

# Wellbeing Journal

## Community Connections



# Session Tracker

You and your Community Connector are a **team**; working together to improve your wellbeing. These sessions are a **safe space** for you to chat with your Community Connector, try out something new or meet with other people.

We have included this tracker to remind you of your **upcoming sessions**. You might find it helpful to have a think about what you want to talk about or ask before you meet.

If you are not able to make it to the session as agreed, it is important that you let your Community Connector know as soon as you can. Your Community Connector will also let you know if they can no longer meet as agreed.

When are we meeting?	Where are we meeting?	What time are we meeting?	Things I would like to talk about with my Community Connector

# Introduction

Welcome to your social prescribing journey!

**Community Connections** is one of the services available for young people in Cardiff and the Vale of Glamorgan. We work on a one-to-one basis with young people facing challenges with their emotional wellbeing.

Our aim is to work with young people and local communities to create a sense of greater **connection, belonging and wellbeing**.

We want to say welcome to you. We're looking forward to getting to know you! In this workbook, you will find:

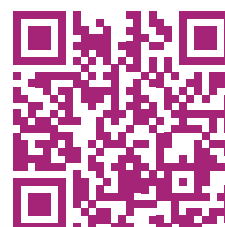
- Information about social prescribing and our team
- Tools to help support your wellbeing
- Spaces for you to reflect and share your thoughts.

This workbook has been designed to be an extension of the time you spend with your Community Connector. We hope you find it a useful tool for you to reflect on your wellbeing journey.

## Get in touch!

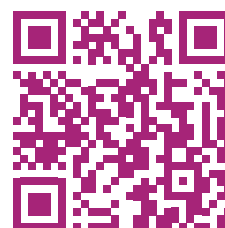
**Website:** [Home - Children, Young People and Families](#)

Developed together with our Youth Board, our website contains information on the different services available and has a number of resources for you to access.



**Engagement Platform:** [Participate CAV RPB](#)

Our engagement platform is a space for you to share your views, provide feedback and keep up to date on what we're doing! You can access this at the end of a session with your Community Connector or in your own time at home.





# Section 1: About us

## What is Social Prescribing?

Social prescribing is about connecting young people to groups, activities and opportunities within their local community to **promote positive health and wellbeing**.

This could include:

- Joining a youth group or sport club
- Finding a new interest or hobby
- Volunteering
- Information and advice
- Accessing other services and tools

Before we started our service, we spoke to lots of young people about our plans.

They told us they did not like the term 'social prescribing' because it sounded like someone was telling them what they needed rather than listening to them, getting to know them and **working together** to come up with a wellbeing plan. They liked the idea of being connected to activities in their local community and connecting with other people.

This is why we chose the name **Community Connections** to better explain how we can help.

## What is a Community Connector?

A **Community Connector** is a person who works with young people to help them identify their goals, develop a wellbeing plan, and access opportunities in their community.

A Community Connector:

- Prioritises **your needs**, values, experiences and opinions
- Focuses on '**what matters**' to you
- Builds a relationship and works together with you to **identify your goals**
- Has a good knowledge of **local services, groups and activities** that promote wellbeing
- Checks back with you to ensure you are accessing activities and support that **work for you**



## What will working together look like?

You might have some questions about what working together with your Community Connector looks like.

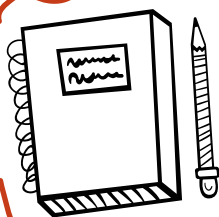
This page is about giving you information to help you know **what to expect** from your time with your Community Connector.



First, we will contact you for a conversation and to arrange a time to meet. This could be online, at school, in your home or out in the community (for example, at a café or park) - wherever you feel **comfortable and safe!**

When we meet, we will talk and get to know you, including what's going on for you at the moment. Some of the things we might talk about could include:

- What you like doing
- How you are feeling
- Anything we can help with
- Things you would like to work on – your **goals**
- Any challenges you might be facing



Based on our conversations, we will work with you to design your **wellbeing plan**. This will be unique to you. It could include connecting you to groups and activities in your local area. If you'd like, we could come along with you or help you to get there.

We will work together for up to **three months**. We will start meeting once a week, and after this will speak with you about how often you would like to meet.





