



Module: Fostering Wellness

This module covers promoting personal wellbeing by exploring thoughts, feelings, and actions, including strategies for fostering wellness in each of these areas.

About CanWork BC

CanWork BC aims to make it easier for youth with disabilities ages to 15 to 30 years old to find and keep employment. There are a series of tools and resources for youth, employers, service providers, educators, and caregivers.

CanAssist at the University of Victoria, with the support of the BC Ministry of Social Development and Poverty Reduction, wrote the Provincial Employment Strategy for Youth with Disabilities (ESYD). This strategy informed the tools and resources.

The Youth Tool

The CanWork BC youth tool is available as an interactive online platform at portal.canworkbc.ca and through PDF workbooks such as this one. There are five dimensions of content available.

For the full PDF workbook content and accompanying facilitator guides, as well as other CanWork BC tools and resources, go to canworkbc.ca.

Additional Resources

Throughout this workbook, we'll be discussing wellness supports, however, if you're feeling significantly down, overwhelmed, or in need of immediate support, please remember to reach out for help.

Available resources include:

- **Kids Help Phone:** The leading phone and online professional counselling service for young people in Canada – not just for kids. It's free, anonymous, and confidential.
 - Call for immediate support: 1-800-668-6868
 - Chat online: kidshelpphone.ca
- **Crisis Support:** Immediate support for people feeling suicidal or concerned about someone who might be suicidal.
 - Call: 1-800-784-2433.
 - Text or call: 9-8-8.
 - Visit: suicideprevention.ca/need-help/
 - For maps of crisis support in your area visit: crisislines.bc.ca/mapcrisis-lines
- **Mental Health Resources:** Find additional mental health resources and support through these organizations.
 - helpstartshere.gov.bc.ca/wellbeing/healthy-living/mindfulness
 - healthlinkbc.ca/mental-health-substance-use/mental-health/mental-health-supports-and-resources
 - Canadian Mental Health Association - cmha.ca/
 - Mental Health Commission of Canada - mentalhealthcommission.ca/

Introduction

This module has three sections to help you build your understanding of wellness. You'll explore:

- Promoting healthier thoughts and challenging unhelpful thoughts.
- Understanding your feelings and why it's important to address them.
- Learning how your thoughts, feelings, and actions are connected and strategies to align them.

Each section will take around 15-30 minutes to complete, and you're welcome to take breaks in between.

Each section has activities that connect wellness to your own life to make sure this is useful for you. Be prepared to think about and record your answers in whatever way works best. That could be writing your answers in this workbook or using a different format that works for you like voice recording or typing in a notes app.

At the end of the module, you'll have the chance to put what you've learned into practice with reflection questions. Let's get started!

Section 1: Exploring Thoughts

Our thoughts play a huge role in our overall well-being. What we tell ourselves about a situation affects how we feel and what we do without us even thinking about it. Whether we're making decisions, interacting with others, or dealing with stress, our thoughts shape our experience and how we respond.

This is also important for our employment journey. Our thoughts about ourselves and our experiences can impact our confidence, job performance, and ability to manage our journey overall. By paying attention to our thoughts, we can create a healthier mindset that supports our work and personal lives.

In this section, we'll cover:

- Learning strategies to notice and understand our thoughts.
- Exploring some common unhelpful thought patterns many of us fall into.
- Building tools to help foster healthier thought patterns to improve overall well-being.

By the end of this section, you'll have a clearer understanding of how to use your thoughts to foster your overall well-being.

Engage and Explore

It's all About Balance

Our thoughts are powerful! They can shape how we feel and what we do. But sometimes, our thoughts aren't as accurate or helpful as we might think. That's why it's important to pay attention to what we're thinking and ask ourselves, "Is this accurate?" before getting carried away.

Sometimes, we get carried away with our thoughts and get caught in unhelpful thinking patterns. This can prevent us from seeing situations clearly, and we're going to call these patterns "headspace hazards." It's normal for everyone to experience them sometimes, but if we let them take over, they can make us feel worse or act in ways we might not want to. Let's start by looking at some common headspace hazards.

Key Point

What are headspace hazards? They are unhelpful thinking patterns that are common but can prevent us from seeing situations clearly.

The chart below lists common headspace hazard. Explore them to see some examples of what each would look like.

