



**MY  
WELL-BEING  
KIT**



## What is My Well-Being Kit?

**My Well-Being Kit** is a practical tool designed to inspire reflection and promote **holistic well-being** across all its dimensions: **physical**, **mental**, **emotional**, **social**, **occupational**, **financial**, **environmental**, and **spiritual**.

Heartfelt and created for youth workers and peace activists, each card features activities designed to enhance balance, mindfulness, and self-awareness. These activities can be easily implemented through simple, everyday actions, and can also be used directly with the young people you work with.

Utilising the cards promotes **creative expression**, **social connections**, and **relaxation techniques**, which can seamlessly transform into **engaging workshops**. This versatility makes them suitable for a variety of audiences and environments, enhancing the well-being of both individuals and the youth they support.

Embrace these cards as your guide on the journey to elevate your own well-being and that of the young people you support!

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We thank our training participants for contributing their ideas to the cards' content.

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**Materials:** My Well-Being Kit was created respecting the environment, using recycled cotton and paper (FSC and EU Ecolabel).

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**Check out the  
electronic  
version of the  
cards!**

## Who are the Cards intended for?

**The Well-Being Kit** is crafted for everyone – whether you are already prioritising well-being or just starting your journey toward a more balanced life! They are especially beneficial for youth workers, peace activists, trainers, educators, and mental health professionals.

These cards offer innovative tools to foster well-being and mindfulness within diverse groups and can also be used to explore well-being with friends and family.

### **Each card includes:**

- A brief activity that prompts immediate engagement, along with a list of potential benefits it may provide.
- One or more symbols that represent various dimensions of well-being related to the activity.

Additionally, two blank cards are included, inviting you to create **your own activities** to enrich your holistic well-being journey.



## Here are some ways to use My Well-Being Kit:

- **Individually:**

Pick a card randomly or choose one based on your current needs. Complete the activity and reflect on its impact. Each activity can be repeated, so use the cards regularly to boost your well-being.

- **With Young People:**

1. **Workshops:** Design sessions around selected activities, encouraging sharing and reflection afterward.
2. **Small Group Discussions:** Complete an activity together and open a discussion about feelings and insights.
3. **Well-Being Challenges:** Choose a card daily or weekly for group participation, allowing reflection on benefits.
4. **Pair Work:** Participants work in pairs to complete activities and share results.

**Be creative and adapt the cards to fit your group's needs! Good luck!**

**Service Civil International** (SCI) is the world's oldest voluntary peace movement, promoting peace through international volunteering for over 100 years. Present in 40 countries on 5 continents, SCI partners globally and has gained recognition from institutions like UNESCO and the Council of Europe. Notably, it has been nominated multiple times for the Nobel Peace Prize.

Read more at [sci.ngo](https://sci.ngo)

The Polish branch, **Stowarzyszenie Jeden Świat**, based in Poznań, combines international projects with local spirit and has over 30 years of experience in peace work and non-formal education.

Learn more about us at [poland.sci.ngo](https://poland.sci.ngo)



## **Stop. Reflect. Do Better project**

The project, managed by SCI Poland, was an invitation to stop for a moment and dedicate time to our capacity and well-being as peace activists and youth workers.

The project took place between 2023 and 2024 and consisted of:

- Two international training courses focused on supporting the well-being of professionals, youth workers, coordinators, and peace activists
- Three thematic webinars
- Creating My Well-Being Kit
- Local follow-up actions



**Stop.  
Reflect.  
Do better!**



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the European Union**

*Stop. Reflect. Do Better was co-funded by the European Union.*

*The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*

## Chart of Emotions

|              |              |            |
|--------------|--------------|------------|
| SERENITY     | JOY          | ECSTASY    |
| ACCEPTANCE   | TRUST        | ADMIRATION |
| APPREHENSION | FEAR         | TERROR     |
| DISTRACTION  | SURPRISE     | AMAZEMENT  |
| PENSIVENESS  | SADNESS      | GRIEF      |
| BOREDOM      | DISGUST      | LOATHING   |
| ANNOYANCE    | ANGER        | RAGE       |
| INTEREST     | ANTICIPATION | VIGILANCE  |

INTENSITY



## Well-Being Dimensions Wheel





**MY  
WELL-BEING  
WHEEL**

## Instructions:

Have a look at the well-being wheel. Is there a balance? Reflect on each of its dimensions. What is your level of satisfaction with each area? What have you already done to be at that level? What can you do more?