## Rights and Responsibilities

If you agree, you and your Community Connector will be working together to come up with a plan and act to improve your wellbeing.

In any team, we all have **rights and responsibilities** to make sure everyone feels safe, supported and happy as we work together.

### My rights:

- To express **my opinion** - to be heard, considered and taken seriously
- To meet in a safe and **supportive space**
- To meet with **other young people** and to join groups and organisations
- To have the **best possible health** (both emotional and physical)
- To **relax, play and take part** in cultural activities
- To express my **own identity**, values and preferences.

### My responsibilities:

- To work with my Community Connector and other important people in my life to **look after my wellbeing**
- To speak up or let someone I trust know if anything makes me feel **uncomfortable, unsafe or unsure**
- To meet my Community Connector as **we agree**, or to let them know if I can no longer make it
- To be **respectful** of my Community Connector and other people I will meet

### My Community Connector's rights:

- To be treated **fairly and respectfully**
- To be told in advance about **any changes** to plans

### Confidentiality

Anything we talk about together will be **confidential**. This means that we won't share this information with anyone you don't want us to – unless we are concerned about the safety of you or any other person.

In this case, we will have to **share information with other professionals** to ensure the person is kept safe. We will let you know when and how we do this.

### My Community Connector's responsibilities:

- **To keep you safe**
- To **work with you** and other important people in your life to ensure your voice is heard, and to **develop a plan** that helps you to achieve your goals in a way that works for you
- To give you any **information or advice** that could help you
- To **let you know** if we can no longer meet with you as we agreed
- To be honest about **what we can help** you with and **any challenges** we may face together

# Section 2: Getting to know you

## When We Meet

We want you to feel safe, welcome and comfortable, with everything you need to get the best out of our time together.

To make this happen, we want to hear your thoughts about how we can best work together.

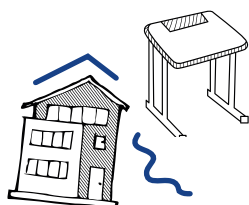
- Where would you like to meet? (Online, at school, home or in the community?)
- Would you like a parent/carer to come along with you? If yes, who would you like to come with?
- When would you like to meet? (During school hours, after school)
- How would you like us to contact you? (Texting, WhatsApp)
- Is there anything we can do to make these meetings feel safe and supportive for you? E.g. A quieter location, resources on coloured paper or in large print?

### Where would you like to meet?

School

Home

Community



### Would you like a parent/carer to come along with you?

Yes

No

If yes, who: .....

### How would you like us to contact you?

Texting

WhatsApp

Email

Other:



Is there anything we can do to make these meetings feel safe and supportive for you? e.g. a quieter location, resources on coloured paper or in large print?

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### When would you like to meet?

During school hours

After school hours



## What is Emotional Wellbeing?

Emotional wellbeing doesn't have one set meaning. It can be used to talk about how we feel, how we're coping with daily experiences or what feels possible to us at the moment.

Your emotional wellbeing can be how you feel about:

- Yourself
- Your life
- What you feel you can do or change

It can also be about understanding how you feel, taking part in different activities, making new connections and building relationships with others around you.

There are many things we can do to take care of our wellbeing, but it's not always easy to know where to start.

You might find it helpful to:

- Try what feels comfortable to you
- Give yourself time to find out what works for you
- Start by picking one or two things that you would like to do

## Five Ways to Wellbeing

Research carried out by the New Economics Foundation found that there are five ways to positive mental health and wellbeing.

The five ways to wellbeing are simple things that we all can do to improve our emotional health and wellbeing.

