



RACHELLE |
BLOUGH | LTD

Wellness Workbook

Wellness



Hello there,

Please enjoy using this wellness workbook. This is an opportunity to engage your heart, mind and spirit. The hope is that this will give you some various recreational resources that you might enjoy and utilize to stay active in times you may have unexpected free time.

May you be well!

Enjoy!

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How many words can you make out of the letters in this phrase?

“ Happiness starts from within”

1	21	41	61
2	22	42	62
3	23	43	63
4	24	44	64
5	25	45	65
6	26	46	66
7	27	47	67
8	28	48	68
9	29	49	69
10	30	50	70
11	31	51	71
12	32	52	72
13	33	53	73
14	34	54	74
15	35	55	75
16	36	56	76
17	37	57	77
18	38	58	78
19	39	59	79
20	40	60	80

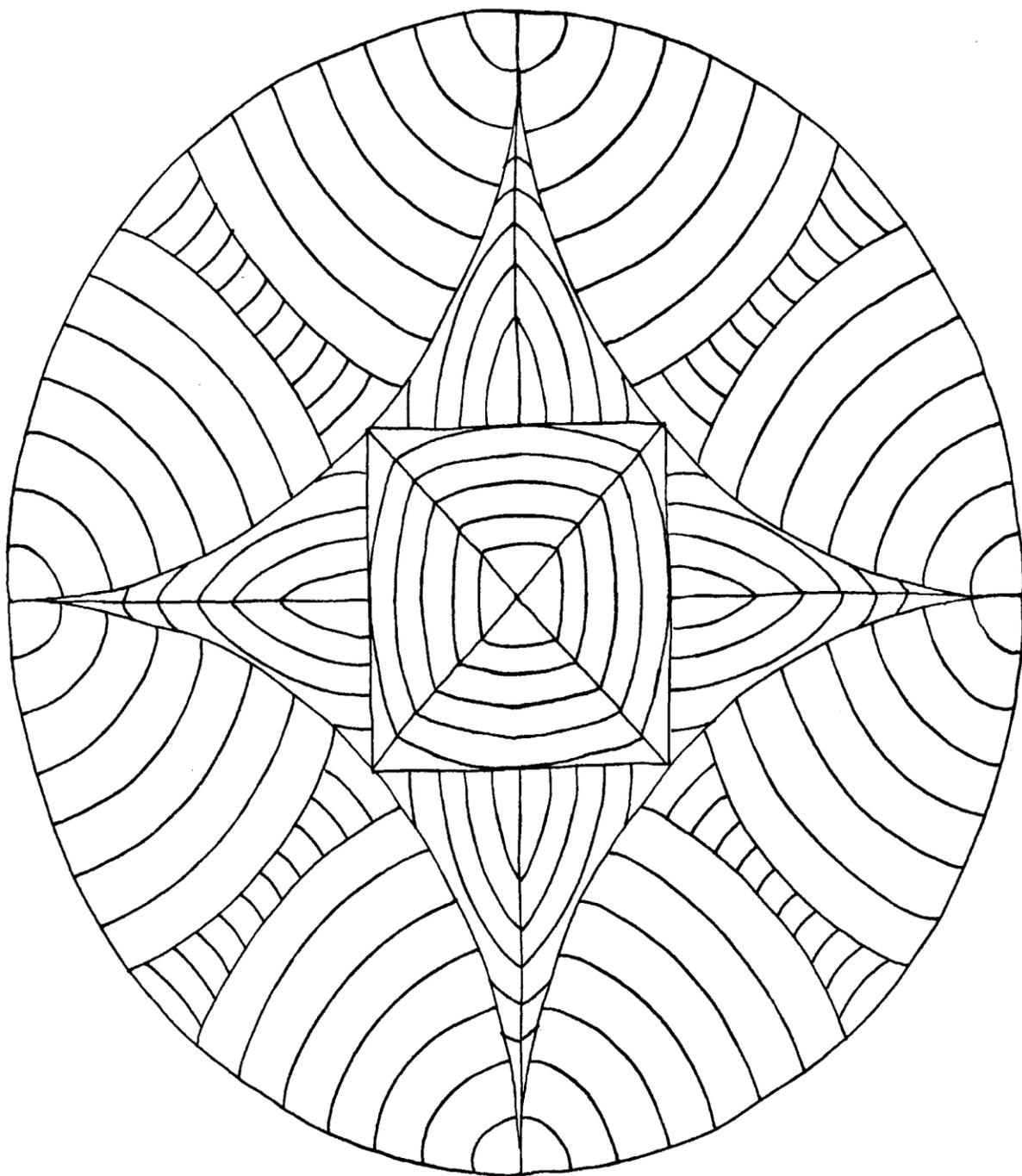
Be Grateful

List 48 things you are grateful for:

