

# "NOTES TO SELF"

A Wellness Guide for  
Teens and Young  
Adults



# HELLO!

It is wonderful that you have set this time aside JUST FOR YOU to explore some of the activities in this wellness guide. The guide is really a "toolbox." It is a collection of activities that you can pull from and use however and whenever works best for you.

Below you will find a few suggestions to get you started.

## **The "Wellness" Worksheet**

This worksheet will tell you a bit about the eight areas of wellness and will list a few questions that are helpful to ask yourself to better understand each of these areas and what they mean for you. This worksheet will help you get ready for the "self check-in."

## **Self Check-In**

This worksheet breaks down each area of wellness into eight sections. You will also see the numbers zero-five across the center moving from the inside toward the outer edge of the circle. Take a moment to shade in each individual section up to the line that represents how much attention you give that area on a regular basis. Zero would be none, and five would mean that it is something you think about often.

## **Printable Affirmations**

You could take a screenshot or print these off and keep them somewhere close. Affirmations are most helpful when practiced often!

## **Fillable "I am" Template**

Make your own affirmation poster using this template!

## **Goal-Setting Worksheet**

Choose a goal that you would like to accomplish and begin to map it out using the SMART Goal process. The prompts on the worksheet will walk you through each step.

## **To-do List**

To-do lists are most helpful when created at the beginning of each day. Make sure it is somewhere visible and revisit often. Checking things off of our list feels good and can help keep us motivated. This is a quick template to get you started!

## **Weekly Reflection Worksheet**

At the end of each week, take a look back and celebrate what you have accomplished. This worksheet provides a few prompts to help you highlight all of the steps that you are taking and celebrate those wins!

## **3 Breathing Exercises**

Whether starting your day, ending it or just needing to take a quick pause, these three breathing exercises are a way to release some energy and rest your mind. These step-by-step instructions will walk you through just what to do!

# "WELLNESS"

The concept of wellness can be broken down into eight different "dimensions" or categories. These categories are based on what science tells us can often contribute to a sense of balance in our lives.

Let's take a look at the eight dimensions below and explore some questions that might help us to better understand each of these areas.

## Emotional

Is there someone you trust that you can reach out to for support?  
How do you usually express your emotions?

## Environmental

Do you feel safe in your environment?  
Do you have an item close by that brings you comfort?

## Occupational

Are there specific employment opportunities that interest you?  
Are you aware of the steps needed to accomplish your career goals?

## Financial

Are you aware of how much money you are spending each week?  
Do you know how to tell if a financial offer is trustworthy?

## Intellectual

When does your mind feel at its best?  
What would you like to learn more about?

## Physical

When does your body feel at its best?  
How do you care for the health of your body?

