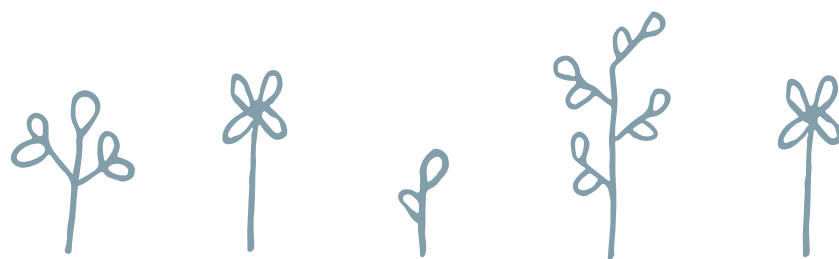


notes on

Wellbeing

self-reflection tool





Self-reflection tool “notes on wellbeing” was created during Solidarity Project “Wellbeing academy”(No.2023-3-LV02-ESC30-SOL-000178091)

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union, the European Commission or the National Agency (Jaunatnes starptautisko programmu aģentūras) and cannot be held responsible for them.

The material was created by youngsters of NGO "Youth Initiative Center "Involvement for Change,"" participants of the project "Wellbeing academy", 2024.

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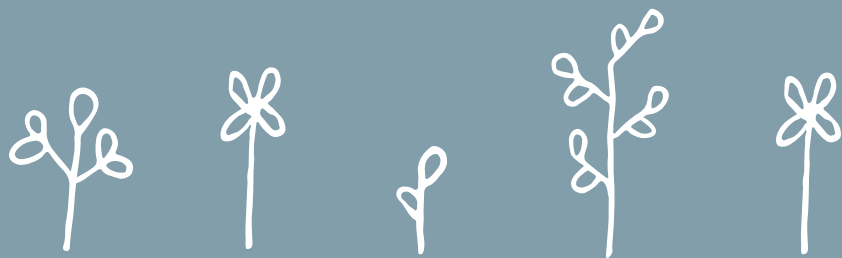
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introduction

notes on wellbeing I introduction

The material "notes on wellbeing" is a self-reflection tool developed during the Solidarity Project "Wellbeing academy" (Project Nr. 2023-3 - LV02 - ESC30 -SOL -000178091). The project's goal is to promote the integration of various wellbeing practices into everyday life of youth and youth workers, thereby improving their overall quality of life. This tool - "notes on wellbeing" is designed to help individuals reflect on their wellbeing across different life aspects, offering a structured approach to self-awareness and personal growth.

Each dimension of wellbeing explored during "Wellbeing academy" –life balancing, creative self-expression, healthy relationships, connection with nature, awareness, and movement—is thoughtfully included in the "notes on wellbeing." For each topic, the tool provides:

- ✍ **reflective questions:** thought-provoking questions that invite you to describe your experiences, feelings, and behaviors related to the specific theme;
- ✍ **idea for an activity:** descriptions of non-formal learning activities that offer practical ways to deepen your understanding of the theme;
- ✍ **worksheet:** worksheets designed to help you learn more about certain aspects of wellbeing.

All components of the "notes on wellbeing" were created and used during the "Wellbeing academy".

We hope that this tool will serve as a guide for you in promoting your well-being! You can use it regularly - both for your own growth and as supporting material for creating classes or workshops dedicated to the topic of wellbeing. We truly hope that this material will inspire you to live a balanced, fulfilling life full of growth and inner peace.

- "Wellbeing academy" team

HOW TO USE THIS TOOL?



Krista Kristiāna Kristapsone

"The material "notes on wellbeing" was created because we believe in sharing good ideas on how to consciously think about our wellbeing. In this tool, in whose creation we put all our soul, we have collected various methods, thought-provoking questions and other materials that we developed and used as part of the project "Wellbeing academy". It can be used by youth workers, teachers and other professionals, as well as anyone who wants to work on themselves."

Romāns Piščorkins

"In my opinion, the material "notes on wellbeing" is best used for self-discovery, asking yourself questions that you forget about in the rush of everyday life. It could be seen as "a helper" for discovering in which areas of life you can still introduce some "improvements" in order to promote your wellbeing."



Adriana Paula Kristapsone



"I think that the tool "notes on wellbeing" can be used not only as a thematic diary to look into from time to time, talk to yourself and find solutions in various areas of life, but also as a source of inspiration for youth workers and educators to create thematic lessons and workshops on the topic of wellbeing."



wellbeing through life balancing

notes on wellbeing I through life balancing

"Wellbeing through life balancing: insights into a holistic approach" delves into the art of achieving harmony across various aspects of life, recognizing that true wellbeing comes from a balanced integration of all its dimensions. In this section, you are invited to think about what life balance means to you by answering some simple questions. You'll also have the opportunity to try out methods "Wellbeing bingo" and the "Map of wellbeing," designed to help you see how balanced your life is and find ways to improve it. Finally, there's a worksheet - "Wellbeing bingo" layout - which will help you to identify little steps you could take to enhance your wellbeing.

Which areas of my life currently feel balanced, and in which areas I feel the lack of balance?

How do I prioritize my time and energy across different aspects of my life?

What small changes can I make this week in order to bring more balance between various aspects of my life?

Activity "MAP OF WELLBEING"

What is it?

The purpose of the "Map of wellbeing" is to look at your every day life from another perspective and understand how many various activities take up your time. The participants are also invited to determine whether there is a balance between the activities and whether there is an area that is missing and that they would like more of in their life

How does it work?

First step: draw circles on a piece of paper, in each one of them write one of the things that fill your everyday life (work, studies, hobbies, housework and so on). Circles can be made in proportion to how much time each thing takes. For example, if you work daily, it can be made larger. If the gym is visited once a week, the circle can be made smaller. For greater visibility, different colours can be used for each activity.

Second step: for each circle, write down how much time the activity takes (every day/ once a week/ twice a month, etc.)

Third step: for each circle, write down whether the activity is individual, or whether other people are also involved (for example, work - clients, colleagues, gym - alone).

