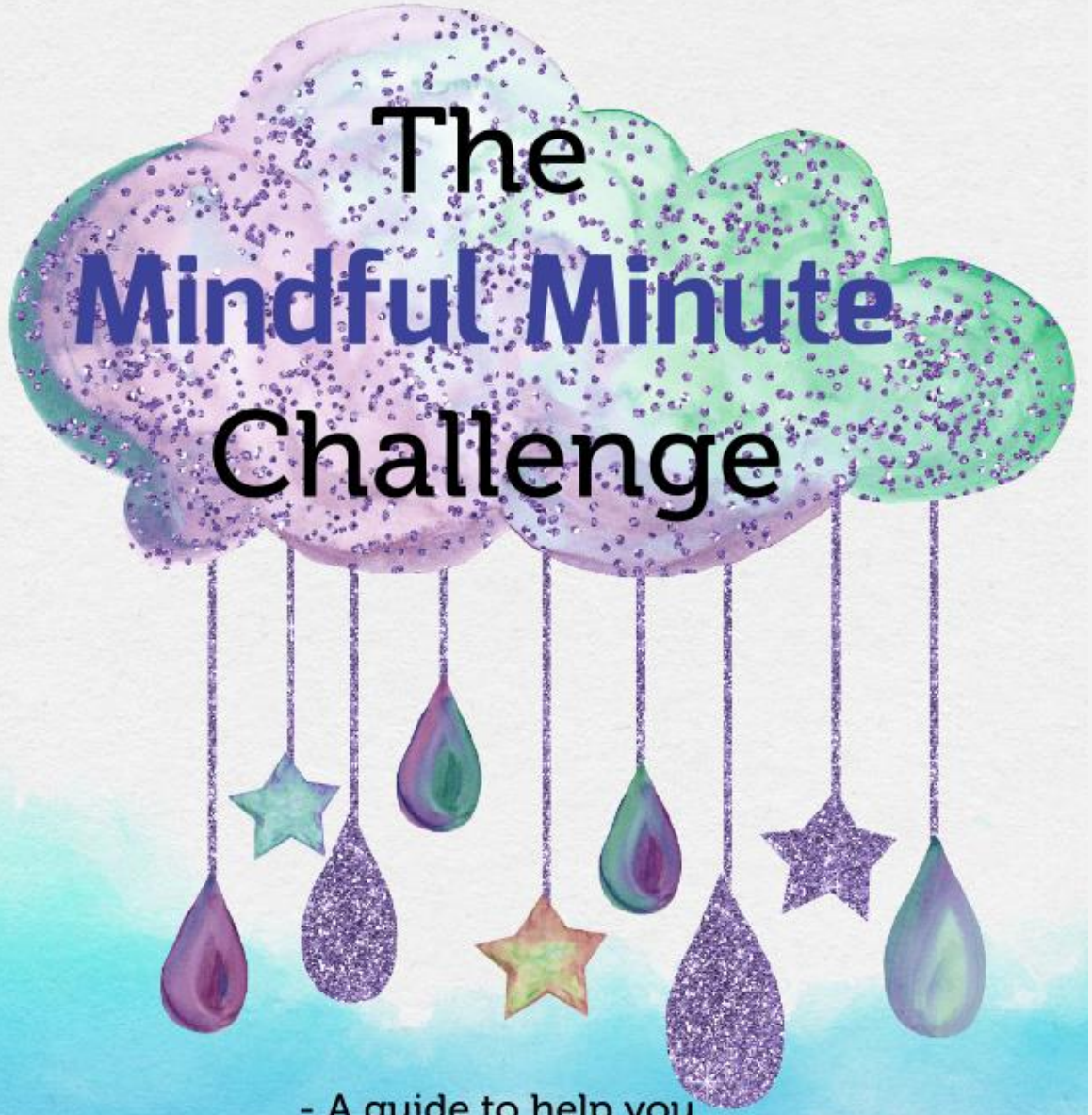
The Mindful Minute Challenge



- A guide to help you
take small moments within
your day to live in the now
+ enhance your well-being-

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Acknowledgements

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Werry Workforce Whāraurau.

http://www.werryworkforce.org/

Werry Workforce
WHĀRAURAU

Welcome

Welcome to The Mindful Minute Challenge.

A month long daily challenge that encourages you to look after your mental wellbeing and allows you to take a few minutes out of your busy day to make sure you are looking after yourself.