Headspace Hazard	Description	Examples
All-or-nothing thinking	All-or-nothing thinking is when we see things as only either right or wrong, good or bad, perfect or terrible, with no middle ground.	<p><i>"I did everything on my to-do list at work today, so it was a good day, not a waste of a day."</i></p> <p><i>"I missed one item on my to-do list today. It was a waste of a day. I shouldn't have bothered trying."</i></p>
Emotional reasoning	Emotional reasoning is when we believe our feelings are facts and use them to judge a situation.	<p><i>"I forgot my slides for my presentation today and ended way earlier than I was supposed to, but I had a good answer for a question. It saved the whole thing. The presentation</i></p>

		<p><i>turned out amazing!"</i></p> <p><i>"Everyone said my presentation went well today, but I can't stop thinking that the font size on my slides was too big. I ruined the whole thing."</i></p>
Fortune-telling	<p>Fortune-telling is when we predict that something will happen without any proof that it will. We might think that things will always go wrong or that everything will go perfectly.</p>	<p><i>"Everything is going to go perfectly fine at the job interview tomorrow. I don't need to prepare."</i></p> <p><i>"I'm never going to get a job. This interview is going to go terribly tomorrow so I shouldn't even</i></p>

		<i>bother trying to prepare."</i>
Labelling	Labeling happens when we think only about the good or bad things about ourselves or others. We might call ourselves or other people names based on one action or trait, which doesn't show the whole picture.	<p><i>"My coworker always has the right answer for everything. They're perfect!"</i></p> <p><i>"My boss pointed out a mistake I made today. They're such a perfectionist – what a jerk!"</i></p>
Mental filtering	Mental filtering happens when we only focus on a situation's negative or positive parts and ignore everything else. We might pay attention to one small thing and	<p><i>"I feel so excited about this job posting I saw! It's meant to be. I'm definitely going to get hired."</i></p> <p><i>"I'm feeling nervous about this</i></p>

	forget the bigger picture.	interview. Something is off and I'm going to mess up the interview. This job isn't for me."
Mind reading	Mind reading is when we assume we know what other people are thinking without any evidence and use that to judge a situation.	<i>"My boss smiled and said hello when I came in today. They must be happy with the work I've been doing lately."</i> <i>"My boss seems a little off today. I must have made a mistake and messed up somewhere."</i>
Overgeneralizing	Overgeneralizing happens when we think because one situation happened, it will	<i>"I did great on my last test, so I don't need to study for</i>

	<p>always happen to us. We might use words like “always” or “never.”</p>	<p><i>this one. I always do great on tests.”</i></p> <p><i>“I failed my last test, so I won’t even bother studying for the next one. I never do good on tests.”</i></p>
<p>Should statements</p>	<p>Should statements happen when we pressure ourselves by saying we “should” or “must” do something. This can make us feel like we’re never doing enough or we’re not good enough.</p>	<p><i>“I feel proud that I landed a job. I shouldn’t be proud though since it’s the 20th one I’ve applied to.”</i></p> <p><i>“A customer was really rude to me at work today and I ended up crying in the back. I should have been able to handle that without crying.”</i></p>

It's important to be aware of these unhelpful thought patterns so we can notice when they start to happen, acknowledge them, and choose a healthier way of thinking.

Key Point

When we talk about healthy thinking, it's important to know we don't mean looking at everything through a positive lens all the time. Sometimes, challenging things will happen. Healthy thinking is about recognizing both the good and the tough aspects of a situation without getting overly caught up in either. It's about taking a moment to process your thoughts and striving to see things in a more balanced way.

Guess the Headspace Hazard

Now that we've explored some common unhelpful thought patterns let's see what that looks like in real life. Read through each of the scenarios below and identify which headspace hazard is occurring. If you feel stuck, use the table above to help you or check the answers at the end of the section.

Situation 1: Catastrophic conclusions

Kai had a rough day at school after they failed an important test. They immediately thought to themselves, "I always fail. I'll never pass anything again." When Kai got home, they felt hopeless and didn't even want to try studying for the next test.

Which headspace hazard is this?

- a. Overgeneralizing
- b. Fortune-telling
- c. Mind Reading

Situation 2: Predicting perfection

Casey was excited about her upcoming job interview. She kept thinking, "I've got this, nothing can go wrong. I don't need to prepare!" When the interview didn't go as smoothly as expected, Casey was surprised and really disappointed, thinking she had no chance of ever landing a new job now.