Fourth step: individually or together with other participants, reflect on what is shown on the "Map of wellbeing". How many activities are there in my daily life? What takes the most time? Am I satisfied with all the activities that are in my daily life? Would I like to devote more or less time to a specific activity? Is there something missing? Is there a balance between the areas? On a daily basis, how much time do I spend alone and how much with others?

How long does it take?

This activity takes about 15-20 minutes.



Activity “WELLBEING BINGO”

What is it?

It is an activity based on using elements of the traditional bingo game in order to find motivation to implement healthy habits on a daily basis.

How does it work?

The activity takes place in two stages - the preparation of the personalized bingo and the execution of the prepared tasks in a certain period of time.

First step: participants receive a bingo form and, based on the group leader's questions, fill in the fields with activities that are important to them (for example, exercise for 10 minutes, read one chapter in a book, etc.), which can be completed in the agreed time period (a week / 2 weeks / a month) and which would promote well-being in various aspects of life.

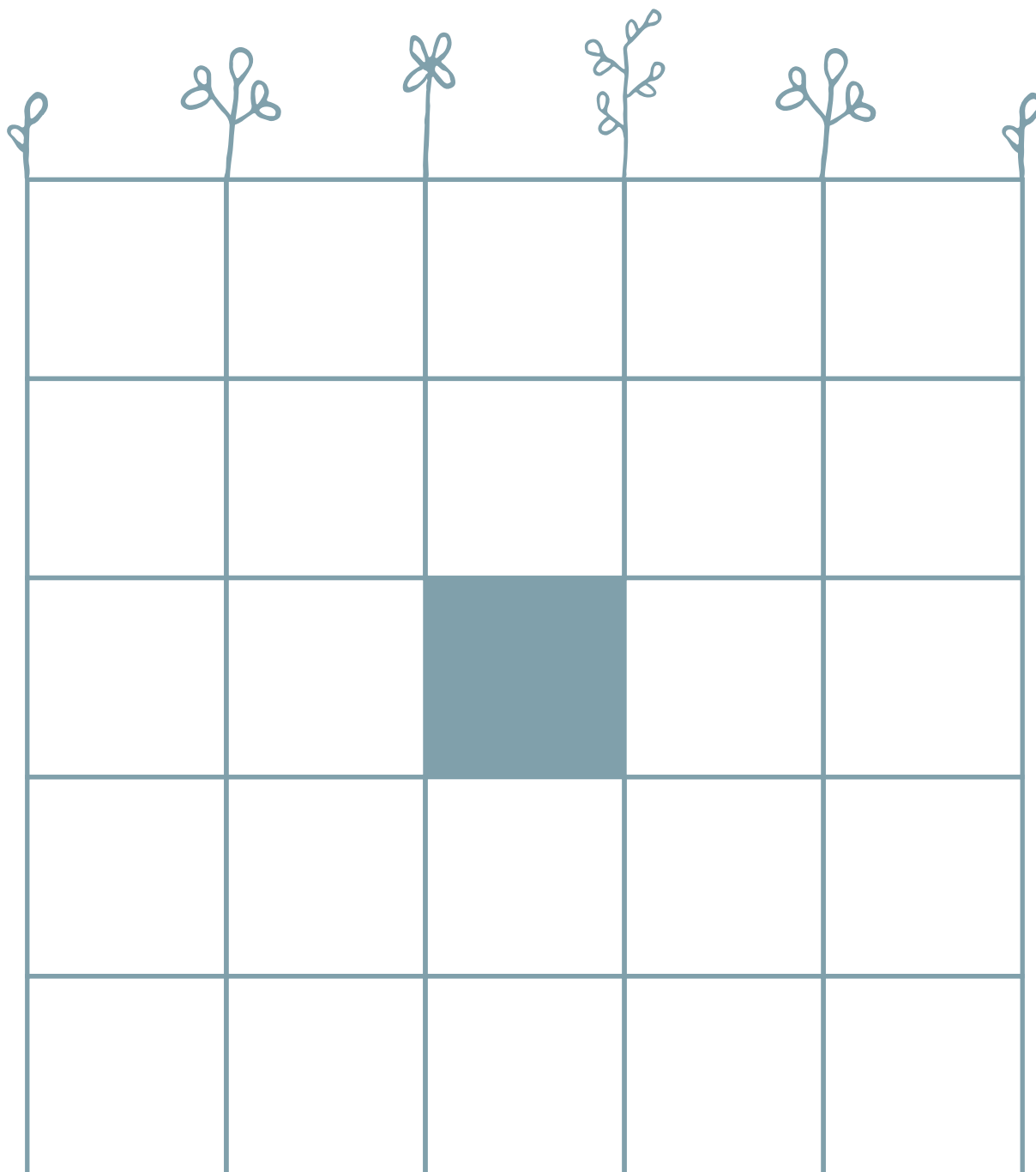
The second step: after preparing the personal bingo, every day after completing one of the set tasks, the participant covers the relevant area of the form. When the shaded squares accumulate in one line (horizontally, vertically or diagonally), the participant has collected "Bingo!". When all the squares are covered, the participant reaches "Super Bingo!". For each small or large victory (achieving "Bingo!"), the participant can praise themselves with a reward of their choice, thus further increasing the motivation to engage in activity and perform tasks that promote well-being.

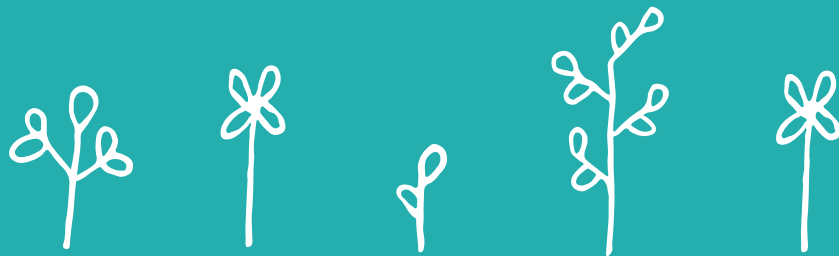
How long does it take?

The first stage of the activity takes 20-30 minutes, depending on the speed of generating ideas of each participant. Participants are encouraged to work together to create personal bingos, and support is provided by the group leader through prompting questions. The second stage of the activity depends on each person.