So are you ready?

Ready to put your mental health first!

Click the link on this page to watch the video and find out how to get started.

https://youtu.be/VXIzZxq4BGo?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

How to use this booklet

Each page of this booklet will have a similar layout to the picture above.

On every page there will be a daily question for you to answer.

Click the video link to find out more information.

https://youtu.be/ZdspBvmqElU?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Pre Challenge Quiz

Answer the following questions either with YES/NO to find your current wellbeing status:

1) Lately I've been feeling good about the future?
YES/NO

2) Lately I've been feeling useful?
YES/NO

3) Lately I've been dealing with problems well?
YES/NO

4) Lately I've been feeling myself?
YES/NO

5) Lately i've been feeling close to other people and have been feeling loved?
YES/NO

6) Lately i've been able to make up my own mind about things?
YES/NO

7) What do you want to have achieved or have learnt after taking part in this challenge for 31 days?

–What is a goal you would like to achieve for taking part in this challenge? Some examples may include:

-Could be as simple as learning about yourself and that mental health is important in your life.

-Learning about mental wellbeing.

-Aiming to complete the challenge and or try something new.

If you answered YES to more than half of these questions, chances are your current wellbeing status is great however there is always room to grow.

If you answered NO to more than half of these questions, don't worry it is good that you are now aware that your mental wellbeing could improve more.

*Remember that this self-assessment is not designed to replace a meeting with your doctor.

However, if after taking the quiz you have concerns about your mental wellbeing, it might be useful take a meeting with your doctor.

Day One;
How are you today?

Asking about how someone is can be so important to their wellbeing. This also goes for asking how you are as well.

So how are you (really) today?

https://youtu.be/5EJAl6_7nPM?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Two;
When I'm in pain the kindest thing I can do for myself is?

We know that being kind to others makes us feel good but how often are we truly kind to ourselves?

Because how you treat yourself when you are in pain is of importance as well.

How are you going to help yourself?

https://youtu.be/QEAA1PRIP7k?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Three;
What's around you right now?
Describe where you are. Even the small details!

Taking notice and being aware of how you are feeling within the world around you can help you reflect.

Reflecting upon your experiences can help you appreciate what matters to you.

https://youtu.be/6dX-v3Qb6WI?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Four;

What is one piece of advice that you didn't understand at the time of receiving it but now live by?

Sometimes we receive advice from others we may not be ready accept as we move through life at different stages.

However accepting and applying advice can help your mental wellbeing.

Just like you seek help when you are having a tough time, a friend or family member might like your advice in their time of need.

Click the link to watch the video

https://youtu.be/lWiaequKBTE?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Five;

Name ten activities that make you feel good or feel like yourself?

Channeling your emotions through your favourite activities is a great way to safely express your feelings.
Your feelings are valid!

Whether you are feeling joy, sadness, anger or fear, expressing these feelings constructively can help balance your mental wellbeing.

https://youtu.be/xWKHfYr4CE4?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Six; Name three places that make you feel whole?

It is important to have places where you can go,feel safe and be yourself.

Setting aside time everyday to allow yourself to relax and escape the stress of life.

Give yourself a mini vacation from everything going on around you.

https://youtu.be/MniTJRTWaNE?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-

Write your answer down in your notepad.

Day Seven;

What have you talked yourself out of this week?

Life can be very demanding and at times overwhelming.

Sometimes we talk ourselves out of tasks we need to be doing.

Knowing your abilities and weaknesses. Accepting them.Building upon them and doing the best you can with what you have can all assist in balancing life's demands.

Click the link to watch the video

https://youtu.be/HUOMz7Vbd40?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-

Write your answer down in your notepad.