## Benefits:

- Encourages a holistic view of well-being
- Helps identify imbalances
- Promotes self-reflection and goal-setting to improve life satisfaction





**MY  
TO-BE LIST**

## Instructions:

Find a comfortable, quiet place to sit. Close your eyes and focus on your breathing. Inhale slowly through your nose for four counts, hold for four, then exhale through your mouth for four. Repeat for three minutes. If your mind wanders, gently return your focus to your breath.

## Benefits:

- Encourages self-awareness and mindful living
- Supports emotional balance
- Reduces stress





**MY  
POWERFUL  
AFFIRMATIONS**

## Instructions:

Affirm what you want in your life! Spend some time looking for and reflecting on positive statements that resonate with you. Create your 7 own affirmations that really inspire you. Write them down. Repeat these affirmations daily and observe the effect they bring in your life.

## Benefits:

- Strengthens self-esteem
- Encourages a growth mindset
- Supports emotional resilience





**CONNECT TO  
THE PRESENT  
MOMENT**

## Instructions:

Are you connected here and now? Take a few minutes to pause and focus on your surroundings. Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

## Benefits:

- Calms the mind
- Enhances mindfulness
- Boosts focus and mental clarity





**MY  
WELL-BEING  
PLAYLIST**

## Instructions:

Let's listen to music! Create your playlist of 15 favourite songs that help you feel calm, happy, or enthusiastic. Use it whenever you need a mood boost or want to bring a moment of relaxation into your daily life.

## Benefits:

- Encourages self-reflection on personal needs
- Boosts emotional regulation
- Provides own source of comfort and well-being support when needed





**TIME TO GET  
ACTIVE**

## Instructions:

Take a 15-minute walk outdoors to get fresh air. Do some light physical activity – a bit of stretching or a few jumps. If you can't go outside, enjoy a fun, spontaneous dance at home. Remember to focus on how your body feels as you actively move.

## Benefits:

- Boosts physical energy
- Enhances good mood
- Fosters mindfulness





# **A BODY SELF-CHECK**

## Instructions:

Allow a few minutes for yourself. Sit or lie down in a comfortable position. Close your eyes and slowly bring your attention to each part of your body. Start from your toes and slowly move upward to your head. Notice any sensations you have, any tension, or relaxation in each part. Breathe deeply throughout the process.

## Benefits:

- Promotes physical and mental relaxation
- Increases body awareness
- Fosters a deeper connection between mind and body





# **MY MORNING AND EVENING ROUTINE**

## Instructions:

Do you pay attention to these 2 special moments – when you wake up and before you go to bed? These times can be powerful for setting a positive tone for the day or preparing for restful sleep. Create a routine for these moments by including small habits like stretching, journaling, gratitude writing, or simply breathing in deeply. Choose activities that help you start or end your day feeling calm and refreshed.

## Benefits:

- Boosts mood by starting or ending the day with intention
- Reduces stress
- Enhances self-care and relaxation





**A SPECIAL  
TREAT FOR  
YOUR BODY**

## Instructions:

Do you have a favourite self-care activity? Something that nurtures your body? What about a sunbath, a massage, an exfoliating scrub, or another relaxing practice? Take your time to fully enjoy and focus on the sensations this activity brings you. Give your body the care it deserves.

