

Wellness Workbook

Journaling your way to a healthier life!

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Here's to your Wellness!

Welcome and thank you for taking this leap towards better health with me! I have been living with chronic pain since 2006 and depression and ADD since the 90's. I was finally diagnosed with Fibromyalgia in 2008 after many doctors visits and years of pain and frustration. In the journey towards these diagnoses, I was also diagnosed with Degenerative Disc Disease and GERD and most recently Essential Tremor. I have tried many different medications, diets and I'll call them "gimmicks" to alleviate my pain. At the end of the day, what works is what most of us already know... diet, exercise and most important (in my mind)... the ability to relax and manage our stress.

If you have decided to take this step, you are already on your way towards living a more quality life. I originally created these templates for myself as a way to document my goals for better health and, as important, hold myself accountable to working towards achieving those goals. I have pulled all of this together from all the various books and materials I have read over the course of the years, various classes I have taken, and my personal experiences.

Included in this set of templates are the following:

1. **Wellness Wheel:** tool used to help you discover opportunities for an improved quality of life and create goals based on those areas.
2. **Wellness Plan:** worksheet for documenting your short and long-term health goals and listing up to four key goals in the areas that you want to work on that will help you achieve your overall short and long-term goals.
3. **Flare Plan:** worksheet for documenting the tools that help you, both physically and mentally, when you are in a flare. It helps to document these so you can just flip to this page and use the tools that you know will help you.
4. **Exercise Quick Reference Sheet:** there are countless exercises you can do to help with your pain, these are just some of the stretches and strengthening exercises I use on a daily basis.
5. **Reference Information:** information to help you better understand how to use the daily worksheets.
6. **Daily Wellness Journal:** worksheet for you to document each day; your exercise, food, pain level and how you addressed your pain, gratefulness and memorable moments.
7. **My Priorities for Today...:** worksheet to document your personal and work priorities on a daily basis.
8. **Automatic Thoughts Worksheet:** template to help you manage your stress and negative thoughts.

As a starting point, I suggest you figure out how satisfied you are today in the main areas of your life. One way of doing this is by using the Wellness Wheel. My experience with the Wellness Wheel comes from my days working with a Psychologist on my depression many years ago. I found this tool helpful in figuring out which areas in my life were out of balance and then creating goals which, if acted on, would result in greater satisfaction in my life.

I believe if you use the Wellness Wheel, and the rest of these worksheets, on a regular basis, you will see positive changes in your health. It's not about completing the worksheets, it's about doing the work.

Ready? Let's get started!

First – print out one copy of documents 1-4 in the list above.