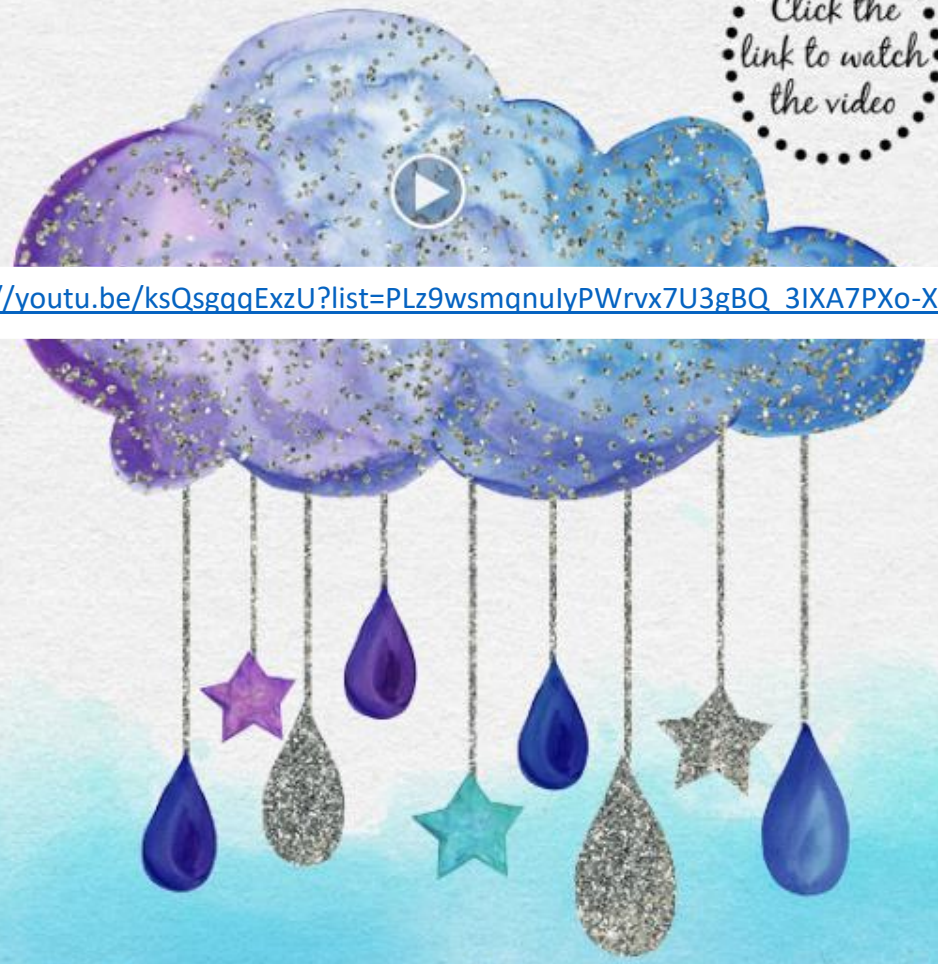
Day Eight; What five moments do you want to remember from this week?

Taking and remembering moments, even if they are small ones, can give us some time to recognise our limits, prioritise tasks, and live life more in the moment.

What moments are you going to remember from this week?

Click the link to watch the video

https://youtu.be/ksQsgqgExzU?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X



Write your answer down in your notepad.

Day Nine; Every day I show courage by?

Courage can be the ability to showcase strength even when in the face of pain or grief.

Showing courage doesn't mean you have to demonstrate great heroic acts.

Courage can be as simple as having the courage to get up or having the courage to rest. These are all acts of showing courage.

https://youtu.be/qwQ6GjgQdSM?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-

Write your answer down in your notepad.

Day Ten; When do you feel most disconnected from others?

There are many times in life when we can feel disconnected from others.

Sometimes this is a result of changes occurring in our lives.

Learning to recognise when you are disconnecting from those who are important to you can help in re-establishing relationships in your life

https://youtu.be/xrR-y4KR3AM?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Eleven;

If confronted with your fears or worries from five years ago, what would you tell yourself?

Learning from past events, knowing what makes you afraid, and why, can be the first step to solving concerns with worries or fears occurring in your life.

https://youtu.be/V6n3D4fGudk?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twelve;

What can you change today to bring more integrity into your life?

Integrity is saying what you mean and meaning what you say. In everyday living this can mean that integrity is living your life where your thoughts, words and actions work together.

For wellness this means that if our physical, mental and spiritual wellbeing is not working together we may become unwell.

What are you going to do today to make sure your wellbeing is working with you?

Click the link to watch the video

https://youtu.be/ZM4-YjTCzJE?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Thirteen; When do you feel most disconnected from yourself?

Earlier in this challenge, we learnt that there are many times in life when we can feel disconnected from others.

We can also at times feel disconnected from ourselves.Sometimes this is a result of changes occurring in our lives.

Learning to recognise when we are disconnecting from ourselves can be important to reevaluate priorities in our lives.

https://youtu.be/QDxTk2ZwG7M?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo

Write your answer down in your notepad.

