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# 5 MINUTE WELLNESS PLAN



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## About this workbook

This is a workbook will support you in creating your wellness plan during any season of your life. The activities shared are to help you create behavioral activation actions that will serve you in maintaining the general mindset and energy level that allows you to show up in your life

Always rooting for your wellness,

*Nicole*

## You are ENOUGH daily check list

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**Energy**- Where is your energy levels- have you eaten? How did you sleep?

**No**- What do you need to say no to today?

**Outside**- How can you get outside or talk to someone positive outside your immediate family?

**Understanding**- How can you give yourself a little bit of grace today?

**Grateful**- What went right today? what are you grateful for today?

**Happy**- what is at least one thing you can do today to make yourself smile?

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Thriving With Baby  
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Set your intention for how you would like the remainder of the year to look and feel:

# POWER

## Statement

Your Power statement is a short sentence that serves a reminder to your true self and can refocus you on your current journey purpose. Use these power statements as anchors in daily life and especially during times of high stress.

Some of my power statements are:

Love is my power and peace

I will give from my overflow

I always have a choice

I am already enough. I was born enough

Your Power Statements:



# Weekly Mood & Sleep

**Monday:**

Sleep \_\_\_\_\_

Mood \_\_\_\_\_

**Tuesday:**

Sleep \_\_\_\_\_

Mood \_\_\_\_\_

**Wednesday:**

Sleep \_\_\_\_\_

Mood \_\_\_\_\_

**Thursday:**

Sleep \_\_\_\_\_

Mood \_\_\_\_\_

**Friday:**

Sleep \_\_\_\_\_

Mood \_\_\_\_\_

**Saturday:**

Sleep \_\_\_\_\_

Mood \_\_\_\_\_

**Sunday:**

Sleep \_\_\_\_\_

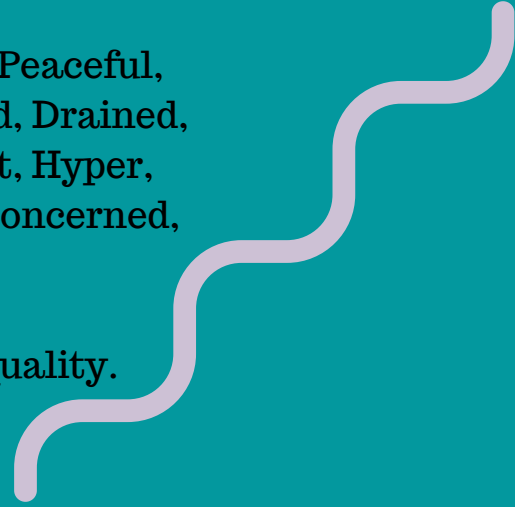
Mood \_\_\_\_\_

## Mood Options:

Mellow, Motivated, Stressed, Tense, Content, Peaceful,  
Relaxed, Lonely, Disappointed, Apathetic, Tired, Drained,  
Hopeful, Proud, Focused, Frustrated, Pleasant, Hyper,  
Excited, Nervous, Fulfilled, Grateful, Rested, Concerned,  
Annoyed, Enraged

Fill in Sleep with the amount of hours and quality.

Example: 6 hrs restless



# Wellness Checklist

Create my power pause activity menu

Create my support team

Decide on my best yes holiday  
schedule

Decide on what can be outsourced

Tis the season to be rested &  
have real joy!!

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# POWER *Pause*

Here are some activities I use. Please add some activities of your own

<p><b>Listen to a music playlist</b> Here is my apple music <u>spa playlist</u></p>	<p><b>Put on some essential oils. Take a deep breath in and hold for 5 seconds.</b></p>	<p><b>Do 5-10 jumping jacks. While saying a power statement, i.e I can do this! I am amazing etc.</b></p>
<p><b>Hold a piece of ice and wipe your face with your cold hands.</b></p>	<p><b>Take 15-30 second cold shower. While saying a power statement</b></p>	<p><b>Text or call your a person from your support team</b></p>
<p><b>Eat a favorite life nourishing snack</b></p>	<p><b>Go outside and look at something pleasing to the eyes</b></p>	<p><b>Stretch. Straighten your back. relax your face. Breathe deeply</b></p>

# Support Team

**Write down the people and places that support your overall wellness**

<p>Examples: Fitness center, Place of Worship, Friend, Parent, Mentor, Favorite Coffee/Tea shop</p>		



# Best Yes Decision Tree

Use this example to help you utilize the decision tree template on the following page

Do I want to go to 3 holiday parties?

Is this a party that gives my energy/joy/love?

Yes

No

Is there flexibility in arrival/departure time?

Yes

NO

Respectfully decline and possibly schedule a different time to get together.

Do you have the gas resources to travel to multiple parties?

Which party has people that will be harder to meet up with again?

Yes

NO

pull out your map app and create your travel plan. Give loose estimates of arrival times So no surprises when you leave or arrive

Which party can you travel to with the least amount of financial stress or get a ride to?

# Best Yes Decision Tree

