

# Wellbeing Exercises

## Positive Journalling

Positive journaling is a wonderful exercise that is best done frequently (daily if possible). You could introduce the exercise to your mentee and then check in with how they're getting on with it each meeting. It works best when these things are written down so mentees can look back on them and revisit their positives.

The idea is to encourage them to notice the positives in their life rather than focusing on the negatives. They can be big or small things.

- Mentees can write down three positives from their day
- Mentees can write down three things they are grateful for from their days
- For example, "I am grateful for the fact it was so sunny today; I am grateful for having a good conversation with my teacher around my revision; I am grateful for my best friend who is always good at cheering me up."

## Acknowledging their attributes and positives

Similarly to positive journaling, the idea is for the mentees to think about and acknowledge all of the positives about themselves. They can then refer back to these when they are struggling with their self worth.

- Write down three things that they like about themselves
- Write down three things that they are good at (good to refer back to with applications)
- Write down three things skills they possess
- Write down three things they enjoy doing (remind them to make time to do these!)

## Guided imagery

Ask your mentee to conjure up scenes, places or experiences that make them feel peaceful and happy and positive. Ask them to write these down or describe them to you and then ask them questions about the scene and how it makes them feel.

## Identify the cause

If you feel comfortable doing so, exploring and identifying the cause of stress with your mentee can be really beneficial. Once you identify the cause of stress you can then brainstorm together possible solutions or ways to help it. For example, if workload is a big stress for them, brainstorm ways they can be more efficient with their work, avoid distraction and create a revision timetable.