Wellbeing

bingo





wellbeing through creative self-expression

notes on wellbeing I through creative self-expression

The section "Wellbeing through creative self-expression" explores the importance of expressing yourself creatively as a way to enhance your overall wellbeing. In this section, you're invited to explore what creative self-expression means to you by answering some questions. You'll also have the chance to try out two art-based methods - "How I see myself vs. how others see me" and "Intention cards". Additionally, there's a worksheet that allows you to relax while coloring a flower-themed mandala, providing a peaceful space for listening to yourself.

In what ways do I currently express my creativity, and how does it contribute to my sense of wellbeing?

Are there any creative outlets that I've been curious about but haven't explored yet? What's holding me back?

How can I incorporate more opportunities for creative expression into my daily life?

Activity “INTENTION CARDS”

What is it?

It is an individual art-based activity designed to help individuals focus on specific intentions they want to develop in their lives.

How does it work?

First step: at the beginning of the activity, the participants decide on which intentions they want to focus - think about the qualities and goals they want to develop or nurture.

The second step: once each participant has set their intentions, they individually create cards that symbolize these intentions - cards can feature drawings, symbols and keywords that resonate with the intentions they have chosen.

To create these cards, participants will need paper to cut out the desired shapes for their cards, as well as a variety of colors and artistic materials to decorate their pieces of paper. They can use any type of art that inspires them, such as watercolor painting, collage, or even doodling. This flexibility allows participants to express themselves creatively while reinforcing their intentions visually.

How long does it take?

The length of the session will vary depending on how many cards each participant wishes to create. For example, creating 3 intention cards typically takes about 40 minutes.



Activity "HOW I SEE MYSELF VS. HOW OTHERS SEE ME"

What is it?

It is a creative activity designed to promote awareness of one's identity, self-esteem, roles in private and social life. The collage method is used, - the selection of images and quotes found in magazines, - and the assignment of symbolic meaning to them, purposefully creating a composition.

How does it work?

First step: at the beginning of the activity, each participant receives a pre-prepared mask cut out of thicker paper/cardboard (face size, with holes for eyes). During the activity, the participants must try to answer two questions in a visually transparent way using the collage method: "How do others see me?" and "How do I see myself?".

Second step: on the outer side of the mask, the participants reflect the lifestyle known to those around them - daily activities, hobbies known to others and daily choices (habits, self-expression, etc.), as well as character traits and emotions, which are expressed in the presence of those around them. The participants have the chance to express their thoughts on how they think they are perceived through the eyes of others.

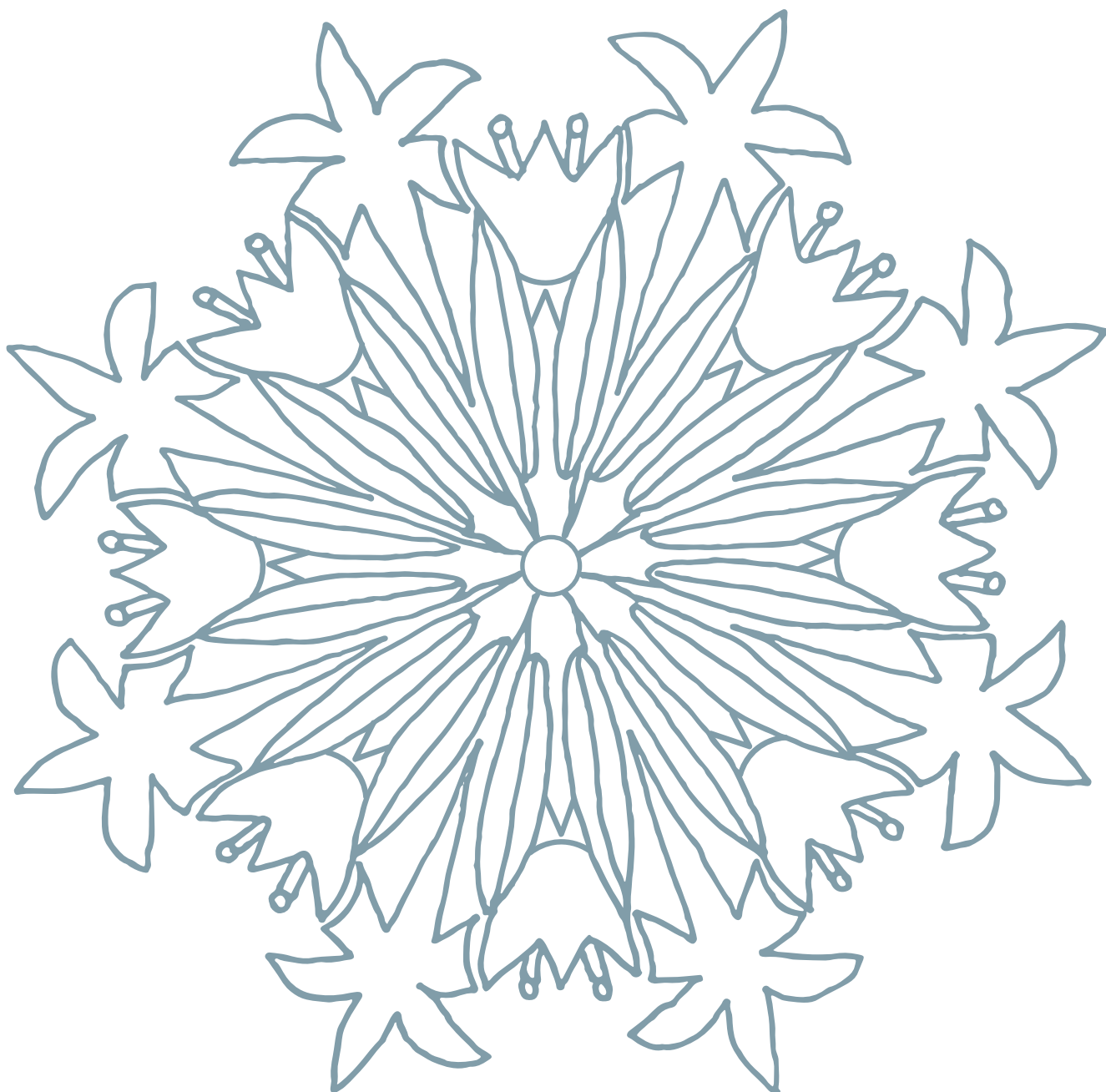
Third step: the inner side of the mask is designed to reflect their inner world - the participants choose images that are associated with their values, beliefs, secret interests, desires and goals, fears and emotions that are available only to those closest to them or to no one.

