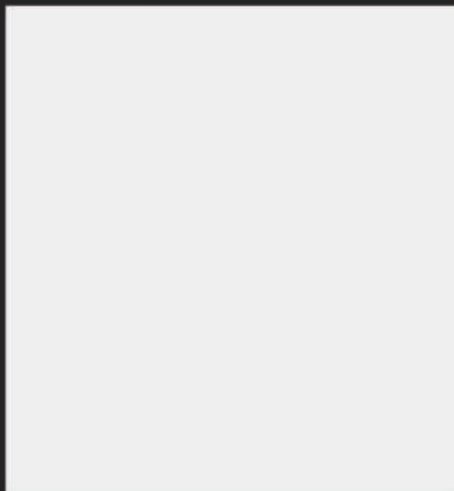
## I Love Movies

Watching movies is a fun way to spend your time. You can be fully immersed in the experience and escape from the realities of life for a short while. Are there any movies that you have been meaning to watch, but never got around to it? Any classic? Cartoons? Let's search for them again!

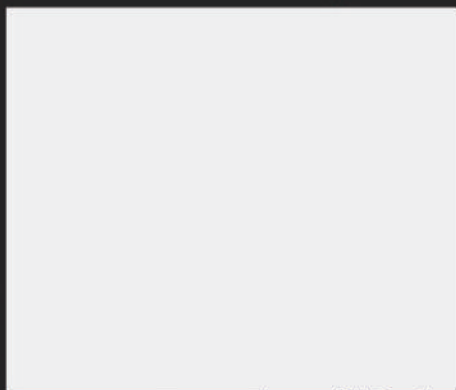
My feeling(s) is/are



My bodily sensation(s) is/are



The small goal for myself today:

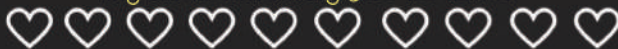


How I feel after completing the goal:



Mood of the day:

Please fill in the hearts below  
to indicate your mood today.  
very bad (1 heart), very good (10 hearts)







# Day 14

My feeling(s) is/are

My bodily sensation(s) is/are

How do you feel in the past 14 days?

What would you like to praise or thank yourself?

What will you do tomorrow?

Mood of the day: Please fill in the hearts below to indicate your mood today.

very bad (1 heart), very good (10 hearts)



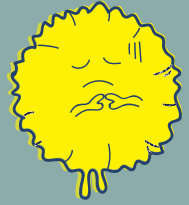


SAD



FURIOUS

SURREAL



WORRIED



EXHAUSTED

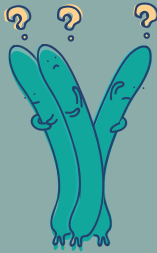
SHOCKED



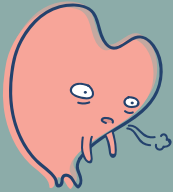
RECURRENT  
THOUGHTS



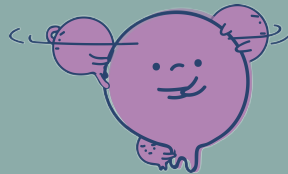
ANGRY



CONFUSED



TIRED



OVERSENSITIVE



PANIC

How do you feel lately?