Day Fourteen; What 'what if's' are cluttering up your mind right now?

Having fears, worries or concerns about matters in our lives is a normal part of life.

However when these fears, worries or concerns take over our lives our brain can perceive more events in our lives to be negative, when in fact this is not true.

Writing down your worries or concerns can be a positive step to seeing your thoughts written down and deciding if these thoughts are truly impacting your wellbeing.

https://youtu.be/Uu0RaNi1YCI?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Fifteen; What caring thing are you going to do for yourself today?

Many of us are good at caring for others but when it comes to our own self care it can often be put aside.

It is just as important to care for ourselves so when we need to care for others you can do it to the best of your ability.

https://youtu.be/U1CTPFJgyo8?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Sixteen;

If you could place 5 things that contribute to your overall happiness into a box, what would you place in there?

Engaging in enjoyable activities on a regular basis can change your outlook and lift your mood.

Picking activities that you enjoy can directly influence your overall happiness.

https://youtu.be/7I3xgHL-tQ8?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Seventeen; Which season do you look forward to the most? What does that season give to you?

Different seasons of the year can influence your wellbeing depending upon the physical weather that season provides, annual events like summer holidays and or personal anniversaries that provide positive or negative reminders of past events.

Taking notice of what season you are currently in can help direct your mental wellbeing through that moment in time.

https://youtu.be/5NzEGgxgvpw?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Eighteen; Name what is enough for you?

Learning what is enough for you can help you understand your strengths, weaknesses and limits.

Knowing what is enough for you can help you seek comfort in making decisions for your life.

Click the link to watch the video

https://youtu.be/fqjWZwnDQ-g?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Nineteen; Who or what are you ready to let go of today?

We all have stresses in our lives.
There is positive and negative stress.
Learning how to deal with stress
when it threatens to overwhelm
us will help to
maintain our mental health.

https://youtu.be/2M13o61GlPc?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twenty; What plans did you have five years ago? Are you happy it did or didn't turn out that way?

Reflecting upon how life events have or have not turned out can be important because it impacts the way we build memories, intercept meanings and transfer that learning into new contexts.

Click the link to watch the video

https://youtu.be/FlO2vI5s3nw?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twenty One; Have you ever abandoned a creative idea because someone didn't approve?

Engaging in creative activities can bring personal fulfillment to your life.

Engaging in creative behaviour leads to increases in wellbeing the next day.

What creative activity are you going to do for yourself?

Click the link to watch the video

https://youtu.be/AstTYnoM87w?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-

Write your answer down in your notepad.

Day Twenty Two; What restful thing are you going to do for yourself today?

Taking rest and time for yourself can be important in maintaining your wellbeing.

Your version of rest is defined by you and what you chose to do in your down time.

Whether its a few minutes or a few hours, taking rest can recharge and reset you for your future tasks.

Click the link to watch the video

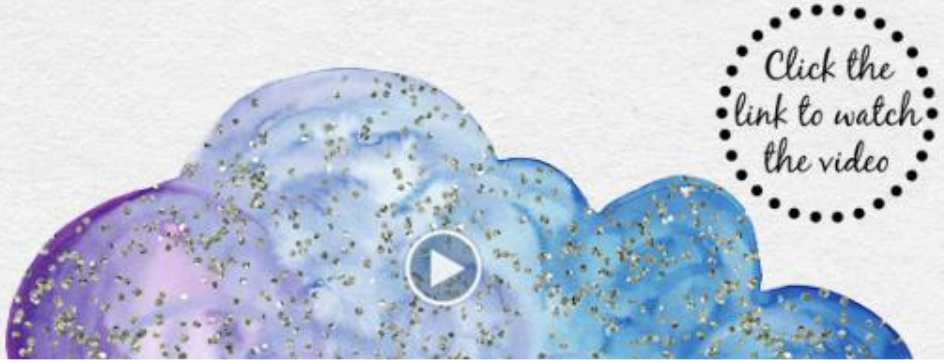
https://youtu.be/G6dlCTVSzns?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twenty Three; What is something you have learnt or would like to learn today?