These are:

- Connecting with people around us
- Being active
- Taking notice of our thoughts, feelings and surroundings
- Learning new things
- Giving back to others

Find out more about the five ways to wellbeing:



## Five Ways to Wellbeing

Adapted from Health in Mind: [5 ways to wellbeing](#)

Ways to Wellbeing	What?	How?	Things I can try doing:
<b>Connect</b>	Connecting with people around us is a great way to remind ourselves that we are important and valued by others.	Reach out to a friend. Ask how someone's weekend was. Explore a new park or green space with a friend	
<b>Be Active</b>	By making sure we are moving our bodies, we can look after our mental and physical health at the same time.	Go for a walk after school/work. Try out an online yoga or stretch class. Make time for joyful moving – dance, gym etc.	
<b>Take Notice</b>	Taking notice of our emotions is a great way to stay present. Practicing gratitude can also boost our mood.	Take up a mindful hobby like knitting or journaling. Write down 3 things you feel grateful for. Have a 'clear the clutter' day	
<b>Keep Learning</b>	Learning new things is a good way to meet new people and boost self-confidence, which in turn can improve our mental wellbeing.	Sign up for a new class. Try doing a crossword or sudoku puzzle. Try learning a new language on Duolingo.	
<b>Give</b>	Research shows a strong link between doing good things and positive wellbeing.	Do something kind for a friend. Join a local community group. Make someone you love a card.	



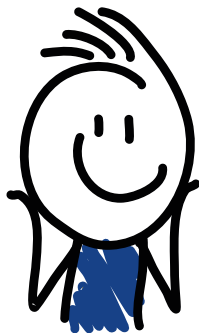
# All About Me

What things do I enjoy doing?

What things make me feel good when I have achieved them?

What are my personal goals, hopes and dreams?

Who can work with me to achieve my goals?



What are some things that make me feel worried?

What can get in the way of achieving my goals?

## What Impacts Mental Wellbeing?

We are all different.

Our experiences, feelings, thoughts and personal circumstances affect how various things influence our wellbeing.

This is different for everyone.

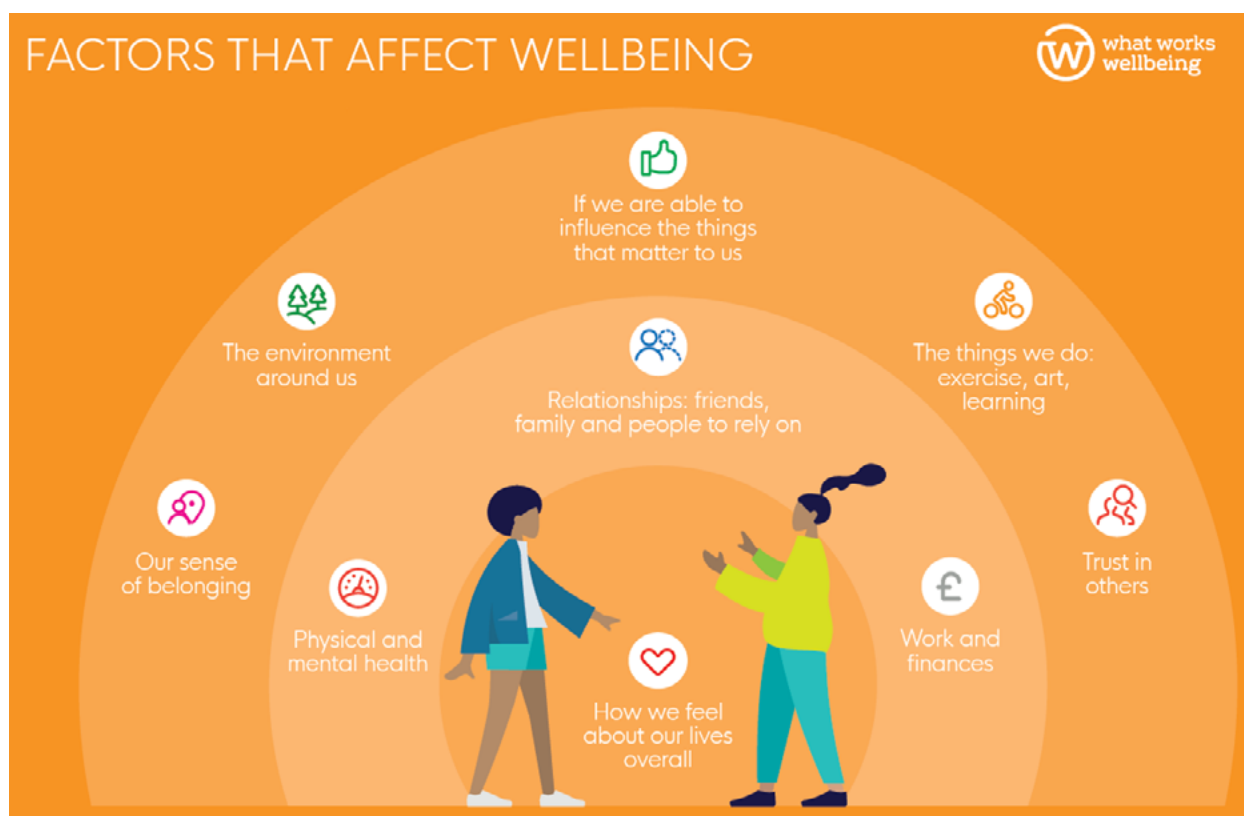
We can understand and measure wellbeing at different 'levels' – the individual, community and wider environment.