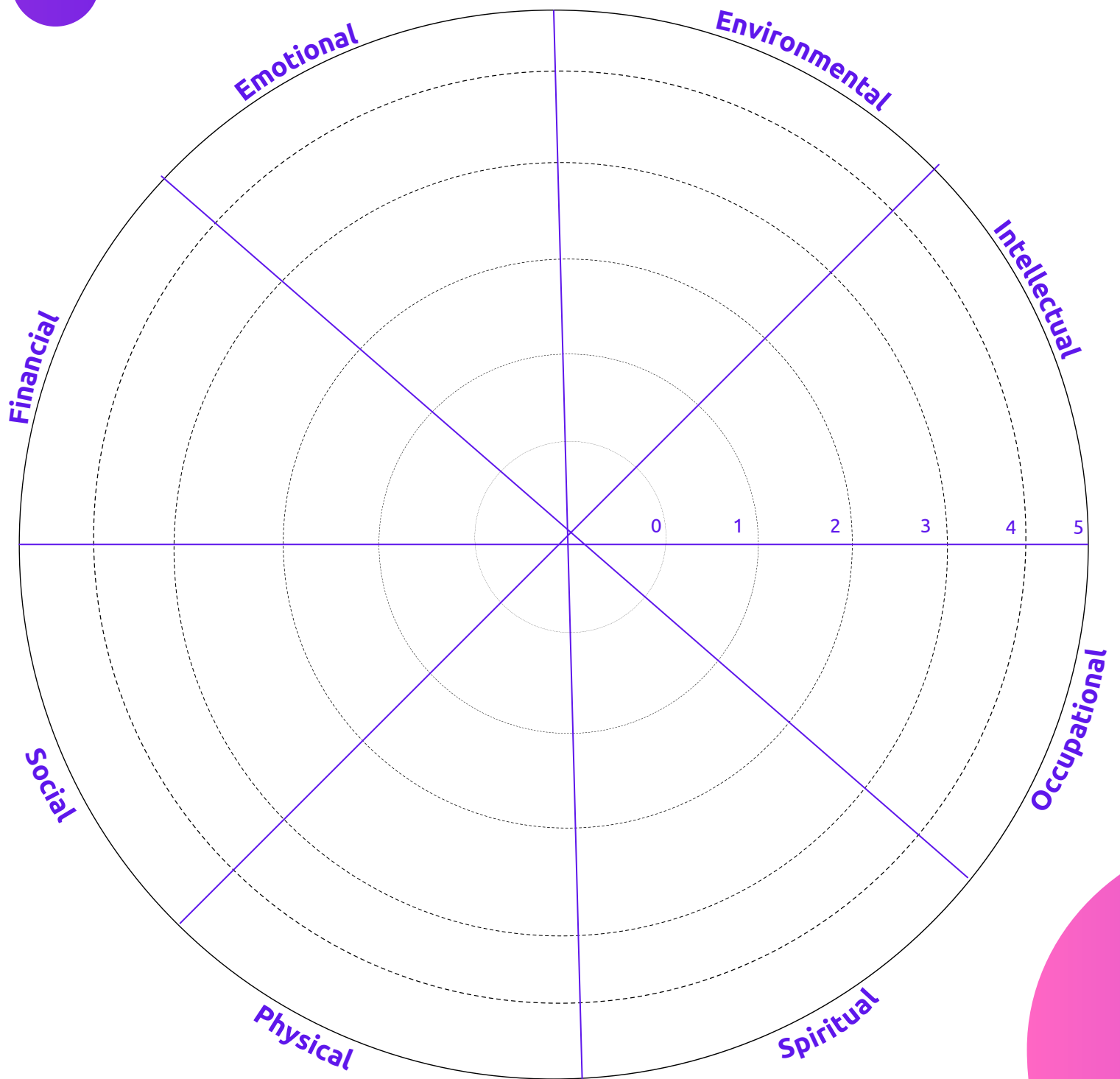
## Social

How often are you connecting with others?  
What do healthy connections look like for you, currently?  
(Consider time, virtual vs. in-person, activities etc.)

## Spiritual

What does spirituality mean to you?  
What types of practices would you like to try out or commit to?

# SELF CHECK-IN



**PRIORITY:**

# AFFIRMATIONS

Begin your day with positive intentions and self-affirmations. Feel free to take a screenshot of a tile below or print these off and put them somewhere you will see them often.

Affirmations are most helpful when we practice them daily.