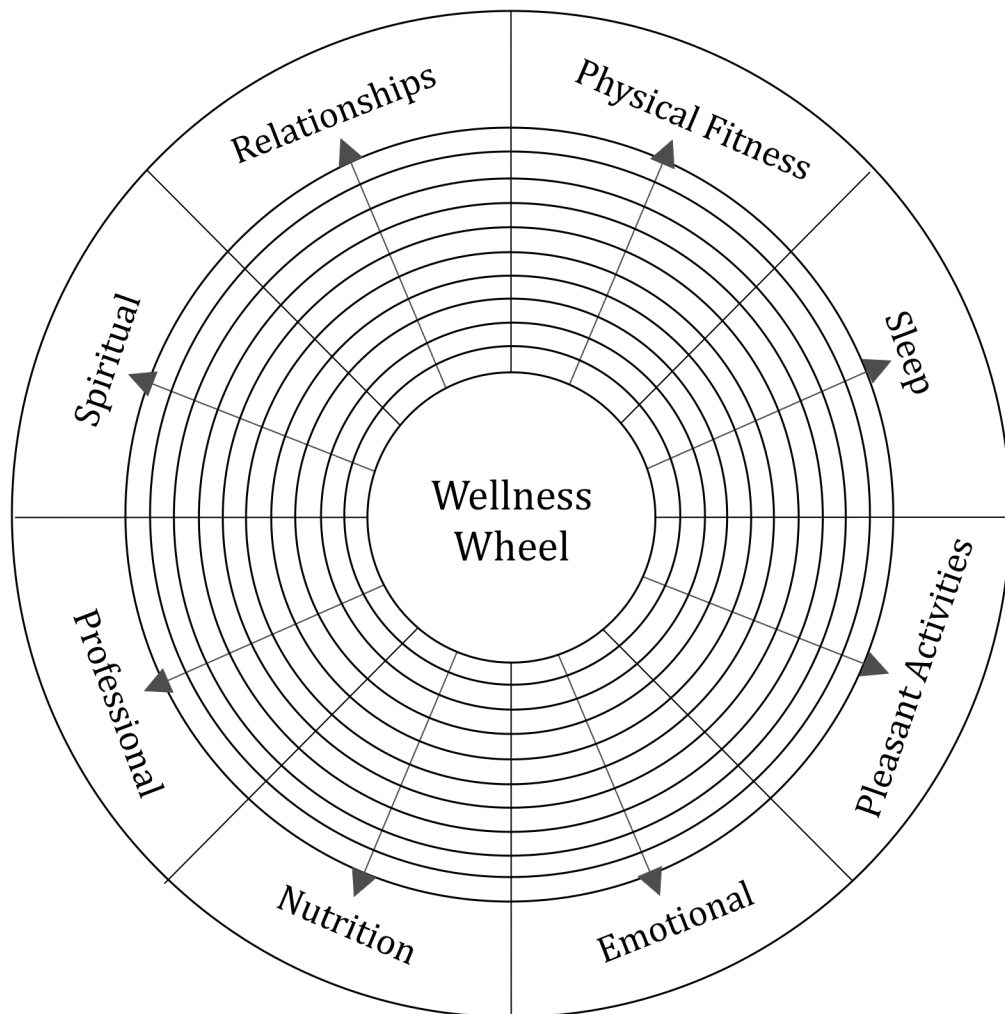
Second – Print out 30 copies of documents 6-8. 30 days is a great way to make changes in your daily activities while forming new and healthy habits and achieving your short-term goals. Writing it down will document your daily successes.

Standard Disclaimer: The information/content I have provided is not a substitute for medical care and/or advice. Please consult your physician for all treatments, advice, consult, or questions regarding your situation.

Wellness Wheel

Let me show you how this works:

1. Starting from the inside of the circle (least satisfied) and moving out (most satisfied) identify your level of satisfaction in each area. You can shade the wheel, use a numbering system (1-10 in this case) or whatever system you prefer to identify your level. I prefer to shade.
2. Now , look at the wheel, will it roll? Where do you have opportunity to make changes and increase your satisfaction? What changes do you need to make to get that wheel to roll?
3. Choose one or two areas where you have opportunity for growth. Write down one or two short-term goals to work on for the next 30 days in your Wellness Plan template. Make sure your goals are specific, measurable and achievable (ie. Cut back to one cup of coffee a day or Walk 10 minutes a day or only allow myself fried foods twice a week)
4. Track your progress daily.



Wellness Plan

My short-term (next 30 days) health goal is:

My long-term health goal is:

Help with setting S.M.A.R.T. goals can be found here:

<http://longevity.about.com/od/makeachange/p/smartgoal.htm>

My Daily Plan

To live healthier and with less pain, I commit to follow this plan every day. Following this plan will lead to the quality life that I want and will help me to reach my short and long-term goals.

Examples:

Eat healthier

- Reducing my fried foods to no more than twice a week
- Reduce my sugar treats to no more than twice a week
- Increase my water intake to 8 glasses a day

Physical Fitness

- Stretch for 15 minutes
- Walk at least 15 minutes

Emotional

- Positive thinking
- Acceptance
- Journal daily progress

Pleasurable Activities

- Spend time with family
- Read
- Watch TV
- Craft

Eat healthier by:

- ---
- ---
- ---
- ---

Incorporate the following exercises into my daily routine:

- ---
- ---
- ---
- ---

Improve my emotional health (i.e. Mindfulness, Stress management) by:

- _____
- _____
- _____
- _____

Get better sleep by:

