

The recovery college continues to work behind the scenes to help bring you new ideas for including the Five Steps to Wellbeing in your day. How about using these examples to journal about your experiences during the pandemic? Just think, in years from now it could be used to educate others about the unpredictable times you lived through...



Your journal could consist of anything relevant to yourself, for example you could include new recipes you have tried out, what your daily structure and routine looks like as well as the things you are grateful for.



#### **How do you become more grateful?**

One effective way of stimulating gratitude is to reflect on what your life might be like without certain blessings, rather than just focusing on the good things. You could also focus on happy or positive events that were unexpected, as these tend to prompt stronger levels of gratitude.

Happiness is not what makes us grateful. It is gratefulness that makes us happy.

~ David Steindl-Rast



**Keep learning** by taking up Photography. A criticism that is often heard today is that people spend too much time taking pictures of their experiences instead of living them. However, photographs play an important role in allowing people to hold on to memories and show the rest of the world a peek into their lives while also telling a story. It can be a fun hobby which can help you grow your skill set by cultivating creativity.

**Be active** by setting yourself a goal or a challenge. Increasing your step count or changing your walking route can help give you a new focus and increase your determination. Remember that motivation does not come to those who wait. Regular physical activity helps increase the amount of oxygenated blood being sent to your muscles, and helps your body to produce endorphins – feel good brain chemicals.

**Giving evokes gratitude.** Giving can be a way of expressing gratitude or instilling gratitude, whether you are on the giving or receiving end; and gratitude is essential to happiness, health and making social bonds. For example, when you express gratitude in words and actions, you boost other people's positivity as well as your own. Cultivating this gratitude in everyday life is one of the keys to increasing our personal happiness.

**Connect** with someone by writing a letter. Imagine receiving a heartfelt letter from a loved one; the joy, warmth and connection it would give you. This is exactly how the person receiving a letter from you would feel. Writing promotes mindfulness. Just like mindful colouring it creates calmness and relieves anxiety.

**Take notice** of how you are feeling. Taking notice is a step towards strengthening and widening our self-awareness. By developing a better connection to ourselves, where we are more aware of our needs, values and interests, we can begin exploring and choosing behaviours that are consistent with these very things.

