Self Care Wellness Log Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Made a healthy smoothie **or** a healthy “brown bag” lunch for myself and/or someone else  Date: \_\_\_\_\_\_\_\_\_\_\_ | Did a quick activity to manage stress while at work eg. meditation moment, deep breathing, stretching exercises  Date: \_\_\_\_\_\_\_\_\_\_\_ | Spent time outside eg. gardening, fishing, or any other land based activity    Date: \_\_\_\_\_\_\_\_\_\_\_ | I made a change to my workplace environment or did something else to encourage Physical Fitness and/or Mental Wellness and/or Healthy Eating at work  Date: \_\_\_\_\_\_\_\_\_\_\_ | Write any Physical Fitness activity you did for 30 minutes this month here:  Date: \_\_\_\_\_\_\_\_\_\_\_ |
| Chose a low sodium option **and/or**  seasoned food with herbs and spices instead of salt  Date: \_\_\_\_\_\_\_\_\_\_\_ | Did stretching exercises, yoga or other calming activity while at work  Date: \_\_\_\_\_\_\_\_\_\_\_ | Took part in a cultural activity eg. language classes, a dance performance, spiritual activity or ate a special meal or food  Date: \_\_\_\_\_\_\_\_\_\_\_ | Talked to a knowledgeable person, looked at a website, or read a handout or article about any Physical Fitness related topic  Date: \_\_\_\_\_\_\_\_\_\_\_ | Exercised with a family member, friend or pet for at least 45 minutes  Date: \_\_\_\_\_\_\_\_\_\_\_ |
| Shared a “too large portion” with a friend or saved it for later  Date: \_\_\_\_\_\_\_\_\_\_\_ | Took steps to get a good sleep eg. limiting caffeine, going to bed early and sleeping in a dark room  Date: \_\_\_\_\_\_\_\_\_\_ | Write a healthy, holistic activity you did this month here:  Date: \_\_\_\_\_\_\_\_\_\_\_ | Took an hour or more to do any fun activity during a weekday evening ***instead of*** a chore or housework  Date: \_\_\_\_\_\_\_\_\_\_\_ | Went outside for a walk **or** used a stationary bike/elliptical trainer while watching T.V. for at least 30 minutes  Date: \_\_\_\_\_\_\_\_\_\_\_ |
| Used unsaturated fat such as oils (2-3 tbsp /30-40 ml a day) and limited my consumption of saturated fats such as lard and hard margarines  Date: \_\_\_\_\_\_\_\_\_\_\_ | I made a conscious effort to speak in a respectful, kind way in a tense situation at work or home  Date: \_\_\_\_\_\_\_\_\_\_\_ | I encouraged coworker to have a conversation with me about values, beliefs and cultural practices **and/or** make a healthy choice  Date: \_\_\_\_\_\_\_\_\_\_\_ | Tracked what I ate for one day and compared it to the Canada Food Guide recommendations  Date: \_\_\_\_\_\_\_\_\_\_\_ | Walked to work or went for a walk during my lunch break  Date: \_\_\_\_\_\_\_\_\_\_\_ |
| Talked to a knowledgeable person, looked at a website, or read a handout or article about any Healthy Eating related topic  Date: \_\_\_\_\_\_\_\_\_\_\_ | Made my work situation less stressful and/or more comfortable –even in a small way  Date: \_\_\_\_\_\_\_\_\_\_\_ | Talked to a knowledgeable person, looked at a website, or read a handout or article about any Mental Wellness related topic  Date: \_\_\_\_\_\_\_\_\_\_\_ | Tracked the number of steps I walk in a typical day with a pedometer and tried to reach 10,000 steps a day  Date: \_\_\_\_\_\_\_\_\_\_\_ | I had a “walking meeting” or a “standing meeting” with one of my co-workers  Date: \_\_\_\_\_\_\_\_\_\_\_ |
| Write any Healthy Eating activity you did this month here:  Date: \_\_\_\_\_\_\_\_\_\_\_ | I told someone a joke/ funny story or shared a cartoon  Date: \_\_\_\_\_\_\_\_\_\_\_ | I talked with an Elder  Date: \_\_\_\_\_\_\_\_\_\_\_ | I used a tool to help plan and track my wellness activities  (App, chart, checklist, calendar, day book)  Date: \_\_\_\_\_\_\_\_\_\_\_ | Accumulated 2.5 hours of moderate to vigorous  physical activity each week this month  Date: \_\_\_\_\_\_\_\_\_\_\_\_ |

**1.** **Active Living Tips and link to Canada Food Guide** <http://hc-sc.gc.ca/fn-an/food-guide-aliment/maintain-adopt/weights-poids-eng.php> **2. One Moment Meditation** <http://www.onemomentmeditation.com/>

**3. Aps** <http://www.mindful.org/mindfulness-practice/free-mindfulness-apps-worthy-of-your-attention>

**4. Trackers** <http://www.msn.com/en-ca/health>