- _____
- _____
- _____
- _____

Improve my spiritual life by:

- _____
- _____
- _____
- _____

Increase satisfaction with my relationship(s) by:

- _____
- _____
- _____
- _____

Increase satisfaction with my professional life by:

- _____
- _____
- _____
- _____

Enjoy Pleasurable Activities, like:

- _____
- _____
- _____
- _____

Flare Plan

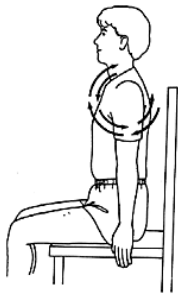
I will use the following tools to help me feel better, both physically and mentally, when I am in a flare:

- _____
- _____
- _____
- _____
- _____
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- _____
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- _____
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- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Examples:

- Prayer
- Meditation
- Breathing
- Qigong
- Yoga
- Spinal unloading
- Feldenkrais
- Acupressure

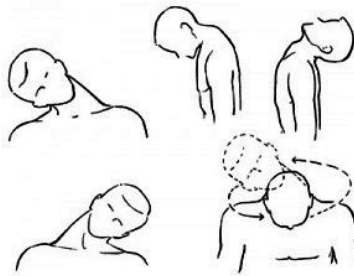
Exercise Quick Reference Sheet



Shoulder Circles

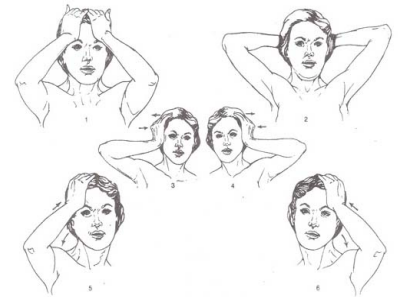
- ⇒ Circle your left shoulder up, back, down and forward.
- ⇒ Do the same on the right side.

Count 1, 2, 3, 4 as you move.



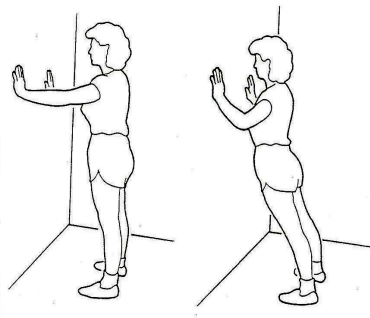
Neck Stretches

- ⇒ Hold your head in a neutral position and bring right ear down to right shoulder and back to neutral. Do the same on the left side.
- ⇒ Bring chin to chest and back to neutral.
- ⇒ Turn head to the left and then right.
- ⇒ Move your head gently in a circle.



Neck Strengthening

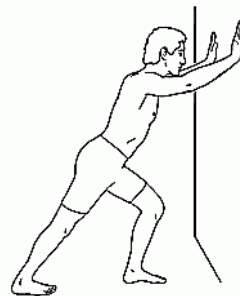
- ⇒ Hold your head still as you apply gentle pressure with your fingertips to your forehead for a count of 4.
- ⇒ Apply 4 counts of pressure to the back of your head.
- ⇒ Apply 4 counts of pressure to the left and then right side.



Wall Push-Ups

- ⇒ Stand 1 – 2 feet from the wall with your feet shoulder width apart, feet pointing towards the wall.
- ⇒ Place hands on wall, shoulder height.
- ⇒ Keep your body straight and bend at your elbows moving towards the wall, then straighten your elbows.

Count 1, 2 as you move toward the wall and 3, 4 as you move away.



Calf Stretch

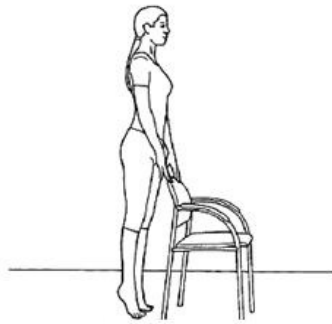
- ⇒ Place one or both hands on wall for balance.
- ⇒ Stand with your feet shoulder width apart, feet pointing towards the wall.
- ⇒ Slide one foot back about 1 - 2 feet and bend the front knee. Keep the back knee straight with the heel on the floor.
- ⇒ Feel the stretch in your calf.
- ⇒ Repeat on the other side.



