

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 consider your summer safety practices.

What activities do I enjoy most during the summer, and how can I ensure they are safe?

How can I stay hydrated while spending time outdoors in the summer heat?

What steps can I take to protect my skin from harmful UV rays?



What safety measures should I consider when planning a beach or pool day?

What should I include in a summer first aid kit?

How can I stay informed about weather conditions and avoid dangerous situations?

How can I safely store and handle flammable materials during hot weather?

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

December Challenge

Summer Safety Challenge

Let's be safe this summer. As adults it is easy to over look our own safety in favour of others. Every day make sure you do at least one of the following tasks:

Wear a hat in the sun: More than 95% of skin cancers are caused by exposure to UV radiation. We need to be careful of our skin in the summer.

Apply sunscreen before going in the sun: Make sure to wear a broadspectrum SPF 50+ for the most protection.

Wear sunglasses: Make sure to protect your eyes this summer. Wrap around sunglasses provide the best protection.

Monitor your skin: Keep an eye out for any spots or changes in size, shape and colour of existing spots. If you notice ny changes seek advice from a doctor.

Challenge Checklist

Check off each day you accomplish a sun safety task.

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Smart Goals

**Can you set one goal for the month of December that could help improve your summer safety and enjoyment?
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 summer safety practices.

How did I practice summer safety this december and and will I continue these practices during the following summer months?

What have I learnt throughout the year by participating in Qb's wellness booklet?
Have I found the reflections helpful and is there anything I will continue to do?

What are my top 3 favourite things that happened this year?



What challenges did I face this year, and what did I learn from them?

What habits or routines have positively impacted my life this year?

How did I contribute to my community or help others this year?

What am I most grateful for as I reflect on the past year?

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.

Summer Health and Safety check in:

Schedule communication check-in sessions with yourself. Use your planner to note how you're feeling, and how you're communicating your feelings. Are you being clear with your words? Are you being respectful towards others feelings.

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:



New Years Reflection time:

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

Key symbol:

Q4/Q5

Planning Example

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

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Q4/Q5

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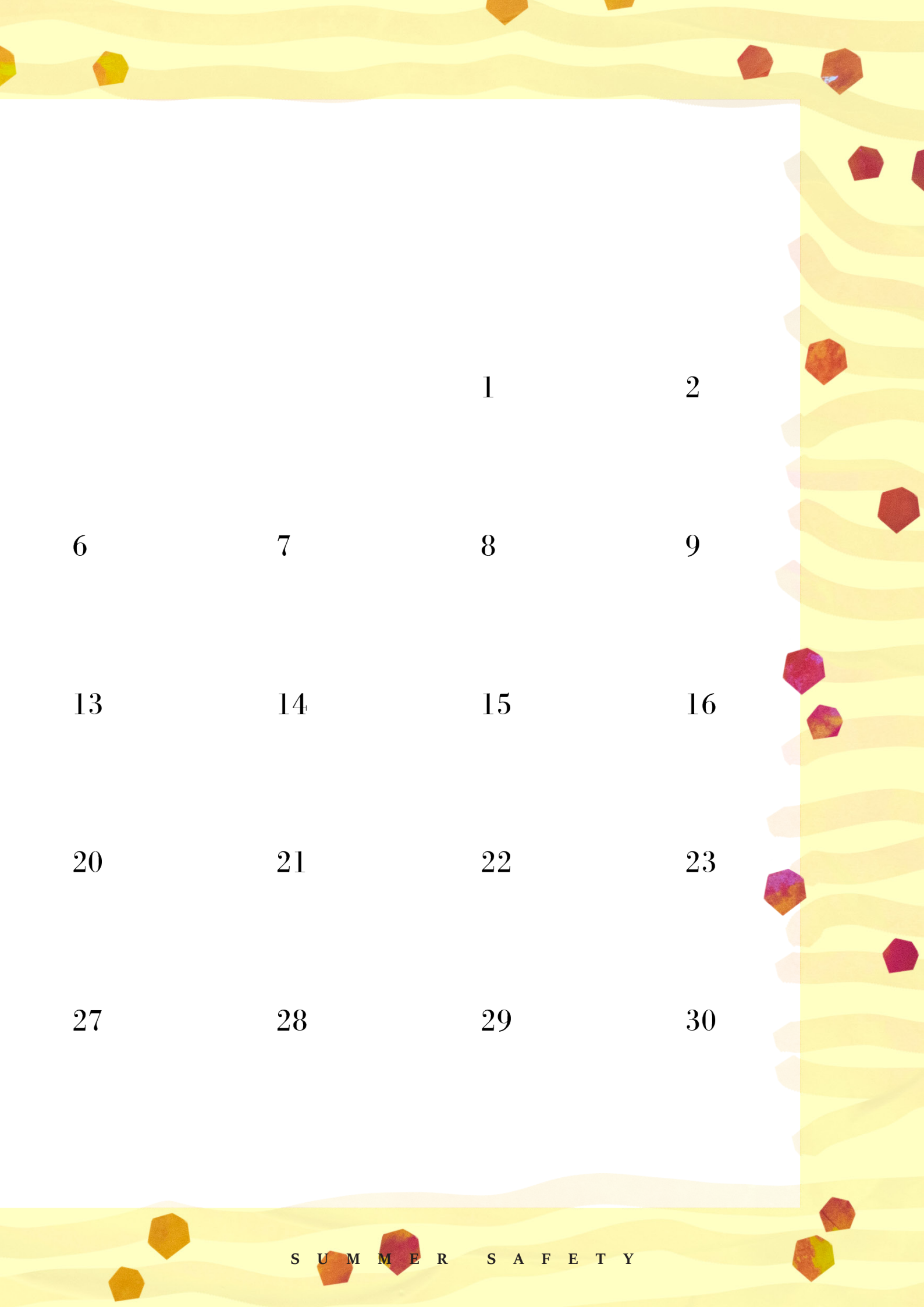
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