The fourth step: the participants have the opportunity to reflect on their personality/identity and, by sharing what they have accomplished at the end of the activity, get to know others and themselves better.

How long does it take?

40-50 minutes.







wellbeing through healthy relationships

notes on wellbeing I through healthy relationships

The section "Wellbeing through healthy relationships" highlights how important positive impact healthy relationships are on our lives. We invite you to think about what a healthy relationship means to you, both by answering some questions and also by engaging in two activities. The method "Flower of my relationships" (with a worksheet) will help you think and visualize the relationships in your life, while the activity "Hand in hand" will allow you to think about the importance of the support provided by the people around you, as well as to say "thank you".

What qualities do I value most in my relationships with other people? Why?

How can I communicate my needs and boundaries when interacting with other people?

What steps can I take to strengthen my existing relationships or build new ones that support my wellbeing?

Activity “HAND IN HAND”

What is it?

The “Hand in hand” is an activity that allows participants to express their gratitude to someone who has supported them. By creating a symbolic hand and writing a heartfelt letter on it, participants can reflect on the importance of this person and the role they have played in their journey.

How does it work?

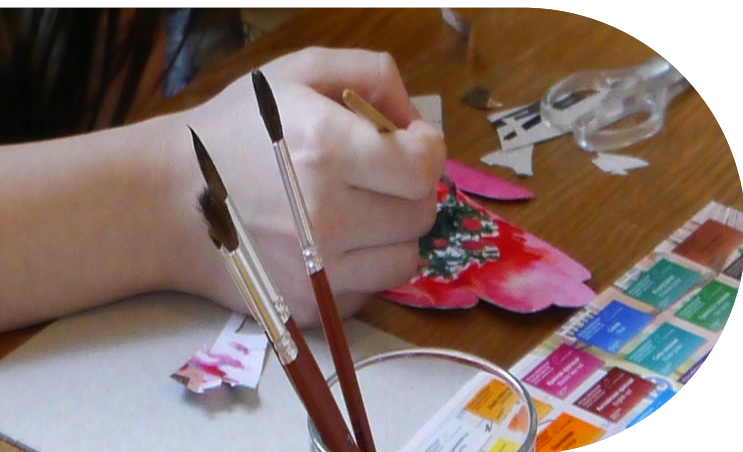
First step: the facilitator introduces the activity and encourages participants to think of a person who has provided them with support and encouragement.

Second step: Each participant receives a hand template cut out of paper. They decorate one side of the hand to represent the person they have in mind. Participants can consider: What color represents their time with this person? How has this person supported them? What memories are associated with this person? Different colors can be used to decorate the hand, as well as old magazines for making collages.

Third step: after decorating the hand, the participants write a short letter on the other side of the hand, expressing gratitude and appreciation to the person for whom the hand is meant.

How long does it take?

This lesson usually takes about 30 minutes.



Activity "FLOWER OF MY RELATIONSHIPS"

What is it?

The "Flower of my relationships" is an individual activity designed to help participants evaluate the relationships in their lives by visualizing them using a flower diagram.

How does it work?

First step: the facilitator introduces the topic of healthy relationships and invites participants to reflect on the people in their lives by using worksheet called "Flower of my relationships":

1)inner petals: write the names of people who make them feel most like themselves and whom they trust.

2)middle petals: list people they know but no closer contact has been established.

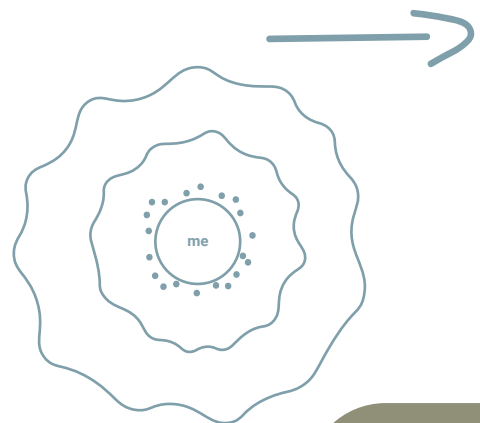
3)outside the flower: write down people whose actions you follow and are interested in, but it is not mutual.

Second step: after completing the flower, participants answer reflective questions on the other side of the worksheet to deepen their understanding of these relationships.

Third step: the activity can be concluded by asking participants to share their insights and findings with the group if they feel comfortable.

How long does it take?

This activity takes about 40 minutes.