Many things can affect our wellbeing, but some key factors are:

- Our physical and mental health
- Our relationships
- Our school, work or home environment
- The activities we take part in
- The ability we have to make decisions about our lives

The importance of each of these is different for different people.

[Adapted from Measure Wellbeing](#)





## My Wellbeing Plan

Here, you and your Community Connector will work together to develop a **personalised wellbeing plan** that focuses on **what matters** to you and the **goals** you want to achieve.

These goals might be at an **individual** level (e.g., feeling more confident), a **community** level (e.g., making new friends) or on a wider **environmental** level (e.g., being able to access green spaces).

What are my goals?	Individual
	Community
	Environmental
What will I do?	
What will my Community Connector do?	
When will we review this plan next?	



## Section 3: Working together

### Reflecting on Your Sessions

This section of the workbook is a space for **you to reflect** on the time you spend with your Community Connector.

Some things you could include are:

- Things that are currently **going well** for you
- Anything you might be finding **challenging**
- **How you are feeling** and any thoughts that come up after meeting with your Community Connector
- Things you'd like to chat about with your Community Connector the **next time you meet**

You can use the following prompts to help you reflect. Feel free to write, draw or bullet point your thoughts!

How do I feel after meeting with my Community Connector today?



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What are some things that came up for me?

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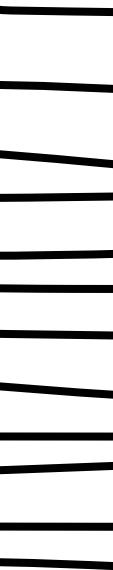
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What did I enjoy about my meeting today? Is there anything I'd like to do differently?

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Other thoughts...



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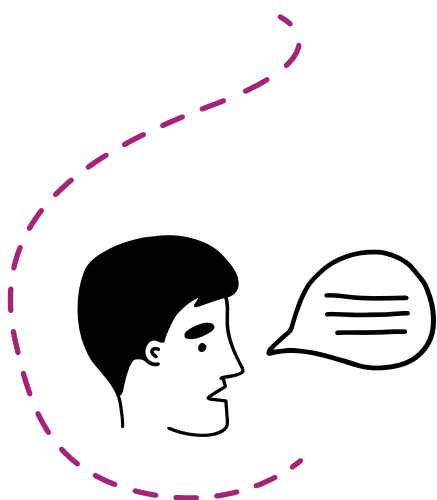


## What's Going Well

As you begin to explore new opportunities, meet new people, and learn new things, you might want a space where you can write, draw or bullet point your thoughts on all the activities you've done so far!

The next five pages, offer a place for you to reflect and share your thoughts. If you would like to, you can link each page to the five ways to wellbeing as you explore different ways to care for yourself.

This space is here for you to use however you want. Feel free to use these pages in any way you'd like to!