Wall Slide with Exercise Ball

- ⇒ Place the ball behind you to support your lower back.
- ⇒ Keep your knees over your ankles as you slide down the wall.

This exercise can also be done without the exercise ball.



Toe Raises

- ⇒ With the chair in front of you, hold on with 1 or 2 hands.
 - ⇒ Slowly rise up on your toes and then down.
- Count 1, 2 as you go up and 3, 4 as you go down.



Squat

- ⇒ Stand with your feet shoulder width apart, feet pointing towards the chair.
 - ⇒ With your trunk upright, bend your knees 1/3 of the way, keeping your knees above the big toes.
- Count 1, 2 as you bend and 3, 4 as you straighten.



Balance

- ⇒ With the chair in front of you, hold on with 1 or 2 hands.
 - ⇒ Slowly raise your left foot off the floor so that you are balancing on the right foot.
 - ⇒ Repeat on the other side.
- Try first balancing with your eyes open and as you progress, try with your eyes closed.
- Move from holding on to the chair with two hands, to one hand, to balancing without holding on.



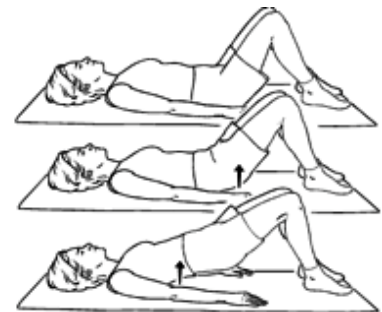
Trunk Rotation

- ⇒ Sitting in a neutral position on the chair, shift your weight onto your left buttock.
 - ⇒ Turn your trunk to the right.
 - ⇒ Repeat on the other side.
- Count 1, 2 as you turn right and 3, 4 as you return back to your neutral position in the center.



Pelvic Tilt

- ⇒ Lie on back on firm surface, knees bent, feet resting on floor and arms on chest.
- ⇒ Breathe in; fill lungs and belly and arch lower back.
- ⇒ Exhale as you flatten your spine to the floor.



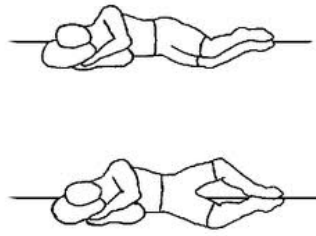
Bridge

- ⇒ Lie on back on firm surface, knees bent, feet resting on floor.
 - ⇒ Rock your pelvis to find your neutral spine position.
 - ⇒ Tuck in your abdominal muscles and hold throughout the exercise.
 - ⇒ Slowly lift your buttocks off the floor and then slowly lower.
- Count 1, 2 as you lift and 3, 4 as you lower.



Inner Thigh Stretch

- ⇒ Lie on back, knees bent, feet resting on floor.
- ⇒ Move your knees out to the sides until you feel a stretch in the inner part of your thighs.



Knee Lift

- ⇒ Lie on your right side with your knees bent and your neck and head supported.
- ⇒ Keep your feet together as you slowly raise and lower the top knee. Your trunk and pelvis must not rock backwards.
- ⇒ Repeat on the other side.

Count 1, 2 as you raise your knee and 3, 4 as you lower you knee.



Low Back Rotation Stretch

- ⇒ Lie on back, knees bent, feet resting on floor.
- ⇒ Extend your arms out from your body.
- ⇒ Keep your knees and feet together.
- ⇒ Slowly lower your knees to one side and allow your trunk to rotate.
- ⇒ Slowly move your knees back to the starting position.
- ⇒ Repeat on the other side.



Piriformis Stretch

- ⇒ Lie on back, knees bent, feet resting on floor.
- ⇒ Cross one leg so the ankle rests on the opposite knee.
- ⇒ Gently move your bent leg towards your chest, keeping you back flat to the floor.
- ⇒ Hold stretch by holding the leg under your knee. You can use a towel to help if reaching is too difficult.
- ⇒ Repeat on the other side.
- ⇒ Feel the stretch in the back of your thigh and buttocks.



