

The Everyday Wellness Workbook

Small, practical steps for supporting your mind, moving your body, and nourishing yourself with more steadiness and less pressure.

Coach Roger's starting point: You do not have to overhaul your life to begin caring for yourself. Start with one honest observation and one doable next step.

YOUR NAME

START DATE

ONE THING I WANT TO SUPPORT

Use this workbook at your pace. Skip pages, repeat pages, and make it fit real life.

A workbook for real life

Use the pages that meet you where you are today. There is no perfect way to complete them.

1 NOTICE

Name what is happening without judging yourself. A low-energy day is information, not a character verdict.

2 CHOOSE

Pick one small action that supports the next hour. Smaller is allowed. A backup plan is still a plan.

3 REPEAT

Look for patterns across a week instead of grading one day. Consistency can be gentle and imperfect.

A GENTLE BOUNDARY

This workbook offers general education and reflection prompts. It is not a diagnosis, treatment plan, nutrition prescription, or substitute for professional care. If a concern is severe, persistent, worsening, or affecting your ability to function, consider reaching out to a qualified professional.

Try this rhythm: complete the starting point, choose one small step, then revisit the check-in page in seven days. You can use pencil so the plan can change with you.

WHAT I WANT THIS WORKBOOK TO HELP ME NOTICE

Your starting point

A snapshot is not a score. It is simply where you are beginning.

Circle or write the number that feels closest today. If a number does not fit, leave it blank and use words instead.

Mind / emotional load	0 = very light	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	10 = very heavy
Energy	0 = none	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	10 = plenty
Movement readiness	0 = not available	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	10 = ready
Nourishment support	0 = hard today	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	10 = supported

WHAT FEELS HEAVIEST RIGHT NOW?

WHAT IS ALREADY HELPING, EVEN A LITTLE?

ONE KIND TRUTH

Today I do not need to solve everything. The next useful step is: _____

The small reset

A short reset can create a little space between what you feel and what you do next.

LAND

Put both feet on the floor or notice the surface supporting you.

LOOK

Name three things you can see. Let your eyes move slowly.

FEEL

Notice one physical sensation: warm, cool, tight, soft, heavy, or steady.

BREATHE

Try a comfortable exhale that is a little longer than your inhale. Do not force it.

CHOOSE

Ask: what would support the next ten minutes? Pick the smallest useful option.

MY NEXT TEN MINUTES

After the reset, I will:

Remember: A reset is not a demand to feel cheerful. It is a way to notice what is here and make the next choice with a little more care.

Build a support menu

Different moments call for different kinds of support. Make your menu before you need it.

WHEN I NOTICE...

MY EARLY SIGNS MIGHT BE...

CHOOSE WHAT FITS TODAY

- ☐ Take a two-minute pause
- ☐ Text or call a trusted person
- ☐ Drink water or eat something simple
- ☐ Rest without treating rest as failure
- ☐ Write down what is looping
- ☐ Step outside or change rooms
- ☐ Take a gentle walk or stretch
- ☐ Ask a qualified professional for support

MY PEOPLE AND PLACES

PERSON / PLACE	HOW TO REACH THEM	WHAT I CAN ASK FOR

From thought to next step

You do not have to argue with every thought. You can slow it down, name it, and choose what is useful.

WHAT HAPPENED?

Just the observable facts.

WHAT I FEEL

Name one or two feelings, without needing to justify them.

A KINDER, MORE ACCURATE RESPONSE

What would I say to someone I care about?

THE STORY MY MIND ADDED

What did I predict or assume?

WHAT I MIGHT NEED

Rest, information, connection, food, movement, space, or support?

ONE NEXT STEP

Keep it small enough to do in the next hour.

Coach Roger prompt: What is the smallest action that supports the person I want to be in the next hour?

Start where you are

Movement can be a way to support energy, mood, strength, mobility, or connection. It does not need to be punishment.

General guidance: The CDC notes that any amount of moderate or vigorous activity can provide some benefits. General adult guidelines aim for 150 minutes of moderate activity each week plus muscle-strengthening activity on 2 days, but your starting point can be much smaller and should fit your abilities and health.

