

OUT NOW!

# My WELLBEING Journal

## HIGH SCHOOL



My Wellbeing Journal is a personal space for students to express their feelings, fears, goals, struggles and opinions without fear of judgement from others. It is a tool they can use to help get their private thoughts out of their minds and onto paper, whilst simultaneously learning strategies to cope with adversity.

Available YEARS 7-8

LAUREN O'BRIEN

Available YEARS 9-10

LAUREN O'BRIEN

Available YEARS 11-12

LAUREN O'BRIEN

### A whole-school approach to assist in the development of student wellbeing and resilience.

Developed from curriculum outcomes, the student journals offer exercises that focus on:

- ★ self-management
- ★ social awareness
- ★ responsible decision making
- ★ building resilience
- ★ goal setting
- ★ self-awareness
- ★ relationship skills
- ★ developing coping skills
- ★ respectful relationships
- ★ using a growth mindset



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## SAMPLE JOURNAL PAGES FOR HIGH SCHOOL YEARS 7-8

### UNDERSTANDING ANXIETY

It is normal to feel nervous, excited or scared at different times during your life. When these strong emotions occur without any specific reason, and do not go away, it could mean that you have a problem managing anxiety.

**What are the symptoms of anxiety?**

Physical	Cognitive	Behavioural
<ul style="list-style-type: none"> <li>Headaches</li> <li>Low energy</li> <li>Nervous gestures</li> <li>Racing/ pounding heart</li> <li>Trouble falling asleep</li> <li>Stinging/itchiness</li> <li>Nightmares or sleep apnoea</li> <li>Feeling as if your throat is closing</li> </ul>	<ul style="list-style-type: none"> <li>Overthinking</li> <li>Excessive thinking</li> <li>Fear of bad things happening</li> <li>Excessive or uncontrollable worry</li> <li>Worrying about yourself, others, places or the future</li> <li>Worrying about your appearance</li> </ul>	<ul style="list-style-type: none"> <li>Repetitive behaviour</li> <li>Substance abuse</li> <li>Avoidance of people, places and objects that trigger anxiety</li> <li>Out of control behaviour</li> <li>e.g. aggression</li> </ul>

How do you feel about anxiety? Explain your answer.

Do any of the common anxiety triggers below affect you? If yes, draw them.

crowds	meetings	leaving the house	exam periods
social media	meeting new people	trying new things	beginning
conflict	public speaking	performing	fear of failure
being assessed	flying on a plane	meeting certain people	certain events

Write some thoughts you tend to have when you feel anxious.

### MY KIND OF SMART

Many people think of intelligence as how well you can score in a maths or English test. Even though this may measure how well you understand some subjects, it is not a good measure of how intelligent you are. In fact, it is barely scratching the surface of the different ways you can show intelligence. Understanding Howard Gardner's theory of multiple intelligences, as well as your own strengths and limitations, can help you to have a better understanding of your identity.

Circle the boxes below to represent your top 3 strengths.

music smart	self smart	picture smart	nature smart
people smart	verbal/linguistic smart	word smart	body smart

Do you notice any patterns in the characteristics you circled on page 127? Think on working independently.

Research to find 4 careers that could be suited to your strengths. Write them below.

Give an example of how you can use one of your strengths to help others.

Each and every one of us has personal strengths and limitations. Being able to acknowledge your strengths and limitations is important because they form part of your identity.

Which characteristics on page 127 do you think are examples of your limitations? e.g. good at drawing.

Describe how you might try to change one of your limitations to a strength, e.g. a SMART goal.

### SEEKING HELP

Sometimes the changes we notice happening to our bodies and to our minds can make us feel uncomfortable, confused or scared. It's usually a good idea to speak to an adult, but it doesn't have to be your parents - it can be a teacher, coach or relative. Asking for help is a way of looking after yourself and your wellbeing.

Circle any of the following you need help with at the moment:

bullying	mental health	feeling insecure
family issues	gender identity	anxiety or injury
feelings of being unsafe	body changes/puberty	changes in interests
friendships and relationships	understanding of sexuality	unpleasant emotions

The people you turn to for help may change depending on what it is you need help with. For example, you may wish to talk to one person about puberty, but another about conflict with friends. Or you may wish to discuss sensitive issues with a community organisation.

List three people or organisations you could ask for help.

**Steps to ask for help:**

- 1 Realise that no problem is ever so bad that it cannot be shared.
- 2 Define the problem, identify exactly what you need help with, when it shows if you need it.
- 3 Think about what could happen if you don't ask for help.
- 4 Think about what you will say. Write it down if you need to.
- 5 Approach someone you know and trust, or a credible organisation.
- 6 Ask for help in a polite way.

...no problem is ever so bad that it cannot be shared! Do you believe this to be true? Explain.

### Self-Esteem

Self-esteem describes a person's overall sense of their self-worth and personal value.

Rate yourself 1-5 stars. To answer think like... To explain think like this.

I like who I am:

- I am satisfied with how I am.
- I am a nice person.
- I like the way I look.
- I have many strengths.
- I am a resilient person.
- I feel good about myself.
- I know it is OK to make mistakes.
- I can handle negative feedback.

SELF LOVE CLUB

According to your results above, what do you notice about your self-esteem?

Write 3 pieces of advice for someone wanting to improve their self-esteem. Some hints are given.

Choose friends wisely...	Perfection is not possible...
Feed your body like a king/queen...	Comparison is unhelpful...
Celebrate your wins...	Challenge your thinking...

Affirmations are words of encouragement you can say to yourself over and over again to help improve your body image and self-esteem.

Write 3 positive affirmations for yourself.

I am  
I am  
I will