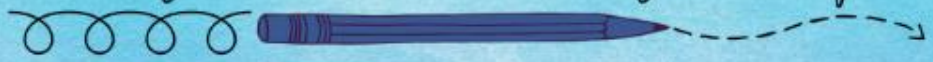
Learning can help improve and maintain our wellbeing, it can boost self-confidence and self-esteem, help build a sense of purpose, and connection with others.

Learning doesn't just mean studying and taking a course. Learning can be small and can include: cooking a new meal, taking on more responsibility at work and or rediscovering your favourite hobby.



https://youtu.be/3Xlu3uOeNZM?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-

Write your answer down in your notepad.



Day Twenty Four; What is stopping your heart from opening more fully?

Being open involves welcoming & accepting life as it is, without trying to change or alter it.

What is stopping you from being open at the moment?

Click the link to watch the video

https://youtu.be/hD2L9HbRL8g?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twenty Five; What mini adventure would you like to have this week?

Going on new adventures and trying new things can be a great boost to your mental wellbeing.

Having a mini adventure this week to somewhere new could be a great stress reliever to break your normal patterns of behaviour.

This adventure could be fun and social as well.

Click the link to watch the video

https://youtu.be/jBMD2xKLnrc?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twenty Six; How did you get here? What journey has brought you here?

Past events can influence your overall wellbeing for better or worse.

Being aware and being able to reflect upon your journey so far and how it has brought you to this moment can influence your future journey.

Click the link to watch the video

https://youtu.be/GxqApse-iOg?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twenty Seven; What do you want to be known for?

Within your social circles how do you hope you are viewed by others?

https://youtu.be/PfHgbyLY3o4?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Twenty Eight; What values do you align with your life? What values do you want to apply to your today?

Values help us decide what is right and wrong.
Our beliefs help influence our individual values.

Decisions we make, which generate our actions,which become our behaviours, that ultimately produce our lifestyles.
These can be changed at any time.

Click the link to watch the video

https://youtu.be/eWDlWdookMg?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo

Write your answer down in your notepad.

Day Twenty Nine; What things are you doing/have done to try and appear normal? Why did you try and hide who you are??

Getting to know yourself and what defines you as an individual takes time, practice and patience.

Learning how or why we may have hidden away at previous moments in our lives can influence future versions of ourselves in similar situations.

https://youtu.be/Dn5ooUl1pxo?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Thirty; What is preventing your heart from being more open?

Being open involves welcoming and accepting life as it is, without trying to change or alter it.

What is preventing you from being open at the moment?

https://youtu.be/c8hvt2GxTNY?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Day Thirty One; Are you focused on today or tomorrow?

Allowing yourself to experience life directly as it unfolds in each moment, paying careful and open-hearted attention to today can assist with arriving at a better tomorrow.

https://youtu.be/alg23nOenCQ?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-X

Write your answer down in your notepad.

Congratulations

Congratulations on completing The Mindful Minute Challenge.

You have just finished 31 days of answering questions about your mental health to help improve your mental wellbeing.

Before you go don't forget to fill in the review quiz so you can see how far you have come and see how your mental wellbeing has improved this month.

Click the link to watch the video

https://youtu.be/1Ycra9GUOMU?list=PLz9wsmqnuIyPWrvx7U3gBQ_3IXA7PXo-

More Information

Now you have begun your wellbeing journey make sure to check out the links below for more information about looking after your Mental Health:

http://www.werryworkforce.org/sites/default/files/fact_sheets/young_people/mental-health-youth.pdf

https://www.familyservices.govt.nz/directory/

Review Challenge Quiz

Answer the following questions either with YES/NO to find your current wellbeing status:

1) Lately I've been feeling good about the future?
YES/NO

2) Lately I've been feeling useful?
YES/NO

3) Lately I've been dealing with problems well?
YES/NO

4) Lately I've been feeling myself?
YES/NO

5)Lately i've been feeling close to other people and have been feeling loved?
YES/NO

6) Lately i've been able to make up my own mind about things?
YES/NO

7) Did you achieve your original goal you set at the start of the challenge?

- Have your answers to the quiz questions improved after 31 days of doing the challenge?

If you answered YES to more than half of these questions, chances are your current wellbeing status is great however there is always room to grow.

If you answered NO to more than half of these questions, don't worry it is good that you are now aware that your mental wellbeing could improve more.

*Remember that this self-assessment is not designed to replace a meeting with your doctor.

However, if after taking the quiz you have concerns about your mental wellbeing, it might be useful take a meeting with your doctor.