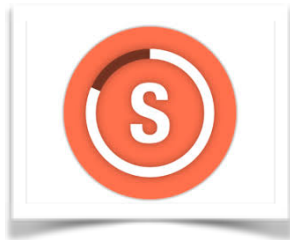




Goal setting apps :



Streaks



actionforhappiness



vision board

# GILKS' GUIDE



## TO WELLNESS RESOURCES

**JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	<p><b>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</b></p>				

**ACTION FOR HAPPINESS**

30 actions to look after ourselves and each other as we face this global crisis together

[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Keep Calm · Stay Wise · Be Kind**

## Social/Emotional Health

NOW is the perfect time to get started on your passion project and set goals to achieve success with it. Oftentimes, procrastination can disrupt our best intentions to begin a project. Randy Taran, founder of Project Happiness, suggests 5 ways to deal with procrastination:

1. Take out **self-judgment**. Be a coach to yourself, not a critic.
2. Just **get started**, it doesn't need to be pretty. Having a buddy helps too!



3. **Gamify** what you are doing if it is totally boring. Commit to the number of minutes you can do; set an alarm; then do it, take a break, and reward yourself.
4. If you don't want to start something, don't start it - lay out **the steps** you need to take to get it done. Then it's bite-sized and not as daunting.
5. **Disconnect** from your devices. This is doable!



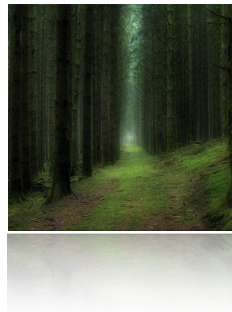
**Goal setting** with John Fletcher @ [www.goals](http://www.goals)

## Learning from Home

### Perfect picture!

Can you draw or list 5 with you if you were lost nowhere?

You could then explain



[www.pobble365-lost](http://www.pobble365-lost)

things you would like to have in a forest in the middle of

why each item might be valuable.



Check out this article and set summer goals!

[www.choices.scholastic.com](http://www.choices.scholastic.com) and [www.choices.SummerStrategy.pdf](http://www.choices.SummerStrategy.pdf)

## Careers

### Let's create a vision board!

Mrs. Bailey's Braniacs site has an explanation... [www.Digital-Vision-Board-](http://www.Digital-Vision-Board-)



[www.projecthappiness](http://www.projecthappiness)

Happiness CAN be learned!

Take The Quiz!

*Hotlines:*

*Miramichi  
TELE-guidance  
626-3257*

*CHIMO  
1-800-667-5005*

*KIDS HELP PHONE  
1-800-668-6868 or  
text 686868*

*Child & Youth teams  
778-6111*

*Mobile Crisis Units  
623-3333*

*Hope for Wellness  
1-855-242-3310*