**I AM  
SUCCESSFUL  
IN EVERYTHING  
I DO.**

**I CREATE A SAFE  
AND SECURE  
SPACE FOR  
MYSELF  
WHEREVER I AM.**

**I GIVE MYSELF  
PERMISSION TO  
DO WHAT IS  
RIGHT FOR ME.**

**I GIVE MYSELF  
SPACE TO GROW  
AND LEARN.**

**I FORGIVE  
MYSELF AND SET  
MYSELF FREE.**

**I BELIEVE I CAN  
BE ALL THAT I  
WANT TO BE.**

**I PUT MY ENERGY  
INTO THINGS  
THAT MATTER  
TO ME.**

**I TRUST MYSELF  
TO MAKE THE  
RIGHT DECISION.**

**I AM BECOMING  
CLOSER TO MY  
TRUE SELF  
EVERY DAY.**

**I AM AT PEACE  
WITH WHO I AM  
AS A PERSON.**

**GOOD THINGS  
WILL COME OUT  
OF THIS  
EXPERIENCE.**

**I AM PREPARED  
FOR ANYTHING  
THAT COMES MY  
WAY.**

**I AM SAFE.**

**MY BREATH IS  
CALMING MY  
BODY.**

**I AM ENOUGH.**

**I WILL MAKE IT  
THROUGH THIS.**





**I am...**

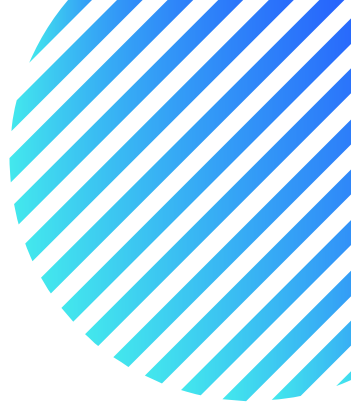


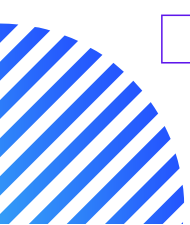
# GOAL SETTING

<b>S</b>	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
<b>M</b>	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
<b>A</b>	<u>ACHIEVABLE</u> WHAT STEPS ARE NEEDED TO ACCOMPLISH THIS GOAL?	
<b>R</b>	<u>RELEVANT</u> WHAT IS THE BENEFIT OF ACCOMPLISHING THIS GOAL?	
<b>T</b>	<u>TIME BOUND</u> WHEN WILL THIS GOAL BE ACCOMPLISHED?	



# TO-DO LIST



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# TRACKER



S M T W T F S

Date : \_\_\_\_\_

Activity	S	M	T	W	T	F	S



# WEEKLY REVIEW

## HIGHLIGHTS OF THE WEEK

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## SOMETHING I HAVE LEARNED THIS WEEK

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## HOW I OVERCAME CHALLENGES THIS WEEK

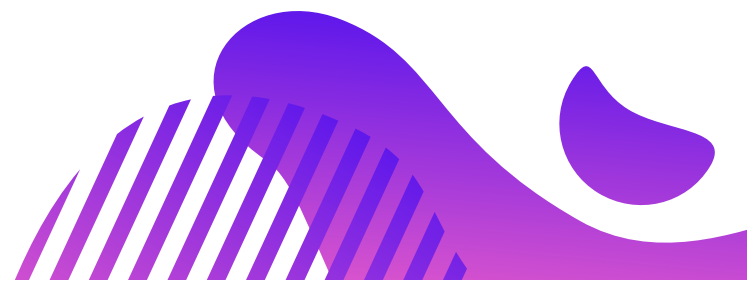
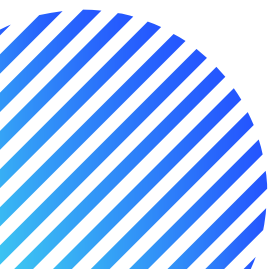
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## THREE THINGS I HAVE DONE TO CARE FOR MYSELF THIS PAST WEEK

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



# BREATHING EXERCISES

## **Focused Breath:**

- Find a comfortable position.
- Bring your awareness to your breath without trying to change how you're breathing.
- Alternate between normal and deep breaths a few times. Notice any differences between normal breathing and deep breathing. Notice how your abdomen expands with deep inhalations.
- Note how shallow breathing feels compared to deep breathing.
- Practice your deep breathing for a few minutes.
- Place one hand on your stomach, keeping it relaxed, and notice how it rises with each inhale and falls with each exhale.
- Let out a loud sigh with each exhale.
- Begin the practice of breath focus by combining this deep breathing with imagery and a focus word or phrase that will support relaxation.
- You can imagine that the air you inhale brings waves of peace and calm throughout your body. Mentally say, "Inhaling peace and calm."
- Imagine that the air you exhale washes away tension and anxiety. You can say to yourself, "Exhaling tension and worry."

## **Alternate Nostril Breathing:**

- Lift your right hand toward your nose, pressing your first and middle fingers down toward your palm and leaving your other fingers extended.
- After an exhale, use your right thumb to gently close your right nostril.
- Inhale through your left nostril and then close your left nostril with your right pinky and ring fingers.
- Release your thumb and exhale out through your right nostril.
- Inhale through your right nostril and then close this nostril.
- Release your fingers to open your left nostril and exhale through this side.
- This is one cycle.
- Continue this breathing pattern for up to five minutes.
- Finish with an exhale on the left side.

# SQUARE BREATHING

START HERE

Breathe in 1, 2, 3, 4

Pause 1, 2, 3, 4

Pause 1, 2, 3, 4



**STAY WELL**  
[Michigan.gov/StayWell](https://www.michigan.gov/StayWell)

Breathe out 1, 2, 3, 4

Scan the QR code above or type in [www.michigan.gov/staywell](https://www.michigan.gov/staywell) for additional programming and resources.

For immediate support you can also reach out to the Covid-19 Hotline.  
**Dial 1-888-535-6136 and press “8.”**

24/7/365