

Adaptable  
 Adventurous  
 Assertive  
 Capable  
 Caring  
 Cautious  
 Cheerful  
 Close  
 Colourful  
 Competent  
 Co-operative  
 Courageous  
 Courteous  
 Creative  
 Democratic  
 Determined  
 Efficient  
 Energetic  
 Enthusiastic  
 Forgiving  
 Friendly

Happy  
 Hardworking  
 Helpful  
 Honest  
 Humorous  
 Independent  
 Loving  
 Open  
 Organised  
 Patient  
 Positive  
 Powerful  
 Protective  
 Relaxed  
 Reliable  
 Resilient  
 Resourceful  
 Responsible  
 Sensible  
 Sensitive  
 Skillful

Sporting  
 Supportive  
 Talented  
 Thoughtful  
 Thrifty  
 Warm

# 48 Strengths

Page 3



A pathway to personal growth and mental health self-management



Page 1

## Part 2

# Self-Awareness Record

## A Seven Day Workbook

(for selected days over the course of one month)

# Personal Journal

Complete "Part 1— Wellness Strategies Brainstorm" prior to beginning this journal)

Name: \_\_\_\_\_

Dates: from \_\_\_\_\_ to \_\_\_\_\_

If so, what did you do to cope with your symptoms:

Things that triggered off my symptoms: *(If any)*

If so, what did you do to reduce your stress:

Things that stressed me out and left me feeling worried or anxious (hassles): *(If any)*

Strategies (from Part 1 brainstorm) I used today for keeping well:

**Day 1.**

Page 4

Page 2

1. Find your inner strengths which are listed on the next page
2. Write the words below or draw pictures of what your strengths are:

3. Keep your strengths in mind each day (especially if you are having challenges).
4. Test the strategies from “Wellness Strategies Brainstorm—Part 1” on each of the 7 days that you record

If so, what did you do to cope with your symptoms:

**Things that triggered off my symptoms: (If any)**

if so, what did you do to reduce your stress:

**Things that stressed me out and left me feeling worried or anxious (hassles): (If any)**

**Strategies (from Part 1 brainstorm) I used today for keeping well:**

**Day 4.**

Page 7

Page 5

## **Day 2.**

**Strategies (from Part 1 brainstorm) I used today for keeping well:**

**Things that stressed me out and left me feeling worried or anxious (hassles): (If any)**

if so, what did you do to reduce your stress:

**Things that triggered off my symptoms: (If any)**

If so, what did you do to cope with your symptoms:

If so, what did you do to cope with your symptoms:

**Things that triggered off my symptoms: (If any)**

if so, what did you do to reduce your stress:

**Things that stressed me out and left me feeling worried or anxious (hassles): (If any)**

**Strategies (from Part 1 brainstorm) I used today for keeping well:**

**Day 5.**

Page 8

Page 6

**Day 3.**

**Strategies (from Part 1 brainstorm) I used today for keeping well:**

**Things that stressed me out and left me feeling worried or anxious (hassles): (If any)**

if so, what did you do to reduce your stress:

**Things that triggered off my symptoms: (If any)**

if so, what did you do to cope with your symptoms:

How I coped with these:  
(stress reducers)

Stresses that caused me to feel worried or anxious  
(potential stressors)

Summary of 7-Day Record:

Page 11

Page 9

## Day 6.

**Strategies (from Part 1 brainstorm) I used today for keeping well:**

**Things that stressed me out and left me feeling worried or anxious (hassles): *(If any)***

if so, what did you do to reduce your stress:

**Things that triggered off my symptoms: *(If any)***

If so, what did you do to cope with your symptoms:

**How I coped with these:**  
(coping skills)

**Symptoms as a result of triggers**

*Summary of 7-Day Record continued...*

Page 12

Page 10

## **Day 7.**

**Strategies (from Part 1 brainstorm) I used today for keeping well:**

**Things that stressed me out and left me feeling worried or anxious (hassles): *(If any)***

if so, what did you do to reduce your stress:

**Things that triggered off my symptoms: *(If any)***

If so, what did you do to cope with your symptoms:



Remember: you can use both words and pictures

Use the headings that are helpful from this workbook

Create your own journal

Next:



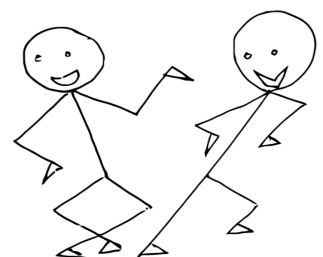
**People who are friends and supporters:**

**Name**

**Address**

**Phone no.**

- 1.
- 2.
- 3.
- 4.
- 5.



# Strategies for Wellness



Three things I can do if I start to feel stressed:

- 1.
- 2.
- 3.

People I can contact:

Name	Support role	Phone No.
1.		
2.		