Which headspace hazard is this?

- a) Fortune-telling
- b) Mental Filtering
- c) Emotional Reasoning

Situation 3: Focusing on faults

Jordan always noticed when things went wrong. During the week, he got a few compliments on his work and some positive feedback from his boss. However, when one small mistake was pointed out, Jordan couldn't stop thinking about it. He felt like all the good things didn't even matter because of the mistake.

Which headspace hazard is this?

- a. Should Statements
- b. Labeling
- c. Mental Filtering

Situation 4: Stressing the shoulds

Ari forgot the answer to a question during a meeting and couldn't stop thinking, "I shouldn't have made that mistake during the meeting. I've never had to look up an answer like that before. I should be able to answer a simple question." Ari spent the rest of the day stressing about it and feeling like they let everyone down.

Which headspace hazard is this?

- a. All-or-Nothing Thinking
- b. Should Statements
- c. Overgeneralization

Situation 5: Misreading minds

Sam overheard his classmates talking but couldn't understand what they were saying. He immediately thought, "They're probably saying something bad about me." He didn't have any proof, but he felt uncomfortable and avoided them for the rest of the day.

Which headspace hazard is this?

- a. Labeling
- b. All-or-Nothing Thinking
- c. Mind Reading

Good job exploring some common headspace hazards! Let's focus on what we can do about it now. It's not just about recognizing these thinking patterns – it's also about learning how to manage them in a way that supports your well-being. Continue to the next

page to take a closer look at how you can apply what you learned to your own life.

Make it Personal

Using What You've Learned

Now that you've learned about unhelpful thinking patterns, it's time to explore more helpful thinking patterns. Let's reflect on your own thoughts! The goal is to recognize unhelpful thinking patterns when they come up and choose healthier ways to respond so they don't become a habit.

Reflective Thought Journal

Step 1: Reflect on your thinking

Think about a recent situation where your thoughts might have been unhelpful. Think about these questions:

What happened?

- *Example: "I woke up 10 minutes late for my alarm."*

What was my thought at the time?

- *Example: "I woke up 10 minutes late, now I'm late and my whole day is ruined."*

Step 2: Challenge the hazard

Now that you've identified the unhelpful thought, it's time to challenge it. Use the following questions to help you think about things more clearly and find a balanced perspective:

Is this thought really true?

- *Example: "Is my whole day really ruined because I woke up 10 minutes late?"*

What's the evidence for or against this thought?

Example: "Waking up late only made me a little bit behind. The rest of the day is still in my control."

What's a more helpful way to think about the situation?

- *Example: "Waking up late made me a little rushed, but I can still make it to school on time and even if I'm five minutes late it will be okay."*

Step 3: Create your strategy

Think about one practical strategy you could use to manage this type of thinking in the future. For example, you could remind yourself of your strengths, reframe your thoughts, or take a step back to gather more information before jumping to conclusions. Think about the following questions as you create your strategy:


What can you do the next time this type of thinking shows up?

- *Example: "I'll remind myself that one small setback doesn't ruin my whole day unless I let it. I can work to try and adjust and carry on."*



How does this strategy support your well-being?

- *Example: "By reminding myself that small mistakes don't ruin things, I can feel less stressed and more in control."*



Great work! By reflecting on your thinking patterns and creating a strategy to manage them, you're building a stronger foundation for more balanced thoughts.

In the next week, try to notice when a headspace hazard pops up. Use the steps you just explored to help manage your thoughts for a more balanced outlook to support your well-being. You can keep track of your progress in a journal or on your phone. Remember, the goal is not perfection. Recognizing when these hazards pop up is a great start to creating helpful thinking patterns.

Guess the Headspace Hazard Activity Answers

Situation 1: A

This is an example of overgeneralizing. Kai takes one failure and assumes it will always happen. Overgeneralizing makes it harder to try again and can make us feel hopeless.

Situation 2: A

This is an example of fortune-telling. Casey is predicting that everything will go perfectly and doesn't prepare, which sets her up for disappointment when things don't go as expected.

Situation 3: C

This is an example of mental filtering. Jordan is focusing only on the negative feedback and ignoring all the positive comments, making the situation seem worse than it is. Small mistakes are normal, and he's gotten compliments and positive feedback on his work throughout the week.

Situation 4: B

This is an example of should statements. Ari is putting pressure on themselves with the "should" of being perfect, which leads to stress and self-criticism.