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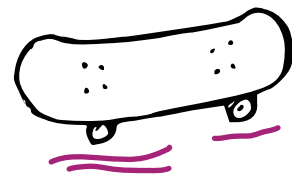
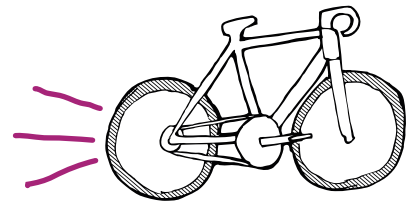
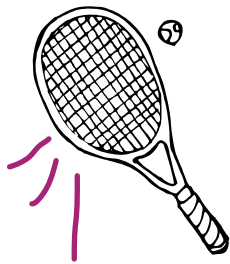
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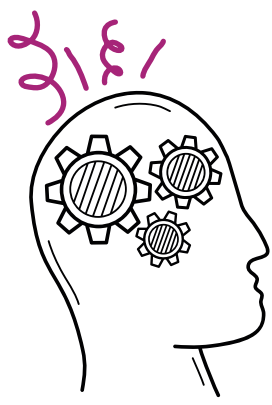
# What's Going Well





What's Going Well

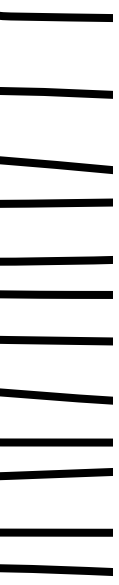


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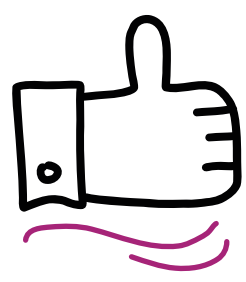


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# What's Going Well

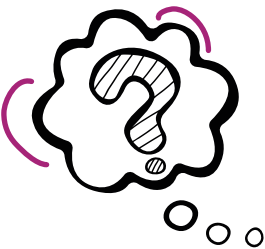
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# What's Going Well






## Section 4: Wellbeing activities & resources

The next few pages include wellbeing activities for you to try out, either by yourself or together with your Community Connector.

These activities are meant for you to use in a way that works best for you. We know that not everyone will want to use them in a set way – that's okay!

If you would like other wellbeing resources, your Community Connector can help you to find them.

If you would rather do these activities at a later time, feel free to come back to them when you feel ready.

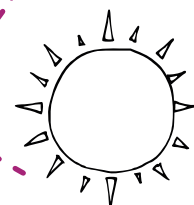
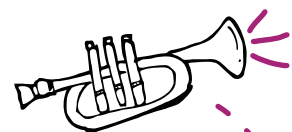
## 20 things you can do to take care of yourself right now!

Here are a few **suggestions** of things that you can do to take care of yourself.

Some of these activities can be done in less than 10 minutes and some of them might take longer to do. If you'd like, you and your Community Connector can work together to find other activities that suit your interests.

You can use the space below to colour, draw, write, or doodle the things you **enjoy** doing.

- 01 Go for a walk outside
- 02 Listen to a feel-good playlist or an interesting podcast
- 03 Call a friend you haven't spoken to in a while for a catch up
- 04 Try a deep breathing or mindful exercise
- 05 Watch a feel-good movie with a friend
- 06 Keep hydrated – make sure you are drinking enough water!
- 07 Move your body! Try an online yoga, dance or exercise class.
- 08 Disconnect – spend some time offline. Keep your phone in a drawer when you're not using it
- 09 Try getting creative – paint, doodle, knit, use Lego, bake!
- 10 Curl up with your favourite book – or head to your local library to find a new one.
- 11 Practice mindfully eating a sweet
- 12 Help a friend or neighbour out
- 13 Do a word search, sudoku or crossword puzzle
- 14 Learn to cook a new recipe and share it with someone you love
- 15 Explore your neighbourhood
- 16 Make a card for someone
- 17 Do a gentle stretch routine
- 18 Create a vision board for yourself – draw it out or use Pinterest
- 19 Get an early night's sleep
- 20 Spend time in nature



## Deep Breathing Exercises

**Deep breathing** exercises are a **tool** used to **help you relax**.

When you practice deep breathing, you use **conscious, focused breaths** and engage the muscles under your ribcage. This type of breathing activates your parasympathetic nervous system which is responsible for calming your body.

This practice has been linked to many benefits including:

- Improving concentration
- Controlling and responding to our feelings
- Reducing feelings of anxiety and/or stress
- Helping you relax

When might you want to use deep breathing?