Single Knee to Chest

- ⇒ Lie on back, knees bent, feet resting on floor.
- ⇒ Bring one knee toward your chest.
- ⇒ Hold onto the knee with both hands and slowly bring the knee closer to your chest.
- ⇒ Feel the stretch in your buttock or your back.



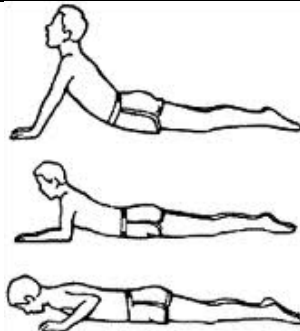
Double Knee to Chest

- ⇒ Lie on back, knees bent, feet resting on floor.
- ⇒ Bring knees toward your chest.
- ⇒ With a hand on each knee, slowly bring your knees closer to your chest.
- ⇒ Feel the stretch in your buttocks or back.



Hamstring Stretch

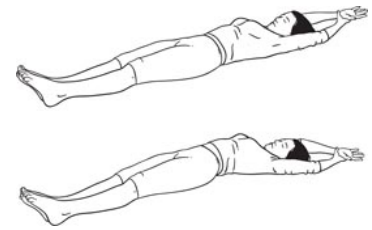
- ⇒ Lie on back, knees bent, feet resting on floor.
- ⇒ Wrap a towel around one thigh just above the knee and hold the ends of the towel in both hands.
- ⇒ Bend your knee and using your towel, pull your thigh toward your chest.
- ⇒ Keeping your thigh in this position, slowly straighten out your knee until you feel the stretch in the back of your thigh and leg.
- ⇒ Repeat on the other side.



Press Up

- ⇒ Start by lying on your stomach, forearms flat on the floor, elbows under your shoulders, chin on the floor and legs together.
- ⇒ Press your forearms down into the floor and inhale and lift your head and chest off the floor keeping the neck in line with your spine.
- ⇒ If you need a bigger stretch, keep your elbows close to your sides and use your arms to lift you up even higher.

Go up only as far as you can without discomfort.



Total Body Stretch

- ⇒ Lie on your back with your legs straight and your arms above your head resting on the floor.
- ⇒ Stretch your legs and arms up and down, away from your trunk
- ⇒ Feel the stretch throughout your body.



Child's Pose Stretch

- ⇒ Start on your hands and knees with your hands directly below your shoulders and your knees directly below your hips.
- ⇒ Lower your torso until your stomach is resting on your knees.
- ⇒ Move your hips back as far as you can, extend your arms as much as possible and lower your head.
- ⇒ Press your hips down toward your heels to lengthen your spine.



Cat/ Camel Stretch

- ⇒ Start on your hands and knees with your hands directly below your shoulders and your knees directly below your hips. Head straight and gazing at the floor.
- ⇒ Slowly allow your trunk to sag as far as you can so that your back is arched, do not pull it down – let it relax as you lift your face towards the ceiling.
- ⇒ Return to neutral position and then arch your back and lower the top of your head toward the floor.

All motion should be initiated from your lower back. Stretch only as far as you can without discomfort.

Reference Information for Daily Worksheets

Priorities Worksheet. My Plan for Today...

3 P's - Prioritizing, Planning, and Pacing.

There's just no way to do it all and be healthy in mind, body and soul. Take some time each day to figure out what is most important for you to get done and list those on your "My Priorities for Today" worksheet. Creating a list makes you think about how much energy you have (and feel you will have throughout the day) and how you want to use that energy.

Make sure to prioritize your list and most important, give yourself a break if everything is not checked off at the end of the day. There's always tomorrow. Below are some helpful hints in planning your day.