Situation 5: C

This is an example of mindreading. Sam assumed he knew what his classmates were saying without any proof, and it caused him to feel uncomfortable.

Section 2: Navigating Feelings

How we feel is an essential part of our overall wellness. Our emotions affect our ability to approach daily tasks, interact with others, and deal with challenges. When we understand and regulate our emotions, we can improve our well-being and navigate life with more confidence.

This is also important for our employment journey. How we feel can influence all sorts of things related to work, like whether we apply for jobs, how we do in interviews, how we handle stress at work, or how we interact with our coworkers.

In this section, we'll cover:

- Understanding different types of emotions and how they show up in your life.
- Exploring the importance of acknowledging and addressing your feelings.
- Developing tools to help you manage emotions in a healthy way.

By the end of this section, you'll have a better understanding of your feelings and how to use that knowledge to improve your overall wellness.

Engage and Explore

Acknowledging Feelings

Feelings are a natural part of being human. But sometimes, knowing what we're feeling or how to express it can be hard. When feelings aren't good, we tend to want to avoid them. Feelings are kind of like a beach ball, though. If you've ever tried to shove a beach ball under water, you know there's only so far you can push it before it's going to pop up, and it's probably going to be somewhere you don't expect.

If we don't acknowledge our feelings and we keep pushing them down, they are going to pop up again somewhere else. This might look like overreacting to a completely different situation or even getting physically ill. This is why it's important to address and accept our feelings, so these things don't happen.