FLOWER OF MY RELATIONSHIPS

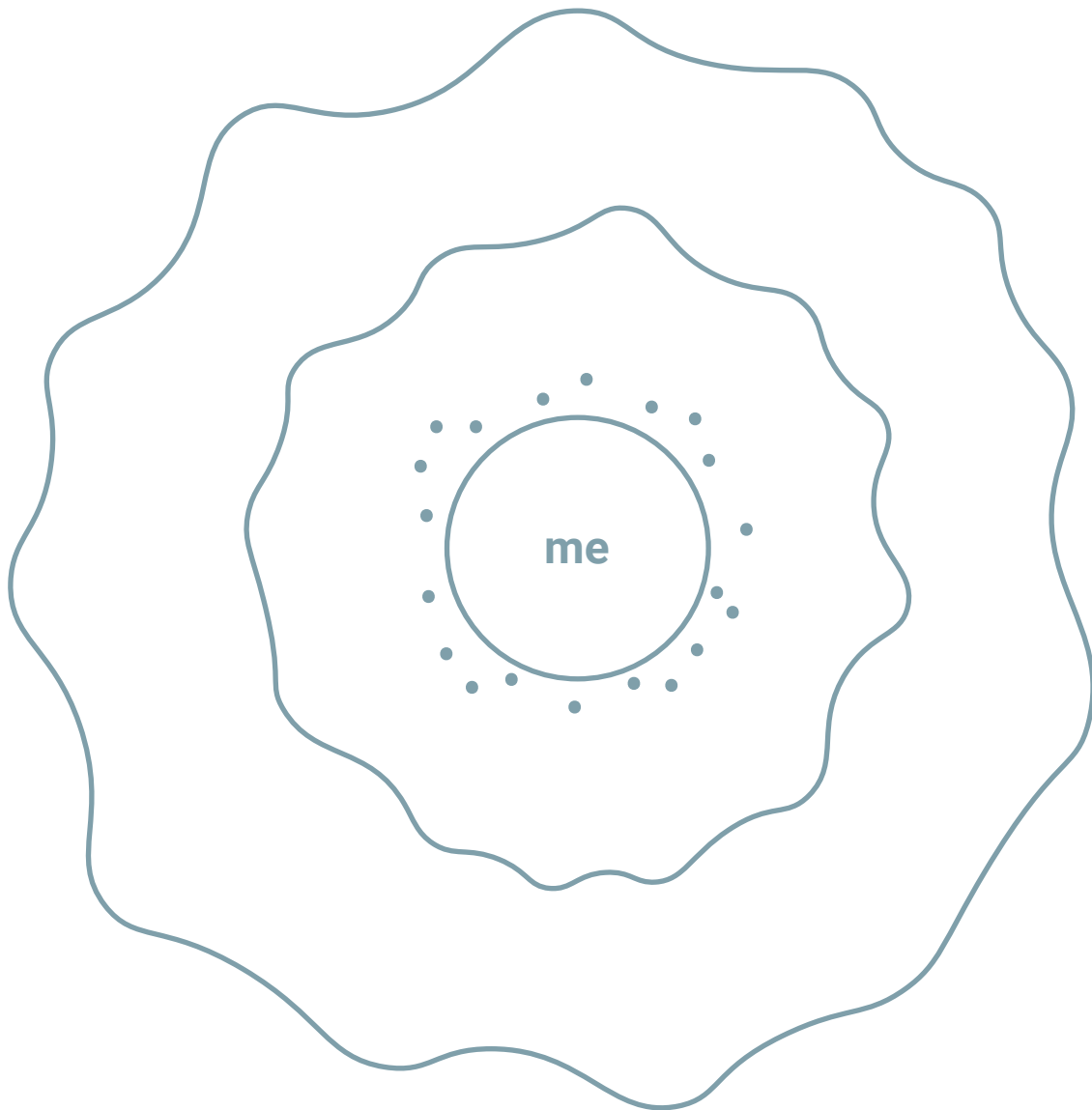
Think about the people in your life and try to divide them into sectors of this flower.

You are in the center of the flower.

In the first sector of the petals are the people closest to you, in whose presence you feel free and whom you trust.

In the second petal sector are acquaintances. People you know but haven't developed a closer connection with.

Outside the flower, there are people whose activities you follow and are interested in, but it is not mutual.



Which of these people bring positive energy into your life? How do these people inspire you, make you happy, support you?

What do you give to people who have become an important part of your life?



Which of these people evoke negative emotions in you? Anger, envy, nervousness, feelings of inferiority? Why is that?

Are there people in your life that you feel you give more than you receive? Why are these people in your life?



wellbeing through connection with nature

notes on wellbeing I through connection with nature

The section "Wellbeing through connection with nature" explores the powerful impact that connecting with the natural world can have on our overall wellbeing. Therefore, we invite you to reflect on your relationship with nature both by answering some questions and by trying two creative activities: the method based on fairytale therapy "My house and the wolves around it", as well as "Forest memory boxes".

How do I feel when I spend time in nature, and how does it affect my overall sense of wellbeing?

What role does nature play in my daily life? How could I spend more time outdoors?

In what ways has nature taught me about balance, growth, and resilience?

Activity "FOREST MEMORY BOX"

What is it?

"Forest memory box" is a visible and tangible reminder not to lose the connection with nature in the daily run. It is useful in moments when fatigue takes over, but at that particular moment there is no opportunity to go out into nature and draw strength directly from it.

How does it work?

Participants need a small wooden or sturdy cardboard box. Each participant chooses to fill the box with the gifts of nature that can be found around them. For example, moss, cones, twigs. In addition, a rolled up piece of paper can be placed in the box, on which the participant has written a reminder for the future. For example: remember to go into nature!

How long does it take?

The activity takes about 15-20 minutes.



Activity "MY HOUSE AND WOLVES AROUND IT"

What is it?

"My house and wolves around it" is a fairytale therapy inspired workshop based on the story of "The Three Piglets." It helps to see both personal challenges ("wolves") and strengths ("house stones").

How does it work?

First step: The story "The Three Piglets" is read and told aloud, with the others listening and trying to see the connection with the elements that appear in the story, particularly the wolves and the houses.

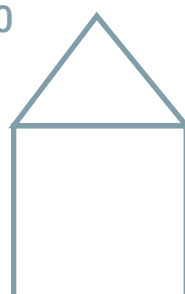
Second step: symbols are discussed - wolves, houses, piglets, etc. What do they represent in the story and what could they symbolize in the lives of the participants themselves? For example, "wolves" could represent difficulties, challenges, bad habits, while "houses" could represent strength, resilience, and other positive aspects.

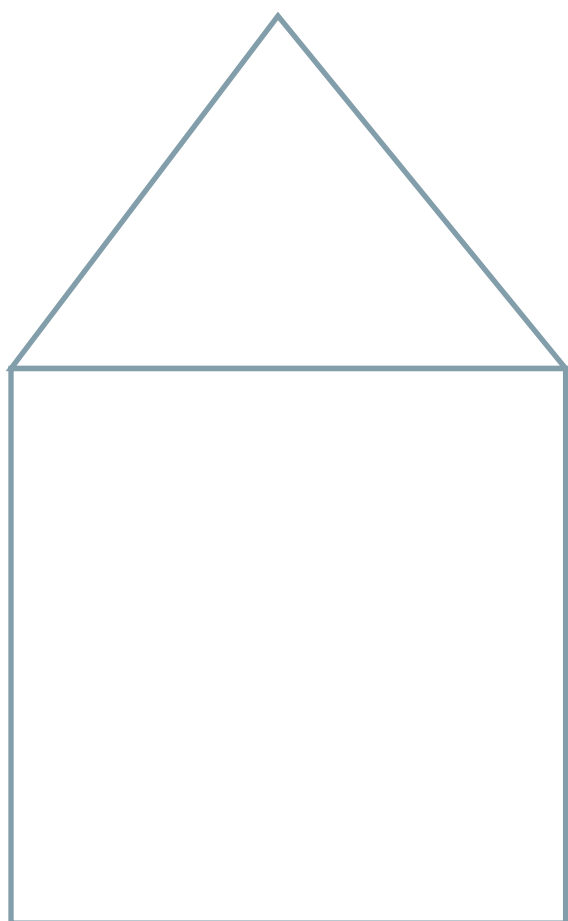
Third step: after the discussion, each participant receives a blank sheet of paper and a pencil. They are asked to draw a house that represents their inner strength and resilience, and wolves around it that represent the challenges they face. Participants are encouraged to name these "wolves" - bad habits, addictions, fears or other difficulties, and also to name the "stones" from which the house is built - positive habits, support, hobbies, etc.

