

Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 15+

Start of month Reflections

Take time at the start of the month to reflect on your sleep cycle and how it impacts your life and those around you.

Reflect on how you've prioritized rest and relaxation in your daily life recently. Have you been giving yourself enough time to unwind and recharge?

Evaluate your sleep environment and habits. Are there any changes you can make to improve your sleep hygiene, such as reducing screen time before bed or creating a more comfortable sleep environment?

Reflect on your energy levels throughout the past month. How has the quality of your sleep impacted your energy levels and overall mood?

Which restful activities did you prioritize this month, and how often did you engage in them?

Reflect on your boundaries when it comes to rest and relaxation. Are you able to say no to activities or commitments that interfere with your need for rest? If not, think about how you can assert your boundaries to prioritize your well-being.

How can I optimize my sleep environment to create a soothing sleep sanctuary that promotes restful sleep? Reflect on factors such as lighting, noise levels, and bedding comfort, and consider what adjustments or enhancements I can make to ensure a more tranquil and rejuvenating sleep experience.

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more inclusive month ahead.

May Challenge

31 Days of Serenity Rest and Relaxation Challenge

Commit to engaging with one activity or prompt per day for the next 30 days.

Set aside dedicated time each day to focus on the challenge, whether it's in the morning, afternoon, or evening.

Keep a journal or notebook to document your experiences, reflections, and any insights gained throughout the challenge.

Ideas for Prompts and Activities:

Day 1: Start your day with five minutes of mindful breathing. Focus on each inhale and exhale, allowing yourself to become fully present in the moment.

Day 5: Take a leisurely nature walk and observe the beauty of your surroundings. Notice the sights, sounds, and sensations around you.

Day 10: Treat yourself to a relaxing spa night at home. Indulge in a warm bath, light candles, and pamper yourself with your favorite skincare products.

Day 15: Practice gratitude journaling before bed. Write down three things you're grateful for each day, no matter how big or small.

Day 20: Disconnect from screens for an entire evening. Spend quality time engaging in offline activities that bring you joy and relaxation.

Day 25: Experiment with a new relaxation technique, such as progressive muscle relaxation or guided imagery meditation.

Day 30: Reflect on your journey over the past 30 days. How has prioritizing rest and relaxation impacted your overall well-being? What habits or practices will you continue beyond the challenge?

Challenge Checklist

Print your pictures and place them here:

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Smart Goals

Can you set one goal for the month of May that could help you improve your sleep and rest?

Think back on your reflections to inform your goal.

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?

Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?

Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?

Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?