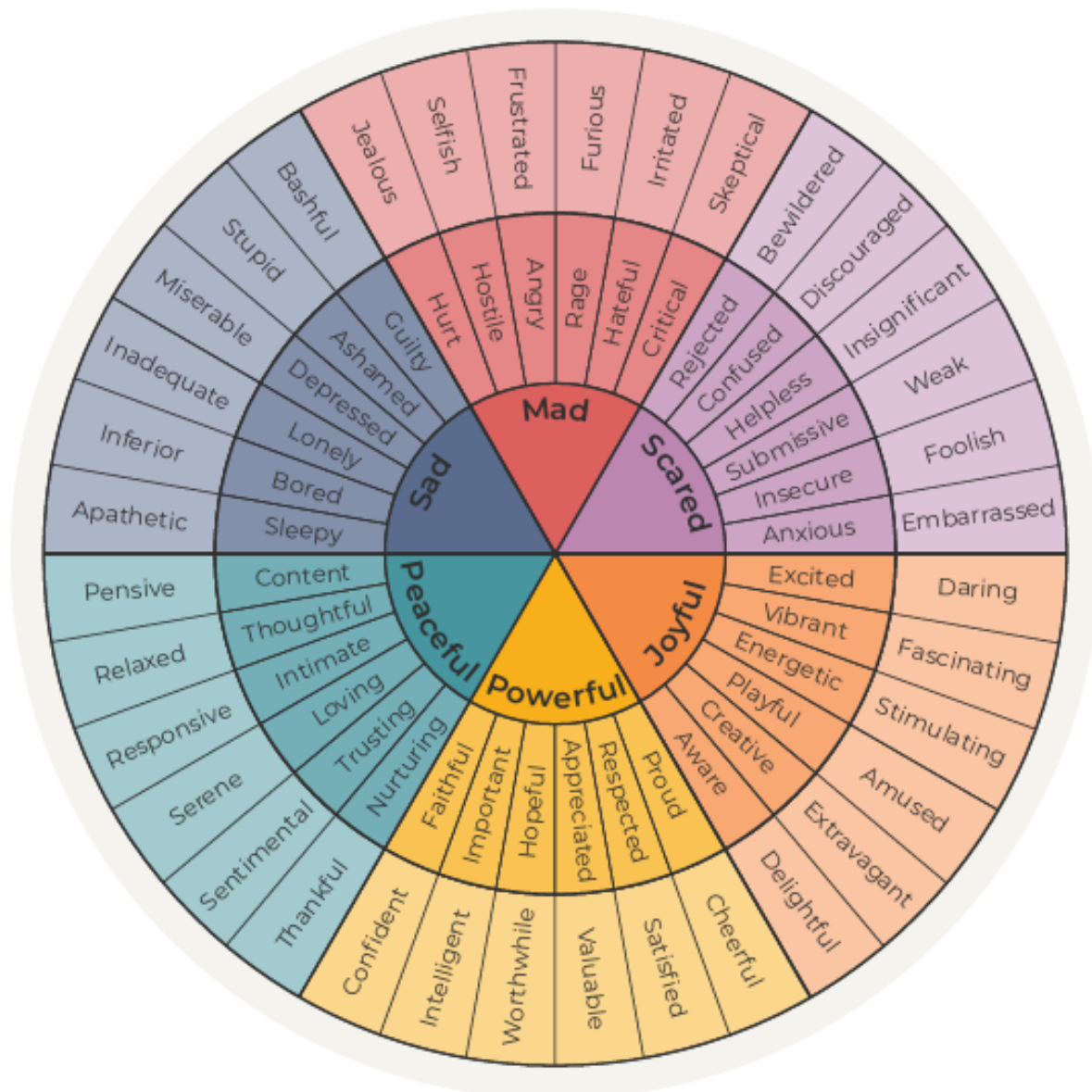
The Feelings Wheel

Feelings can be hard to identify, and we often don't have the language to do it. The feelings wheel is a tool that can help! It was made to help label and organize emotions, making it easier to understand what you're feeling and why.

For example, if you generally feel sad, the wheel can help you narrow down that you actually feel lonely and a bit isolated after moving to a new city. Or, if you know you're embarrassed because you made a mistake at work, you might realize you're also feeling insecure in your abilities and a bit scared that you're not qualified

enough for your role. Identifying and naming the emotion in more detail can often make it easier to address and accept it.

Use the feelings wheel below and chart of feelings to explore different emotions! While this wheel doesn't cover every emotion, it's a great place to start.



The Feelings Wheel was developed by Gloria Willcox in 1982. This version of the wheel is taken from the Gottman Institute's The Feeling Wheel PDF Resource.

Core Feelings	Middle Feelings	Outer Feelings
<p>Mad</p> <p>Feeling strong anger or displeasure, usually in response to something unfair or upsetting. It can lead to feelings like irritability or frustration and might be intense or mild.</p>	<p>Hurt</p> <p>Feeling pain caused by someone or something.</p> <p>Hostile</p> <p>Feeling ready to argue or fight with others.</p> <p>Angry</p> <p>Feeling upset or displeased about something.</p> <p>Rage</p> <p>Feeling intense, all-consuming, and uncontrollable anger.</p> <p>Hateful</p> <p>Feeling a strong dislike toward someone or something.</p> <p>Critical</p> <p>Feeling the need to judge or find something wrong with</p>	<p>Skeptical</p> <p>Feeling doubt or lack of trust.</p> <p>Irritated</p> <p>Feeling annoyed or bothered by someone or something.</p> <p>Furious</p> <p>Feeling very angry about a specific event or situation, while still having some control over your actions.</p> <p>Frustrated</p> <p>Feeling that something out of your control is stopping things from working out the way you want them to.</p>

	<p>someone or something.</p>	<p>Selfish Feeling focused only on yourself, with little concern for others.</p> <p>Jealous Being envious of what someone else has or experiences.</p>
<p>Scared Feeling fear or anxiety, usually due to something that you feel is dangerous. It can lead to more feelings like nervousness or a make you want to escape a situation.</p>	<p>Confused Feeling uncertain or unable to understand something.</p> <p>Rejected Feeling unwanted or dismissed.</p> <p>Helpless Feeling unable to do anything to improve a situation.</p>	<p>Bewildered Feeling completely puzzled or unsure uncertain of what is happening.</p> <p>Discouraged Feeling unenthusiastic about future events and situations.</p>

	<p>Submissive Feeling inclined to give into others.</p> <p>Insecure Feeling unsure of yourself or your abilities.</p> <p>Anxious Feeling very nervous or worried about something.</p>	<p>Insignificant Feeling unimportant or unnoticed.</p> <p>Inadequate Feeling like you are not good enough or not capable.</p> <p>Embarrassed Feeling self-conscious or uncomfortable in front of others.</p> <p>Overwhelmed Feeling like you have too much to handle or deal with.</p>
<p>Joyful Feeling a deep sense of happiness. It can include more feelings</p>	<p>Exited Feeling eager and full of energy about something.</p> <p>Sensuous Feeling that something</p>	<p>Daring Feeling ready to take risks or try something new.</p> <p>Fascinating Feeling deeply</p>