- When you're feeling **upset, worried or angry**
- Before a test or an **exam**
- When you **first wake** up in the morning
- **At night**, before you sleep

**Relaxation breathing** or **belly breathing** is one of the most common types of breathing exercises.

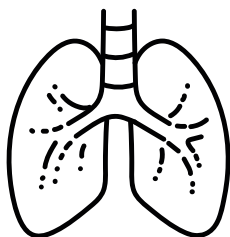
You can practice it using the steps below:



### Step 1

Sit, stand or lie down in a comfortable position.

You can close your eyes, if you'd like. Place a hand on your chest and another below your ribcage.



### Step 2

Breathe in slowly through your nose or mouth and count to five. You should be able to feel your hand rising as you inhale.



### Step 3

Breathe out slowly through your nose or mouth. You should be able to feel your hand moving downwards. Repeat this cycle as often as you need.

## Deep Breathing Exercises

Another way of practicing relaxation breathing is by using your hand to help control when you breathe in and out.

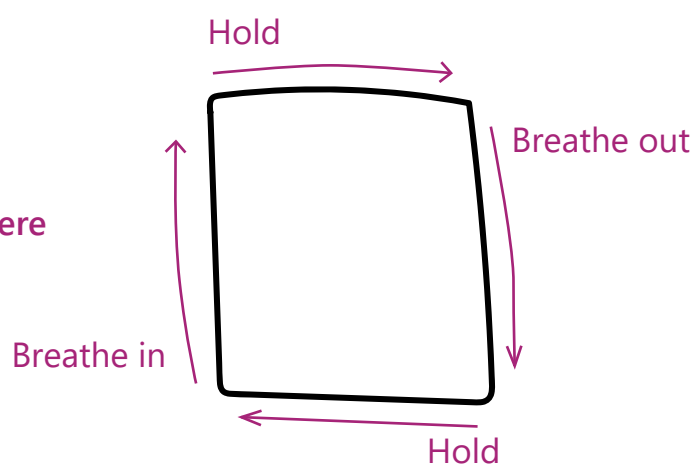
### Hand Breathing:

Adapted from [3 Breathing Exercises for Toddlers, Kids, and Teens • Wellness Paediatrician](#)

#### 5 finger breathing



#### Box breathing



### Box Breathing:

1. Sit, stand or lie down in a comfortable position. You can choose to close your eyes, if you'd like.
2. Breathe in through your nose, while counting to four in your head.
3. Hold your breath while counting to four, if you can.
4. Slowly breathe out while counting to four.
5. Hold your breath while counting to 4. Repeat steps 2-4 at least three times.

Practice box breathing alongside a guided video:

From: [Box breathing relaxation technique: how to calm feelings of stress or anxiety - YouTube](#)





## Practicing Gratitude

Research shows that positive emotions are good for us, **mentally, physically and emotionally**.

Gratitude is one of many positive emotions. It is **recognising** and **being thankful** for the positive things that happen in your life. Gratitude is also about taking the time to **express appreciation** and **return kindness**.

Making a habit of gratitude can be good for us. Like other positive emotions, expressing it regularly can have a big effect on our wellbeing.

Gratitude Journal Prompts:

<b>Monday:</b> 5 things I'm grateful for	
<b>Tuesday:</b> 4 things I'm looking forward to	
<b>Wednesday:</b> 3 things I accomplished today	
<b>Thursday:</b> 2 people I am grateful to have in my life	
<b>Friday:</b> 1 amazing thing that happened this week	



## 14 Day Gratitude Challenge:

This is a two-week long gratitude challenge filled with different activities you can do yourself. Feel free to write, doodle or bullet point your answers in this journal. You can complete these activities over two weeks or spread them out over the time you spend with your Community Connector!

### Day 1

What are 3 things that make you special?

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### Day 2

Who is someone you are grateful for?

### Day 3

What are 3 things you feel grateful for today?

### Day 4

When was the last time you did something nice for someone?

### Day 5

Give someone a compliment today!

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This is a two-week long gratitude challenge filled with different activities you can do yourself. Feel free to write, doodle or bullet point your answers in this journal. You can complete these activities over two weeks or spread them out over the time you spend with your Community Connector!

### Day 6

What are 3 activities you enjoy doing the most?

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### Day 7

What made you feel happy today?

### Day 8

What are 3 things you love about your family/friends?