## Benefits:

- Reduces stress and tension in the body
- Enhances body awareness
- Boosts overall well-being and self-care





**LET'S DANCE**

## Instructions:

Turn on your favorite song and dance freely. Be by yourself and don't worry about how it looks. There's no right or wrong way to dance, just enjoy the movement and let go of any tension you might have. Dance in a way that feels good to you and enjoy the energy it brings!

## Benefits:

- Boosts physical energy
- Enhances mood and reduces stress
- Increases body awareness and self-expression





**FOCUS ON  
BREATHING  
FOR 3 MINUTES**

## Instructions:

Connect to your breathing. Find a comfortable, quiet place to sit. Close your eyes and focus on your breathing. Inhale slowly through your nose for four counts, hold for four, then exhale through your mouth for four. Repeat for three minutes. If your mind wanders, gently return your focus to your breath.

## Benefits:

- Reduces stress and calms the nervous system
- Enhances focus by keeping you present
- Promotes relaxation and eases tension





# **ONE-PAGE JOURNALING**

## Instructions:

Everybody can be journaling, you too! :) Grab a notebook or a piece of paper and write a one-page entry. Reflect on your day, emotions, or anything that comes to mind. If you want, consider using the following prompt: What was the highlight of your day? How did it make you feel? Let your thoughts flow freely as you put them on paper. Think about how to make journaling part of your daily or weekly routine.

## Benefits:

- Fosters personal growth by recognising patterns and insights
- Enhances self-awareness by expressing your thoughts
- Releases emotional tension through mindful writing





**30 MOMENTS  
OF GRATITUDE**

## Instructions:

Let's dive into the power of gratitude! Grab a notebook or a piece of paper and write down 30 things you're genuinely thankful for at this moment. Focus on the small and big things that bring joy into your life. Try to make it a habit to practise gratitude for 10 minutes daily to nurture positivity in your everyday life.

## Benefits:

- Boosts emotional well-being by focusing on the positive
- Reduces stress through mindful appreciation of your surroundings
- Cultivates a habit of gratitude, enhancing overall happiness





**MOMENTS  
OF JOY**

## Instructions:

What makes you smile, laugh, or even laugh until you cry? Take a moment and write down a list of things, people, or activities that bring you joy. Reflect on how you can have more of these moments in your daily life.

## Benefits:

- Elevates mood by focusing on sources of happiness
- Reduces stress through laughter and pleasant emotions
- Encourage yourself to prioritise joy in your daily routines





**DRAW YOUR  
EMOTIONS**

## Instructions:

Take a moment to think of a recent emotion that wasn't particularly pleasant. Draw it on a piece of paper, allowing yourself to connect with the feeling. Accept the emotion for what it is, then consciously let it go. As you draw, focus on acknowledging and releasing the emotion.

## Benefits:

- Improves emotional awareness by recognising your emotions
- Encourages balance by promoting the healthy release of difficult emotions
- Supports emotional well-being with regular practice





**MOOD  
DRESSING**

## Instructions:

Open your wardrobe and pick an outfit that either represents how you're feeling right now, or something that can uplift your mood. Notice how the clothes you choose and wear influence your emotions and mindset throughout the day.

## Benefits:

- Enhances self-expression by exploring your clothing choices
- Boosts your emotional state by intentionally choosing a comfortable outfit
- Encourages self-awareness





# **EMOTIONAL CHECK-IN**

## Instructions:

How are you feeling right now? Take a few minutes to check. Identify your needs and think about what you can do for yourself at this moment. Use the chart of emotions to check where you are and how you can move towards more pleasant emotions.

## Benefits:

- Promotes emotional awareness by identifying your current state
- Helps identify personal needs through self-reflection
- Encourages proactive steps towards emotional balance





**WHAT DO YOU  
LOVE TO DO  
WITH OTHERS?**

## Instructions:

Do you like meeting other people? If yes, what activities do you enjoy with them, whether with family, friends, or your community? Take a moment to think and list five activities that bring you joy when shared with others. As a next step, plan to engage in one of these activities next week.