- | | | |
|----|----|----|
| 1 | 17 | 33 |
| 2 | 18 | 34 |
| 3 | 19 | 35 |
| 4 | 20 | 36 |
| 5 | 21 | 37 |
| 6 | 22 | 38 |
| 7 | 23 | 39 |
| 8 | 24 | 40 |
| 9 | 25 | 41 |
| 10 | 26 | 42 |
| 11 | 27 | 43 |
| 12 | 28 | 44 |
| 13 | 29 | 45 |
| 14 | 30 | 46 |
| 15 | 31 | 47 |
| 16 | 32 | 48 |

List all the things you find or take to the beach





Use your creativity to fill in this MANDALA. There is no right or wrong. Use pens, colored pencils, markers but most importantly enjoy the relaxation that occurs when you get into the "FLOW" of creating something.

Write a letter to yourself....

Dear _____

I wanted to take a minute to tell you that we have had a good life together. Looking back I am glad that we accomplished

The best thing we ever did was

Thank you self for being great!

**DO ALL THE GOOD YOU CAN,
BY ALL THE MEANS YOU CAN,
IN ALL THE WAYS YOU CAN,
IN ALL THE PLACES YOU CAN,
AT ALL THE TIMES YOU CAN,
TO ALL THE PEOPLE YOU CAN,
AS LONG AS EVER YOU CAN.**

at eye level

at eye level

JOHN WESLEY

What are the good things you have done in life so far? List any volunteer work or times you helped others. Did you know volunteering can help you live longer?

Volunteer work and good things I have done:

20

Name 20 things you find in a kitchen:

Name 20 things you find in a garage:

Name 20 women's names start with an A

Name 20 men's names that start with an M

Name 20 things that have 4 legs



Who Am I ?

**List all the adjective you have heard about
yourself or you believe about yourself...**

You are....



My favorite memory as a child was:

My favorite job I have held was:

I was very good at:

My friends in my life who mean the most are:

My favorite song was or is:

My favorite food is:



Finish the phrase

Every rose has it's _____

Birds of a feather _____

Two peas in _____

Busy as a _____

Happy as a _____

As Fit as a _____

Laughter is the best _____

An _____ a day keeps the _____ away

Better _____ than never

Practice what you _____

A women's _____ is never _____

Early bird catches _____

There is no place like _____

Isn't that the pot calling the _____ black

Beggars can't be _____

Every cloud as a _____ lining

_____ speak louder than words

Blood is _____ than water

As cool as a _____

Where there is smoke there is _____

You can't judge a _____ by it's _____

Cold _____ means a warm _____

Good things come to _____

The grass is always _____ on the other side

All is fair in _____ and _____

Did you wake up on the _____ side of the _____

Pleased as _____

You can't teach an _____ new tricks

Don't count your _____ before they



How many kinds of birds can you list?

How many kinds of flowers can you list?



Look around your room....Be observant

How many things do you see that are red? List them all

How many things do you see that are green? List them all

How many things are purple? List them all

How many things are orange? List them all



Can you list the months in Alphabetical Order?

How long does it take you?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.



Can you draw a clock showing 4:15

Can you draw a clock showing 2:50

What is your favorite time of day?



What would you do

IF YOU HAVE WON A MILLION DOLLARS!!!!

What would you do with the money?

Laughter
is the
BEST
medicine.

When is the last time you laughed?

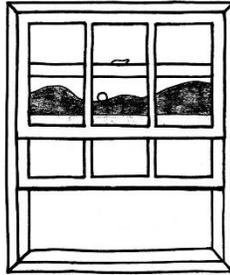
What made you laugh?

What TV show makes you laugh?

What family member or friend makes you laugh?

You are going to feel silly – but do a fake laugh for 30 seconds. You will increase your serotonin ...

Look out your window...What do you see
LIST EVERY DETAIL this is good exercise for
your brain!



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What is the best advice you were ever given?

What is the advice you would give the young people today?



I just called to say

People you would like to call:

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

What do you want to tell them? Make some notes

Things to do when you have free time....

- Call someone you love to say hello
- Write a friend a letter
- Shred newspaper for a dog shelter
- Listen to music
- Watch a favorite movie
- Pray or reflect on what you love
- Sing a song to your self
- Do this Packet



Thank you for taking time to exercise your brain and stay active!