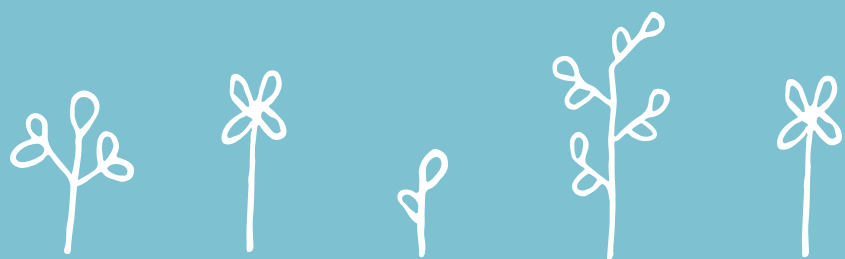
Fourth step: at the end of the activity, small groups (trios) can be formed where participants have the opportunity to discuss their drawings and what they have discovered about themselves.

How long does it take?

This workshop usually takes about 60 minutes.







wellbeing through mindfulness

notes on wellbeing I through mindfulness

The section "Wellbeing through mindfulness" emphasizes the need to be "here and now". We invite you to think about how consciously you live both by answering the questions and by trying two activities. The "Wheel of life" method will help you evaluate various areas of your life, while the "See yourself in a stone" activity will allow you to look at yourself from an unusual point of view.

How often am I "here and now"? How does it affect how I feel?

What thoughts or distractions typically pull me away from being in the present? How can I live more consciously?

Name specific actions or habits that you could implement to make mindfulness a part of your life!

Activity "WHEEL OF LIFE"

What is it?

The "Wheel of life" is a self-assessment tool that helps you visualize and evaluate different areas of your life to understand if they are in balance.

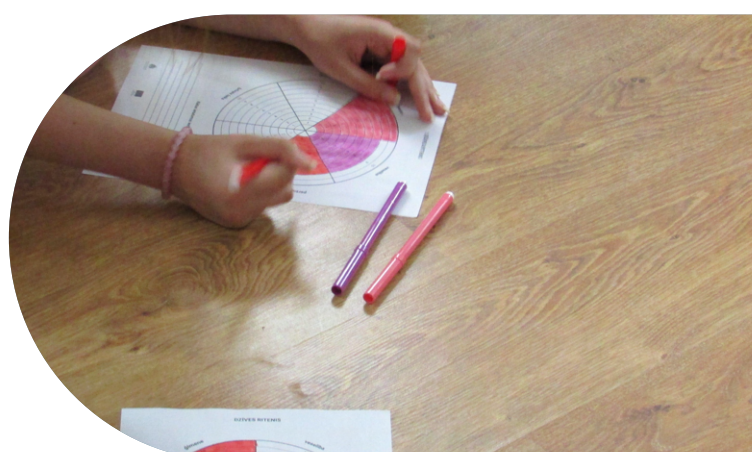
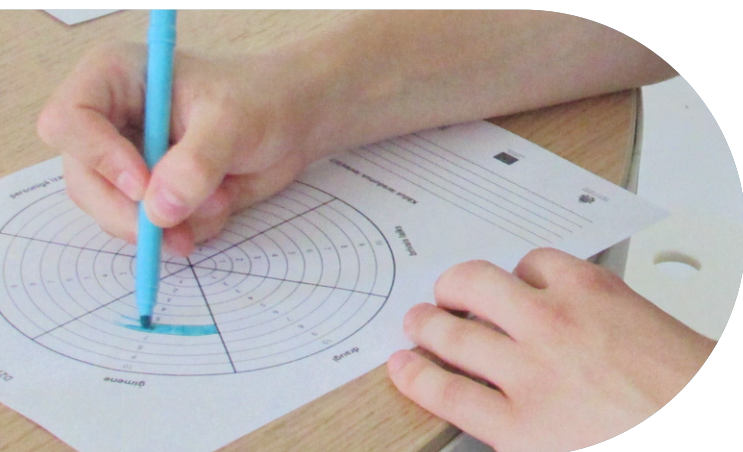
How does it work?

First step: complete the "Wheel of life" worksheet. Each segment of the wheel represents an aspect of life (eg career, relationships, health). Take the time to assess satisfaction in each sector by coloring or marking specific areas from the center (low satisfaction) to the edge (high satisfaction).