## Benefits:

- Strengthens social connections
- Boosts emotional well-being through positive interactions
- Enhances a sense of belonging and reduces feelings of isolation





**CHECK ON  
YOUR "NET"**

## Instructions:

Have you thought of your social “net”? Your social connections are like ropes that grow stronger the more you nurture them. Think of three people you'd like to check in with. How much time would you like to spend with them? What activity would you like to do together? It can be as simple as sending a message or giving a call. And remember to strengthen your net by reaching out regularly.

## Benefits:

- Strengthens relationships
- Increases emotional support
- Boosts social well-being, reducing feelings of loneliness and isolation





**WRITE A SPECIAL  
MESSAGE TO  
A SPECIAL ONE**

## Instructions:

What about a secret or not secret message? Take a moment to write a heartfelt letter to someone whose presence brings you joy. Let them know how much they mean to you and how their personality brightens your life. A simple note can go a long way in spreading appreciation, gratitude, and connection.

## Benefits:

- Strengthens social bonds
- Boosts emotional and social well-being
- Enhances feelings of appreciation and gratitude





**BUDGETING**  
**BLISS**

## Instructions:

Growing your money? Yes, it is possible! :) Take a moment to sit down and reflect on your daily budget and main expenses. Identify areas where you might be able to save. Write down at least three potential savings strategies you could implement to manage your finances better.

## Benefits:

- Increases financial awareness by tracking daily expenses
- Encourages mindful spending by identifying opportunities for savings
- Promotes financial well-being by fostering responsible budgeting habits





**SAVINGS  
DAYDREAMS**

## Instructions:

What does enough savings mean to you? Take a moment to reflect. If you had sufficient savings, what would be your top priority right now? Write down your priority and make a plan to start saving towards it today.

## Benefits:

- Clarifies personal values by identifying what matters most to you
- Motivates you to take actionable steps toward your goals
- Enhances economic well-being by inspiring you to create savings





# **BIRTHDAY BUDGETING**

## Instructions:

It's your birthday! Hooray! Imagine you have 300 euros to throw a party. Create a plan for how you would spend this money. List the items or experiences you would prioritise and how much you would allocate to each.

## Benefits:

- Encourages thoughtful planning by assessing your priorities
- Enhances financial awareness by tracking your planned expenses
- Promotes mindful spending by focusing on meaningful experiences





**MY WELL-BEING  
BOOSTING  
SPACE**

## Instructions:

Do you have a place where you feel at your best – a space that boosts your well-being? Where is it located? What can you find there, and what makes it special for you? Take a moment to describe it. Reflect on how this space helps you feel more relaxed, happy, or at peace.

## Benefits:

- Increases mindfulness
- Encourages appreciation of surroundings
- Strengthens your connection to nature and the environment in general





# **CREATING LAND ART**

## Instructions:

No matter the weather and the season, nature always offers opportunities to connect and create art. Go outdoors, and find different natural materials like leaves, stones, flowers, or branches. Do not cut or tear, just use what is already on the ground. Collect these materials and create a piece of art in nature, arranging them in any pattern or design that feels meaningful to you. Enjoy the process, and take a moment to appreciate your creation before leaving.

## Benefits:

- Encourages creativity and mindfulness
- Strengthens connection to the environment
- Promotes relaxation and reduces stress





# **CREATING FOOD ART**

## Instructions:

What about a fun and mindful brunch? Use a variety of fruits, vegetables, and other edible ingredients to create an artistic design on your plate. Arrange them in playful patterns or shapes. Let your creativity flow and focus on how the colors, textures, and presentation make you feel before enjoying your meal.

