

Emotional Well-Being

Let's be honest...

bad days happen. Plain and simple. Sometimes these bad days dictate our actions such as the food we eat or whether or not we exercise. Using the list below, circle the event (s) or occurrence (s) that you have experienced. Feel free to add some of your own in as well!

Idea was shot down during a meeting

bad weather **DIDN'T SLEEP WELL** *you missed your workout*

Unplanned/urgent work comes up **YOU HAD A BAD MEETING**

YOU SPILLED YOUR COFFEE *Home appliance broke*
woke up late

As WSH Health Educators, we know that unexpected events occur; it is part of life. Although bad days are unavoidable, one thing that you can do to help with them is change your mindset. The first step in doing this is learning how! You can research this extensively and find all sorts of ways to do this but for the purposes of this guide, we will only cover one way and that is called the Negative Weed Out.

The Negative Weed Out


In the space below write anything and everything that is negative to you. These can be events or occurrences that happened today or general things that bring you down. Use the examples above as a starting point. Your goal is to list at least 10 negative things in this space.


Positivity


POWER



Now, take a look at the list you created and turn the negative into a positive. For every negative thing, event, and/or occurrence you wrote, write a positive rebuttal. Shift your negative mindset to a positive one. Take a look at some examples below!

I had a bad meeting  I can focus on what I am grateful for after work today

I missed a workout  I can focus on the food I eat today

I woke up late  I can be mindful that there might have been a reason that I was late for work such as, not being able to avoid school buses or an accident

We can't always avoid bad situations, but we can control our mindset through those situations. Throughout this section, your goal is to use the **Winter STREAK BINGO** card on the next page to focus on your emotional well-being. Attempt to complete the whole **Winter STREAK BINGO** card in blackout fashion within a week. After the week is over, take some time to reflect on your experience.