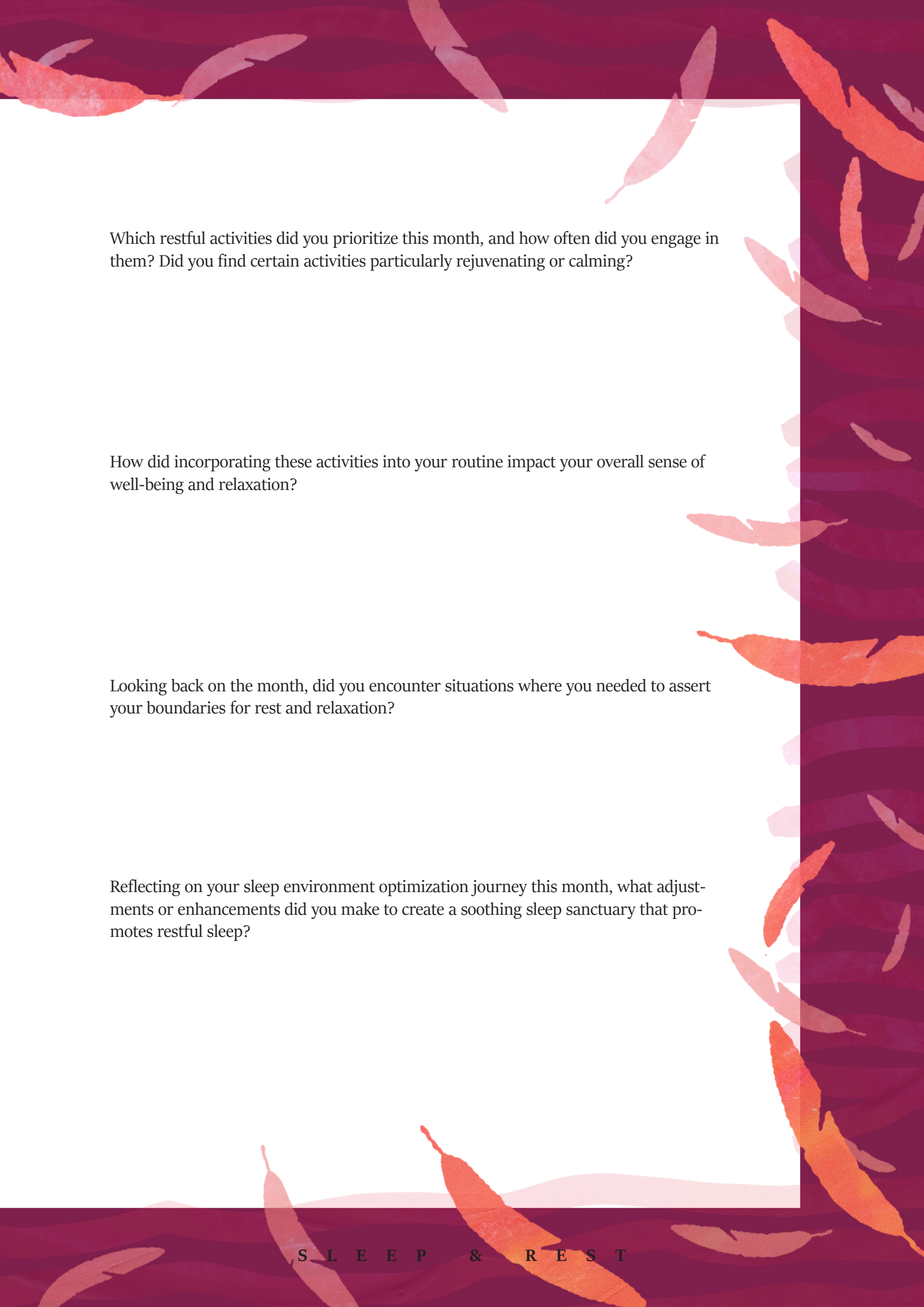
End of month Reflections

Take time at the end of the month to reflect on your goals, challenges and plans.

Reflecting on the past month, how have you prioritized rest and relaxation in your daily life? Have you been giving yourself enough time to unwind and recharge?

Evaluate your sleep environment and habits over the past month. Are there any changes you can make to improve your sleep hygiene, such as reducing screen time before bed or creating a more comfortable sleep environment?

Reflect on your energy levels throughout the past month. How has the quality of your sleep impacted your energy levels and overall mood?



Which restful activities did you prioritize this month, and how often did you engage in them? Did you find certain activities particularly rejuvenating or calming?

How did incorporating these activities into your routine impact your overall sense of well-being and relaxation?

Looking back on the month, did you encounter situations where you needed to assert your boundaries for rest and relaxation?

Reflecting on your sleep environment optimization journey this month, what adjustments or enhancements did you make to create a soothing sleep sanctuary that promotes restful sleep?

Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

Reflection time:

Schedule the time you for your monthly reflections. This can also include giving your self some quiet down time .

Key symbol:



Smart Goal Setting Day:

Allocate a day each month to disconnect from digital devices. Use your planner to choose a date and plan alternative activities like reading, journaling, or outdoor adventures.

Key symbol:



Rest and Relaxation time:





Schedule time to have relaxation and rest and prioritise making it happen.

Key symbol:



Planning Example

See our example below of how you might like to use your monthly calendar:

9		10	11
			
16		17	18
23		24	25
			
30		31	

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