## Benefits:

- Boosts creativity
- Encourages mindful eating
- Enhances a joyful mood





**MY HOLY  
SPACE**

## Instructions:

Find a small area in your space that you'd like to turn into your sacred place. Design this little area so that it brings you peace and joy. Rearrange or add items that hold meaning for you, such as plants, pictures, stones, candles, decorations, etc. While creating this space, reflect on what inspires and calms you. Make it a habit to visit your sacred place regularly to recharge.

## Benefits:

- Fosters a deeper connection to your values
- Increases a sense of control and comfort
- Enhances mindfulness





**BRAGGING  
ABOUT MYSELF**

## Instructions:

Take a moment to reflect on your life journey so far. Write down 3 things you are proud of achieving in school, sport, university, or work. Consider the challenges you overcame and how these achievements shaped who you are today. Remember to appreciate yourself for the hard work you did!

## Benefits:

- Boosts self-esteem by recognising your accomplishments
- Encourages reflection on personal growth and resilience
- Inspires motivation for future goals by celebrating past successes





# **ROADMAP TO MY DREAM**

## Instructions:

Can you visualise the road to your dreams? Gather your favorite pencils and create a roadmap that leads to one of your dreams. Use a sheet of paper and use different colours and symbols to represent various steps. Make a list of actionable steps you wish to take to get closer to this dream, including deadlines and milestones to help you track your progress along the way.

## Benefits:

- Clarifies your vision by breaking down your dreams into actionable steps
- Encourages accountability through tracking progress and deadlines
- Boosts motivation by visualising the journey toward your goals





**WEEKLY  
PLANNER**

## Instructions:

Sit down and take some time to create a daily plan for the upcoming week. Start by listing your important tasks, appointments, and goals for each day. Be sure to allocate specific time slots for each task. Very importantly! :) Remember to schedule some free time for relaxation, hobbies, or fun activities – it's essential for maintaining balance and well-being!

## Benefits:

- Enhances time management by organising your tasks for the week
- Reduces stress by ensuring you allocate time for relaxation
- Promotes a balanced lifestyle by combining productivity with fun





**CONNECT WITH  
YOUR  
INNER SELF**

## Instructions:

How do you connect with your inner self? Take a moment to reflect on this. List some practices that resonate with you, such as meditation, journaling, or spending time in nature. Write about when you find it easier to connect with your inner self – perhaps during quiet moments or while engaging in creative activities. Also, reflect on the times when you struggle to connect and think about what you could do about it.

## Benefits:

- Enhances self-awareness by deeply exploring your emotions
- Encourages mindfulness and presence through intentional practices that nurture your inner peace
- Supports emotional well-being by identifying moments and activities that make you connect to your authentic self





# **DREAM VISUALISATION**

## Instructions:

Sit or lay down in a comfortable position. Close your eyes and take a few deep breaths. Visualise yourself achieving one of your dreams. Imagine the sights, sounds, and feelings associated with this accomplishment. What does it look like? Who is there with you? Allow yourself to fully immerse in this vision, feeling the joy and fulfillment it brings. Once you are ready, grab a notebook and write down in detail what you experienced.

## Benefits:

- Enhances motivation by vividly imagining your desired outcomes
- Boosts self-confidence by reinforcing your belief in your ability to achieve your dreams
- Encourages taking action by focusing on positive and inspiring thoughts





**SHORT  
MEDITATION**

## Instructions:

Find a space where you can sit comfortably, either in silence or with soothing music. Close your eyes and take a deep breath through your nose. Imagine a beautiful landscape that brings you peace – perhaps a calm beach, a lush forest, or a tranquil mountaintop. Visualise the details: the colours, sounds, and scents around you. Immerse yourself in this calming scene for a few minutes before gently returning to the present.

## Benefits:

- Promotes relaxation by calming the mind and body
- Enhances creativity and imagination by engaging your mind in positive imagery
- Supports emotional well-being by reducing stress and anxiety





**My Own Card**



## Instructions:

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## Benefits:

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**My Own Card**



## Instructions:

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## Benefits:

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