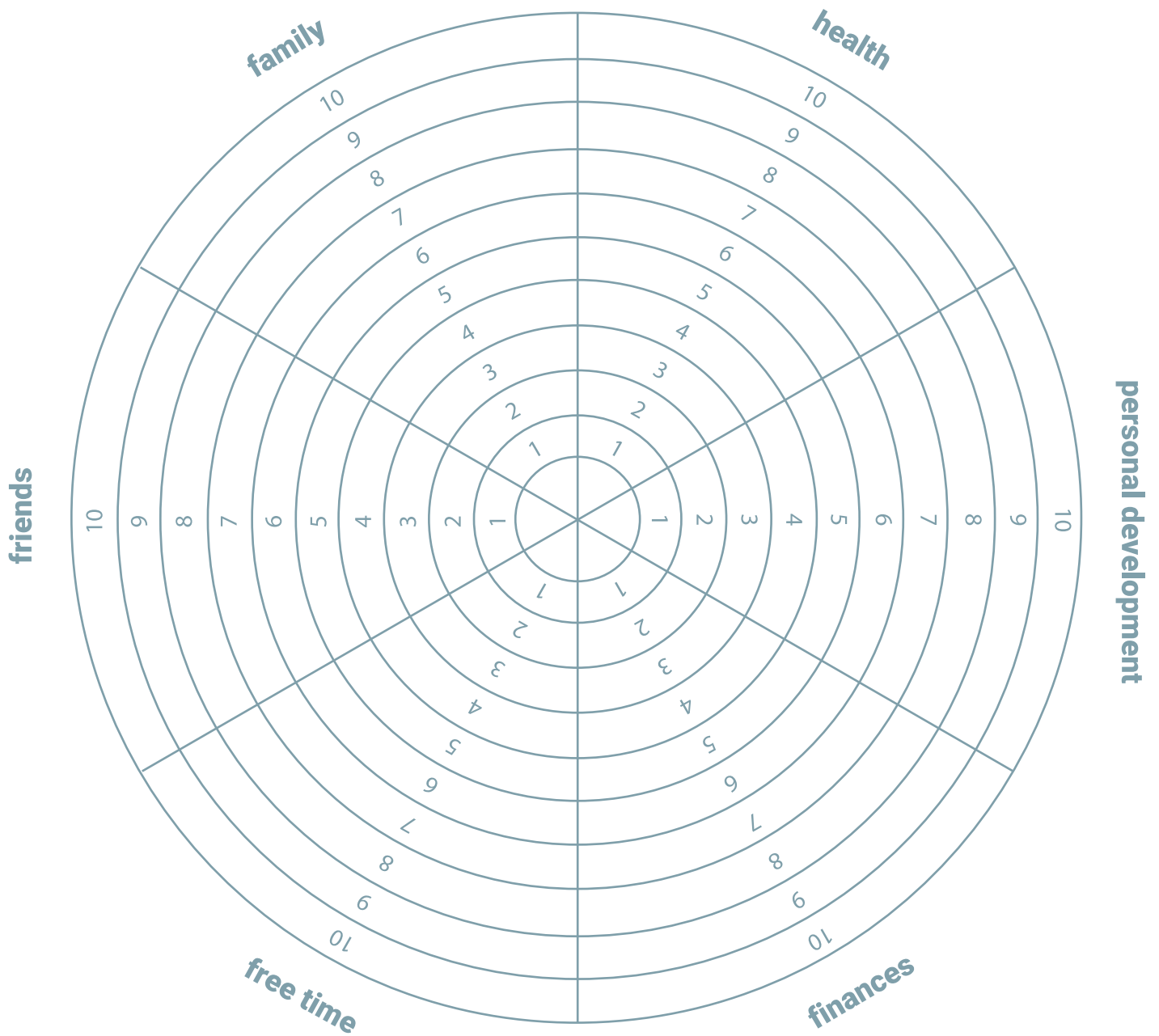
Second step: once you've done this, take a close look at your current "wheel of life". What areas need improvement? How will you achieve it?

How long does it take?

The activity takes about 20 minutes.



WHEEL OF LIFE



What habits will you implement?

Activity "SEE YOURSELF IN A STONE"

What is it?

It is a meaningful creative activity that helps find one's personality in an indirect way, using a purposefully chosen natural object, which is given a special meaning, and to promote self-esteem using subconscious resources.

How does it work?

First step: at the beginning of the activity, each participant chooses one stone from a pre-prepared set of stones (stones of different size, shape, color, etc.) that appeals to them the most.

Second step: participants are asked to describe the chosen stone, mentioning its characteristics, giving it human characteristics, imagining its history and experiences. The leader of the activity invites to record every fine detail about the stone, both its advantages and superiority over others, as well as its weaknesses and disadvantages.

Third step: when each participant has prepared an extended narrative (essay) about their stone, the activity leader suggests using this description again, changing the words "stone" or "it" to "I", thus transferring what is described to themselves. Many people find it difficult to describe themselves while emphasizing their positive and negative qualities, both praising and criticizing themselves, so this activity provides an opportunity to look into yourself, reflecting on the similarity of the description to your own personality.

Fourth step: at the end of the activity, participants are invited to answer the question "If you knew the "turn" of this activity, would you choose a different stone?".

How long does it take?

The optimal time for the activity is up to 30 minutes, not including the group discussion, where everyone is invited to share their findings on a voluntary basis.



