

Emotional Well-Being

Let's be honest...

bad days happen. Plain and simple. Sometimes these bad days guide our actions like what the food we eat or whether or not we exercise. Using the list below, circle the thing(s) that have happened to you. 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 WellSpan Health Educators, we know that unexpected things happen. It is part of life. Bad days happen. One thing you can do to help with them is to practice thoughts that can build well-being. The first step in doing this is learning how. You can research emotional well-being and find all sorts of ways to do this. In this guide, we will focus on one way to boost your well-being 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 things 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. Write a positive thing for every negative item listed. This can help you practice positive thinking. 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 understand that there may have been a reason for being late that was out of my control (like being behind a school bus or driving by an accident).

We can't always stay away from bad situations. But we can control how we think when bad things happen. In this section, your goal is to use the **Winter STREAK** BINGO card to focus on your emotional well-being. Try to finish the whole **Winter STREAK** BINGO card by filling in the whole thing in one week. After the week is over, take some time to think about your experience.