<p>like excitement and energy and is often from positive things happening or a general sense of well-being.</p>	<p>is pleasing to your senses.</p> <p>Energetic Feeling full of vitality and enthusiasm.</p> <p>Cheerful Feeling happy and bright, with a positive attitude.</p> <p>Creative Feeling inspired to make or think of new things.</p> <p>Hopeful Feeling that good things are possible in the future.</p>	<p>interested in something.</p> <p>Stimulating Feeling energized and interested by in something and motivated to keep going with it.</p> <p>Amused Feeling entertained or finding something funny.</p> <p>Playful Feeling like you want to engage in fun activities.</p> <p>Optimistic Feeling confident about the future and able to see the positives.</p>
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<p>Powerful</p> <p>Feeling a sense of strength or like you're in control. It comes from a sense of confidence and competence and could include other feelings like such as success and self-assurance.</p>	<p>Aware</p> <p>Feeling conscious and alert to what's around you.</p> <p>Proud</p> <p>Feeling satisfied and pleased with your achievements or qualities.</p> <p>Respectful</p> <p>Feeling consideration or admiration for others.</p> <p>Appreciated</p> <p>Feeling valued and acknowledged by others.</p> <p>Important</p> <p>Feeling significant or needed in a situation or relationship.</p> <p>Faithful</p> <p>Feeling loyal and committed to someone or something.</p>	<p>Surprised</p> <p>Feeling shocked by something unexpected.</p> <p>Successful</p> <p>Feeling accomplished after achieving a goal.</p> <p>Worthwhile</p> <p>Feeling that something is deserving of time and effort.</p> <p>Valuable</p> <p>Feeling unique and significant to others or a cause.</p> <p>Discerning</p> <p>Feeling insightful and able to understand situations clearly.</p> <p>Confident</p> <p>Feeling sure of</p>
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		yourself and your abilities.
<p>Peaceful</p> <p>Feeling calm and relaxed, where with there is a sense of harmony and balance. It can include the absence of stress, worry, or conflict and includes other feelings like content and security.</p>	<p>Content</p> <p>Feeling satisfied and at ease with what you have or where you are.</p> <p>Thoughtful</p> <p>Feeling considerate towards other's needs and feelings.</p> <p>Intimate</p> <p>Feeling a close, personal connection with someone or something.</p> <p>Loving</p> <p>Feeling deep affection and care for someone or something.</p> <p>Trusting</p> <p>Feeling able to rely on others.</p>	<p>Relaxed</p> <p>Feeling calm and free from stress.</p> <p>Pensive</p> <p>Feeling thoughtful and reflective on something important.</p> <p>Responsive</p> <p>Feeling able and willing to react to the needs of others.</p> <p>Serene</p> <p>Feeling calm and undisturbed.</p> <p>Secure</p> <p>Feeling safe and free from worry.</p> <p>Thankful</p> <p>Feeling</p>

	<p>Nurturing Feeling a desire to care for and support others.</p>	<p>appreciation for what you have or what others have done for you.</p>
<p>Sad Feeling sorrow, disappointment, or unhappiness usually because of loss, hurt, or unmet expectations. It can cause pain, tears, or withdrawal.</p>	<p>Guilty Feeling responsible for something bad that happens.</p> <p>Ashamed Feeling bad about an action you made or a quality about yourself.</p> <p>Depressed Feeling persistently sad, or lacking hope and energy.</p> <p>Lonely Feeling isolated or like you don't have enough connection to others.</p> <p>Bored Feeling like you want to engage in satisfying</p>	<p>Remorseful Feeling regret for your actions.</p> <p>Stupid Feeling like you made a silly mistake.</p> <p>Inferior Feeling less than or inadequate compared to others.</p> <p>Isolated Feeling cut off or separated from others.</p> <p>Apathetic Feeling indifferent or</p>

	<p>activities, but you are unable to.</p> <p>Tired Feeling in need of rest, physically or mentally.</p>	<p>lacking interest or emotion.</p> <p>Sleepy Feeling the need to rest or sleep.</p>
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Emotions in Action

Consider the scenarios and think about how you might feel. The Feelings Wheel and chart above can help you label the emotions you might feel in these situations.

Scenario 1: A friend made fun of you for something outside your control. How might you feel in response?