### Day 9

Say thank you to someone who least expects it today

### Day 10

What are 3 songs that bring you joy?

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This is a two-week long gratitude challenge filled with different activities you can do yourself. Feel free to write, doodle or bullet point your answers in this journal. You can complete these activities over two weeks or spread them out over the time you spend with your Community Connector!

### Day 11

What are 3 things you love about yourself?

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### Day 12

What is your proudest accomplishment?

### Day 13

Do something kind for yourself today

### Day 14

Take a photo of something you feel grateful for today

### Day 15

What made you feel proud today?

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## Resources

Here is a list of places to **get help now** if needed. This includes **websites** with information and **support lines** where you can speak to someone confidentially.



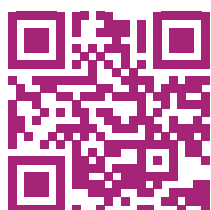
**Young Minds:** If you need urgent mental health support text YM to **85258**. This service runs 24/7 and is free of cost. If you need support with how you are feeling or want to find out more about what support is available, visit [youngminds.org.uk/young-person/find-help](https://youngminds.org.uk/young-person/find-help)



**Meic:** Bilingual helpline service for children and young people up to the age of 25. It is open 8am to midnight, 7 days a week. Meic is confidential, anonymous and free. Contact by ringing **080880 23456** or texting **84001**. You can also use the online chat to talk to someone about anything you want: [meiccymru.org/chat-with-us/](https://meiccymru.org/chat-with-us/)



**Childline:** If you're under 19 you can confidentially call, chat online or email about any problem big or small. You can sign up for a free ChildLine locker to use their 121-counsellor chat and email support. This is a 24/7 service. Ring **0800 11 11**. [Childline.org.uk](https://Childline.org.uk)



**BEAT:** Helplines are open 365 days a year from 9am to midnight during the week and 4pm to midnight on weekends and bank holidays. Beat provides helplines for people of all ages, offering support and information about eating disorders. The helplines are free and confidential. Ring **0808 801 0433** or chat with someone via the online web chat on [beateatingdisorders.org.uk](https://beateatingdisorders.org.uk)

**NHS Direct:** Ring 111 for any emergency advice or urgent help.



## MathSphere

### Sudoku



Fill in the puzzle so that every row across, every column down  
and every 3 by 3 box contains the numbers 1 to 9.

#### Medium Puzzle 1

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

Clues:

1. Seek a 2 in the centre block of squares
2. Finish the centre block of squares
3. Search for 2s everywhere

[www.mathsphere.co.uk](http://www.mathsphere.co.uk)

# Wellbeing Word Search

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

G N I H T A E R B C B D T Z A E D H M Z  
S U V T A C T I V E E B B K G D T E I P  
W Z P V X A C X V X Y O S S L U L Q N I  
L D N S C Z K L E T D N R P E T V X D V  
C M P O C H K J W N Q T G P A I L F F G  
F O J P I T I B N E D V F E R T M F U L  
O O N G O T H B Y S F D D S N A M F L Q  
G X P N G Z C H R E A R I Z I R Y M N X  
N R N Q E I N E Y R Y G X L N G G I E G  
C N O C G C V N L P S C C R G N X K S H  
M P T X J I T I C F P H H A I H I T S Q  
W X I A G W C I N U E O G E Y P B B N M  
Y N C S I H Y B O G G R B K B E K F S C  
Q E I E T L C K U N I L A U E L K I B H  
W Z N C A B J O N X L A J B M N Z A O O  
U A G I A M D U I E N W W W S G K A Y E  
O F C E D C U Y W B E L O N G I N G L M  
A O K G Z X I K P K Y T I N U M M O C T  
S J N F H W K D X X N B M C F U U Z C B  
A K L C L E L U U E C N E D I F N O C Z

## Word Bank

- |               |                |                 |               |
|---------------|----------------|-----------------|---------------|
| 1. noticing   | 2. present     | 3. giving       | 4. learning   |
| 5. confidence | 6. community   | 7. social       | 8. connection |
| 9. breathing  | 10. belonging  | 11. active      | 12. gratitude |
| 13. wellbeing | 14. reflection | 15. mindfulness |               |

Dictionary.com

