



Printable Wellness Worksheet

Following are the activities that you should do to be well.

- Do deep breathing and simple exercises to improve your mental and physical health.
- Progressive Muscle Relaxation and Yoga are some options you can try whenever you feel you cannot control your anger.
- Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. It doesn't matter what kind of exercise you do, so long as you do it regularly.
- Eat a well-balanced and healthy diet.
- Set healthy and strong Boundaries.
- Engage in self-care activities and make them a part of your routine, do them twice a day or every day, whenever possible.
- Practice Gratitude.
- Engage in social gatherings, and connect with people around you.
- Seek support when you feel the need.
- Engage in self-soothing activities, and 5 senses to calm yourself down.

- If you are feeling down and irritated, you can go to a masseur who can give you a good massage by taking care of your pressure points and relaxing your body and mind. Massages with hot oils release your body and get body aches, and are beneficial for your mind.
- Keep a gratitude journal to help you remember all the things that are good in your life, which will help him get relaxed.
- Visit your mental health practitioner.

References

[Bodeker, G., Pecorelli, S., Choy, L., Guerra, R. & Kariippanon, K. \(2020\). Well-being and Mental Wellness. In *Oxford Research Encyclopedia of Global Public Health*. Oxford University Press: USA.](#)

[Stoewen D. L. \(2017\). Dimensions of wellness: Change your habits, change your life. *The Canadian veterinary journal = La revue veterinaire canadienne*, 58\(8\), 861–862.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.