Scenario 2: You're about to speak in front of a large group for a presentation, and you're worried about making a mistake. What feelings might come up?

Scenario 3: You're having a really fun time seeing some friends. Everyone is laughing and having a great time. How might you feel?

Scenario 4: You completed a big assignment for school. You got a high grade, and the teacher complimented your work. How might you feel after this?

Scenario 5: After a long and busy day, you're finally able to relax!
How would you feel in this situation?

Scenario 6: You're feeling disconnected from friends and don't have any plans for the upcoming weekend. What feelings might come up?

Great work! Now that you've explored some feelings and learned how to label them, move to the next part to explore how to identify feelings in your day-to-day life.

Let's Practice

Let's practice by directly reflecting on your emotions right now! Take a moment to think about how you're feeling – you've just learned a

lot about emotions and strategies for acknowledging them. Use the steps below, we're going to call them the 5 A's, and the Feelings Wheel to help you explore your emotions. Write your answers below or in a notes app or another digital format that works for you.

The 5 A's for Feeling your Feelings

1. Acknowledge

Pause. Take a moment to stop, take a breath, and acknowledge that you're checking in with yourself. Is anything popping up right away? Maybe you're feeling happy, sad, frustrated, or something else? It's okay to feel anything – recognize that you're taking this moment for yourself.

2. Assess

Pay attention to your body. Do you feel tension in your shoulders, butterflies in your stomach, or tightness in your chest? These physical signs can help you understand your emotions more clearly.

3. Analyze

Look at the feelings wheel and try to name what you're feeling. For example, are you feeling anxious, relaxed, angry, or calm? Naming a feeling can help you understand how your body is reacting.

4. Ask

Think about what happened before you started feeling this way. Did something specific cause you to feel happy, angry, or sad? Understanding the reason behind your emotion can help you make sense of it.

5. Accept

It's okay to feel whatever you're feeling. Don't judge yourself or try to push your emotions away. All emotions are normal and letting yourself feel them is important.

Nice job! You've done great using the Feelings Wheel and practicing how to check in with your emotions. It can be tough to understand our emotions, but the more we practice the better we get. So, we challenge you to keep putting your hard work to practice!

We challenge you!

- Remember your five A's! Write them down somewhere if you need.
- Save the image of the Feelings Wheel, print it out, or take a screenshot and keep it on your phone so you always have it with you.
- Use these anytime during the day when you feel like you need to check in with yourself – whether you're feeling overwhelmed, unsure, or need a moment to understand your emotions. The Feelings Wheel can help guide you, no matter what you're feeling!

Section 3: Aligning Actions

Our actions are an important part of our overall wellness. The things we do every day can either support or hinder how we feel, how we handle stress, or how we approach our goals. By recognizing the connection between our actions and well-being, we can make choices that help us reach our goals while taking care of ourselves.

This is especially important as we navigate our employment journey. Our actions, whether staying organized, practicing selfcare, or focusing on relationships with others, can impact everything our job search to how well we do at work.

In this section, we'll cover:

- Understanding the impact of your daily actions on your well-being.
- Identifying actions that can support your well-being.

At the end of this section, you will have a better understanding of how to foster actions that support your well-being.

Engage and Explore

Understanding the Impact of Actions

Behaviors are the actions we make every day, and they play a huge role in our wellness. When we make healthy choices or positive

actions, these behaviors help us feel better and improve the way we live our lives.

For example, if you regularly get enough sleep, your mood improves, you feel more energized, and you can handle stress better. Similarly, practicing gratitude, exercising, or managing time well can lead to more positive emotions, less stress, and a greater sense of balance.

However, not all behaviors are equally helpful. Some behaviors can leave us feeling drained, stressed, or disconnected, like procrastinating, isolating ourselves, or focusing too much on negative thoughts. Recognizing the connection between our behaviors and how we feel can help us choose actions that contribute to our overall wellness.

Behaviour Match

Consider the actions below and think about how each one might affect your wellness. Match each one with the most likely result by writing the letter of the outcome beside the matching action in the space provided. You can find the answers at the end of the section.

1. Getting enough sleep
2. Checking social media constantly
3. Spending time with people close to you

4. Skipping meals because you're busy ☐

5. Staying up late bingeing a show ☐

6. Practicing mindfulness or deep breathing ☐

- A. Increased stress and anxiety
- B. Better ability to handle stress
- C. Not being able to focus and feeling tired
- D. More energy and a better mood
- E. Stronger connections and feeling happier
- F. Feeling irritated and hungry

Nice job! Now that you've explored how our actions can impact our wellness, consider what this looks like for some of your actions. Write your answers below or in a notes app or another digital format that works for you.