- Be realistic. Be honest with yourself. Actions have to be achievable within the day. These are actions that may be one-time events or smaller steps that help you achieve your short or long-term goals.
- Once you have identified your priorities, plan how and when you will complete those tasks today.
- Pace. Pace. Pace.
 - Set a timer if that helps.
 - Listen to your body, if your pain increases stop and take a moment to re-evaluate. Take a break, practice relaxation using one (or more) of the methods you enjoy and then re-evaluate your task to determine if you need to revise, remove or postpone.
 - Think positive. The steps you are taking to make changes in your life are huge! Celebrate your wins big or small.

The 3P's takes practice. No one becomes an expert overnight. Reviewing your accomplishments on a weekly basis will help you to recognize your successes.

Reference Information for Daily Worksheets

Automatic Thoughts Worksheet:

The objective of this worksheet is to help you manage your stress and negative thinking. When you face a stressful situation, working through this worksheet can help reduce your stress. You will, hopefully, view your situation based on facts and not feelings, which will alleviate some of that emotion.

1. Identify your stressful situation.
2. How does the situation influence your emotions, thoughts, and/or behaviors?
What feelings were triggered? (Reference the feelings table below for examples)
What pain was triggered, if any?
3. What thoughts were automatically triggered?
How stressed are you (use your own scale)?
How much do you believe this thought to be true (use a scale between 0% - 100%)?
4. Be honest with yourself, what actual evidence supports your thought and makes it true?
5. What actual evidence makes your thought not true?
6. What tools did you use to reduce your stress?
7. After examining the evidence, re-rate your stress level and how much you believe your thoughts to be true.

Feelings Table:

Anger	Aggression	Anxious	Tired	Disappointment	Discouraged
Jealousy	Inadequate	Depression	Restless	Lonely	Ashamed
Frustration	Self Pity	Fear	Guilt	Irritable	Incapable
Rejection	Humiliation	Resentful	Panicked	Grief	Useless

Example:

Stressful Situation	<i>Waiting in line, after 10 minutes I really needed to sit down. There was no chair and I did not want to lose my place.</i>		
Emotional/ Physical Response	<i>Frustration, Fear, Irritability, Tense. Pain in my knees, ankles and thighs... body started to overheat</i>		
Automatic Thought + Stress Level/ How Much I Believe (0-100%)	<i>If I don't sit down, I am going to lose it.</i>	Stress <i>High</i>	Belief <i>100%</i>
Evidence that My Thought is True	<i>I feel faint, my body feels heavy, and I'm overheating. I feel like I'm going to faint.</i>		
Evidence that My Thought is Not True	<i>I have never fainted. I have handled these situations before.</i>		
What Tools did I use to Reduce My Stress	<i>Breathing, Meditation</i>		
Re-Rate Stress/ Belief (0-100%)	Stress: <i>Medium</i>		Belief: <i>50%</i>

Daily Wellness Journal

Date:

Checklist	AM	PM
Practice Mindfulness & Relaxation		
Take Medicine and/ or Vitamins, Supplements		
Exercise		
Create list identifying what I want to get done today based on how I am feeling mentally and physically with specific actions prioritized for the day		

Exercise	Measurement

Food Journal
Breakfast:
Lunch:
Snacks:
Dinner:

My pain level today: _____ What tools did I use to address my pain?

Today I am grateful for...

Memorable moments/ accomplishments I want to remember from today...

My Priorities for Today...

Date:

Personal	Priority	✓	Specific Action
	Status:		
Status:			
Status:			

Work	Priority	✓	Specific Action
	Status:		
Status:			
Status:			

Automatic Thoughts Worksheet

Date:

Stressful Situation			
Emotional/ Physical Response			
Automatic Thought + Stress Level/ How Much I Believe (0-100%)		Stress	Belief
Evidence that My Thought is True			
Evidence that My Thought is Not True			
What Tools did I use to Reduce My Stress			
Re-Rate Stress/ Belief (0-100%)	Stress:	Belief:	

Stressful Situation			
Emotional/ Physical Response			
Automatic Thought + Stress Level/ How Much I Believe (0-100%)		Stress	Belief
Evidence that My Thought is True			
Evidence that My Thought is Not True			
What Tools did I use to Reduce My Stress			
Re-Rate Stress/ Belief (0-100%)	Stress:	Belief:	