wellbeing through movement

notes on wellbeing I through movement

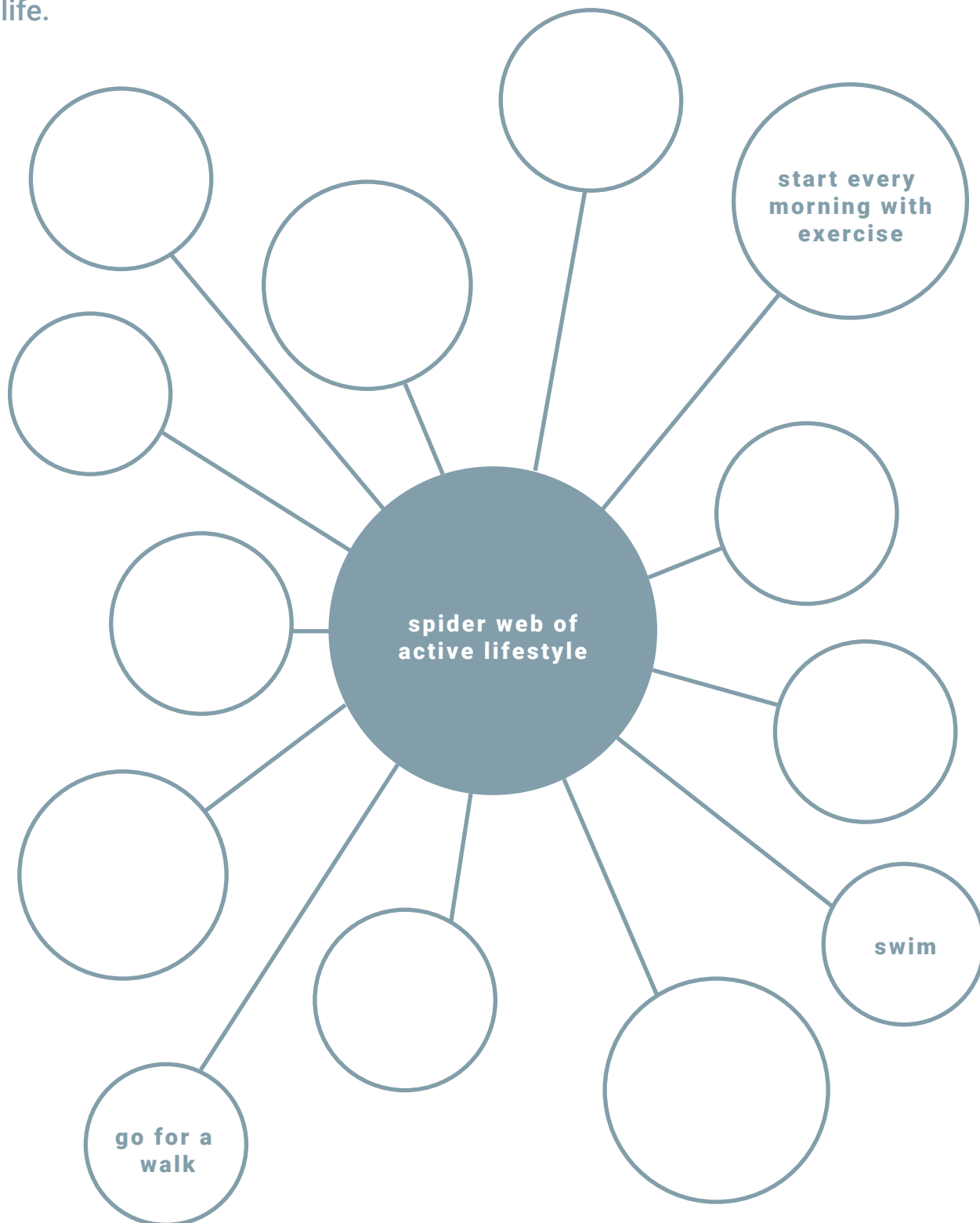
The section "Wellbeing through movement" looks at the role of physical activity in promoting our wellbeing. You're invited to reflect on your relationship with movement by answering a few questions and trying out two methods. "Walk and talk" activity, where you can enjoy a walk with others and connect on a deeper level, as well as the "Spider web of active lifestyle" method, which encourages you to brainstorm creative ways to incorporate more movement into your daily routine by completing the worksheet.

How does physical activity impact my mood, energy levels, and overall sense of wellbeing?

What types of movement do I enjoy the most? How can I incorporate more of these activities into my daily routine?

What barriers prevent me from being more physically active right now? How can I overcome them?

"Spider web of active lifestyle" is a worksheet designed to help individuals brainstorm and plan practical ways to incorporate more physical activity into their daily routines. The visual format of a spider web encourages creative thinking and helps participants see the different ways they can weave movement into their lives. Once the worksheet is completed - the spider web is filled with ideas - participants can be encouraged to bring these ideas to life.



Activity “WALK AND TALK”

What is it?

"Walk and talk" is an activity designed to encourage people to be more active while also providing an opportunity to get to know each other better through conversation. This activity combines physical movement with meaningful dialogue, making it a fun way to promote both physical and social wellbeing.

How does it work?

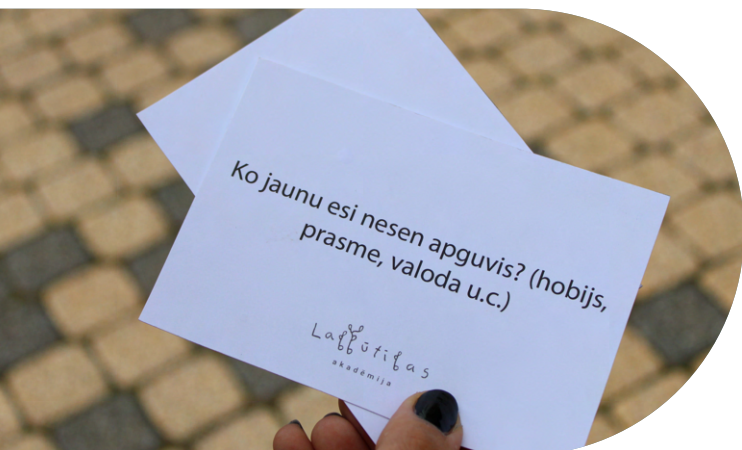
First step: before the activity begins, print and cut out the question cards we have prepared and choose a walking route that is enjoyable for the participants.

Second step: each participant receives two question cards. Participants pair up with someone, and each person asks one of their questions to their partner. After both have answered, they swap question cards.

Third step: after the initial conversation, participants find a new partner, ask the new questions they've received, and repeat the process. This allows everyone to engage with multiple people during the walk, deepening connections and encouraging movement.

How long does it take?

The duration of the activity may vary depending on the size of the group and the walking route.



What made you happy this week?

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What is something that you should
“let go” of? Why?

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How do you manage to achieve
your goals? Share your experience!

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Tell me about something new you
have learned recently (a hobby, skill,
language etc.)!

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Share your recommendations for an
active lifestyle?

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What is one thing you wish others
to know about you?

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What is something you stress about
although you know you shouldn't?

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Share a story about an event or an
experience that changed your
outlook on life?

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When was the last time you did
something that scared you?

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If you won the lottery, would you
continue to work?

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Where do you find peace?

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If you could change one thing
about your past, what would it be?

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How do you renew your energy levels? Share some practices!

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What are your expectations regarding the upcoming week? What are your intentions for it?

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What are your hobbies?

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academy

Do you agree with the statement "small steps can lead to big changes"?

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What is something you would like
to do more often and why?

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How do you show people that you
care about them?

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Which places would you like to
visit? Why?

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academy

How do you want to be
remembered?

Wellbeing
academy

**The material is created by the youth of the NGO "Youth Initiative Center
"Involvement for Change,"" participants of the project "Wellbeing academy",
2024.**

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