MY MOVEMENT MENU

- ☐ LOW-EFFORT slow walk, gentle stretch, mobility, breathing with movement
- ☐ STEADY walk, dance, bike, swim, active chores, beginner workout
- ☐ STRENGTH bodyweight, bands, weights, carrying, balance practice
- ☐ SOCIAL walk with someone, class, playful activity, outdoor time

MAKE IT EASIER TO BEGIN

The time of day that feels most realistic is... _____

The place or person that would make it easier is... _____

If my energy is low, I can change the plan to... _____

A stop signal I will respect is... _____

A flexible weekly movement plan

Write the version you can actually imagine doing. Add a backup plan beside it.

PLAN	MON	TUE	WED	THU	FRI	SAT	SUN
Main plan							
Backup plan							
How I felt after							

AFTER THE WEEK

What helped me move? What made movement feel more possible? What would I change next week?

Add support; skip the punishment

Food is not a moral test. Use this page to notice what helps you feel fed, steady, and cared for.

Simple plate idea: Build meals from a mix of produce, a protein food, and a grain or starchy food. Add dairy or a fortified alternative when that works for you. The goal is a flexible pattern, not a perfect plate.

PRODUCE

fruit, vegetables, frozen options, soup, salad

PROTEIN

beans, lentils, eggs, yogurt, fish, poultry, tofu, nuts

GRAINS / STARCH

oats, rice, bread, pasta, potatoes, tortillas

DAIRY / ALTERNATIVE

milk, yogurt, cheese, or a fortified alternative

WHAT SUPPORTS ME?

A meal or snack that feels easy on hard days is...

A food I enjoy and want to make room for is...

A small grocery or prep step that would help is...

Water or hydration is easier for me when...

Note: If you have a medical condition, food allergy, history of disordered eating, or specific nutrition needs, a qualified clinician or registered dietitian can help you personalize guidance.

A simple meal map

Use this as a planning page, not a rulebook. Leave space for leftovers, convenience foods, and changing appetite.

	MEAL / SNACK	EASY OPTION	WHAT I NEED
Breakfast			
Lunch			
Dinner			
Snack 1			
Snack 2			
Grocery / prep			

A LITTLE KINDNESS FOR FUTURE ME

The easiest helpful option I can keep available is:

Seven days of noticing

Track patterns, not perfection. A blank box is allowed.

DAY	MIND	ENERGY	MOVE	NOURISH	ONE WIN
Mon	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
Tue	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
Wed	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
Thu	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
Fri	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
Sat	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
Sun	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	

Look for: What changed when I supported one area? What was easier than expected? What needs a gentler plan?

A weekly reflection

Let the week teach you something useful. You are gathering information, not handing out grades.

WHAT HELPED?

WHAT GOT IN THE WAY?

WHAT DID I LEARN ABOUT MY NEEDS?

WHAT SUPPORT WOULD MAKE NEXT WEEK EASIER?

What I want to carry forward

One practice, reminder, or boundary I want to try next week is:

My next seven-day small-step plan

Choose one anchor for each area. Make the plan specific enough to begin and flexible enough to survive a real week.

MIND

A small practice that supports my mind:

I will try this when / where:

MOVEMENT

A small movement practice:

I will try this when / where:

NOURISHMENT

A small nourishment practice:

I will try this when / where:

WHEN THE PLAN GETS DISRUPTED

My backup version will be: _____

The kind sentence I want to remember is: _____

Support and reliable resources

Use this page to save the resources you want nearby. Your support plan can include people, professionals, and practical tools.

If you may be in immediate danger, are thinking about suicide, or cannot stay safe: call local emergency services. In the United States, call or text 988 for the Suicide & Crisis Lifeline.

MY SUPPORT CONTACTS

REFERENCE LINKS FOR LEARNING

NIMH - Caring for Your Mental Health

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

CDC - Managing Stress

<https://www.cdc.gov/mental-health/living-with/index.html>

CDC - Physical Activity Guidelines for Adults

<https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

MyPlate - Nutrition guidance

<https://www.myplate.gov/>

U.S. Surgeon General - Social Connection

<https://www.hhs.gov/surgeongeneral/reports-and-publications/connection/index.html>

988 Suicide & Crisis Lifeline

<https://988lifeline.org/>

You are allowed to start small. You are allowed to ask for help. You are allowed to try again tomorrow.