

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!

- YOU HAD A BAD MEETING **you missed your workout**
- you woke up late** YOU SPILLED YOUR COFFEE
- DIDN'T SLEEP WELL **bad weather**

Idea was shot down during a meeting

HOME APPLIANCE BROKE unplanned/urgent work comes up


As a wellness team, 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 week, your goal is to use the BINGO card on the next page to focus on your emotional well-being. Attempt to complete the whole BINGO card in blackout fashion by the end of the week. After the week is over, take some time to reflect on your experience.