Question: Think about your daily behaviors. Can you identify some actions you currently take that support your wellness?

- *For example: behaviors like exercising, eating healthy, spending time with loved ones, or getting enough sleep.*

Question: Now, think about some behaviors that might hurt your wellness or make you feel worse. How do you feel after engaging in the behaviors that support your wellness?

- *For example: staying up too late, not eating enough, avoiding exercise, or checking social media too much.*
- *Think: Do you feel more energized, calm, happy, or focused?*

Question: How do you feel after engaging in behaviors that negatively impact your wellness?

- *Think: Do you feel tired, stressed, anxious, or distracted?*

Question: What are one or two behaviors you would like to work on changing or improving?

- *Think: Is there something you can adjust, like getting more sleep, managing screen time, or eating more balanced meals?*

Question: What small changes could you make to support your wellness more effectively?

- *Think: What realistic actions can you take every day to improve how you feel and how you care for yourself?*



Great work! Continue to the next page to use this information.

Make it Personal

Use What You Learned

We're going to create a behaviour log that you can use to further explore your actions over the next week and how they impact your wellness.

Instructions:

Over the next couple of days, use the behaviour log below to track your actions and how they make you feel. The goal is to identify which behaviors support your wellness and which ones might need adjusting.

Follow the steps below to complete your log each day:

1. Record your actions

Each day, write down key behaviors you've engaged in, such as:

- Physical activity (e.g., exercise, walking)
- Social interactions (e.g., spending time with friends/family)
- Meals (e.g., healthy eating, skipping meals)
- Screen time (e.g., time spent on social media, watching TV)
- Sleep (e.g., how much sleep you got)

2. **Rate how you felt**

After each action, reflect on how it made you feel. Use the scale below to rate each behavior on how it impacted your mood and well-being:

- 1 = Not great: I felt tired, stressed, or unhappy.
- 2 = Somewhat okay: I didn't feel much, but it wasn't bad.
- 3 = Neutral: I felt neither good nor bad, just okay.
- 4 = Pretty good: I felt energized, calm, or happy.
- 5 = Amazing: I felt really great, focused, or accomplished.

3. **Identify patterns**

At the end of the week, look back at your log to see which behaviors had the most positive or negative effects. Are there any habits that made you feel really great? Did anything leave you feeling drained or stressed?

4. **Reflect**

Use this information to think about how you can build more wellness-supporting behaviors into your life and make changes where needed.

Your Behaviour Log

Day	Behaviour	Rating	How I Felt
Monday			
Tuesday			
Wednesday			
Thursday			

Friday			
Saturday			
Sunday			

Reflect and Connect

We've covered a lot in this module, including:

- Exploring how to promote healthier thoughts and challenge unhelpful thoughts.
- Understanding your feelings and why it's important to address them.
- Exploring behaviours that promote wellness.

Take a moment to think about the questions below and how they relate to your experiences. Think of this as a reflective journal for yourself, which you can refer to later.

Happy reflecting!

What are some common headspace hazards that you've encountered?

Example: "Labeling. I am quick to label myself as terrible at something if I make one mistake."



How can recognizing headspace hazards help you in everyday situations?

Example: "When I notice I'm overgeneralizing I'll remind myself that one bad experience doesn't mean I'll always fail."

What behaviours supported your wellness?

Example: "Exercising, doing something creative and spending time with friends and family all made me feel good. It seems like moving my body, being creative and connecting with others really helps my wellness."

What behaviours didn't support your wellness?

Example: "Scrolling on my phone for too long, skipping meals and staying up late didn't make me feel great. These things seemed to have a negative impact on my wellness."

What small changed could you make to support your wellness more effectively?

Example: "I could put my phone down 30 minutes before bed and do something relaxing instead. I could make sure I pack a lunch I really like so I want to eat lunch."

Behaviour Match Activity Answers

- Action 1: D
- Action 2: A
- Action 3: E
- Action 4: F
- Action 5: C
- Action 6: B

Keep Going

There is so much more to learn! Access the full CanWork BC content and learn more about the program at **canworkbc.ca**.

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