

Indoor Space and Wellness

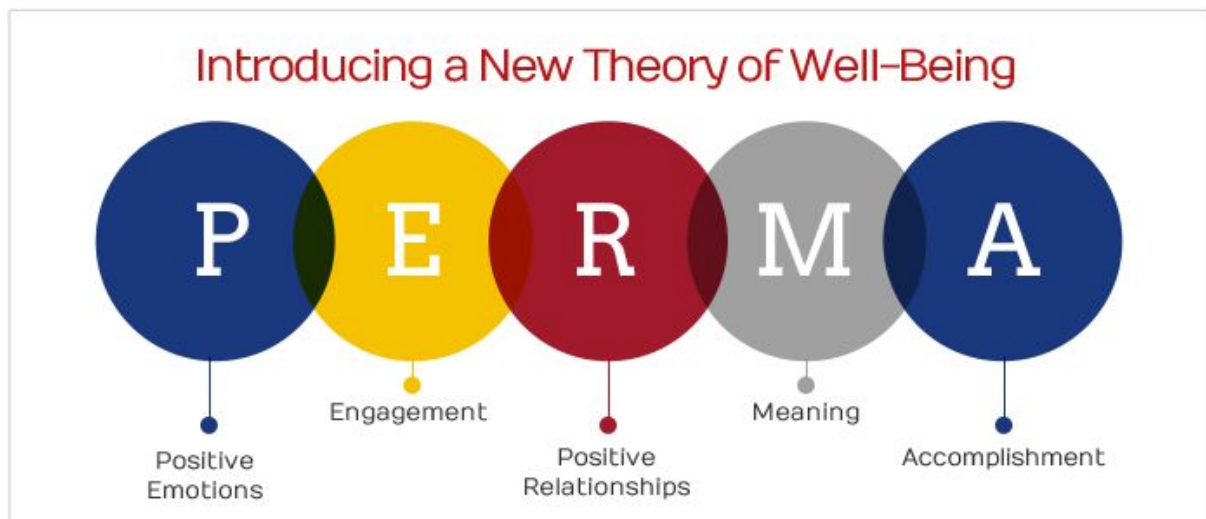
Video: https://youtu.be/Cg0BN_JriVQ

Welcome to this week's activity handout and we have prepared many resources for you to explore and pick the ones and you enjoy the most!

This will not be a single activity, rather, it is a collection of different types of things you can try to practice self-care. In addition, there are some tips on using indoor space to boost your mood and productivity. Let's get started!

First, let's learn the "Wellness Theory" by Martin Seligman, an American psychologist known for the concept of positive psychology.

According to Martin, well-being is consisted of five measurable elements (PERMA):



- **P**ositive emotion (Of which happiness and life satisfaction are all aspects)
- **E**ngagement
- **R**elationships
- **M**eaning and purpose
- **A**ccomplishment

Each element contributes to human wellbeing, while some is measured subjectively by self-report (positive emotions, positive relationships, meaning), others can be measured objectively (engagement, accomplishment).

Why This Matters?

Well, the Wellness Theory points out that what you do and how you choose to spend your time increase the amount of flourishing in your own life and on the planet. That is why mental health is important to everyone.

Here we have identified some negative feelings and some activities you can try accordingly. Please note that everyone deals with things differently at different pace, if you find it not helpful at all, do not be discouraged, keep finding until you find a way to make you comfortable.

Depressed:

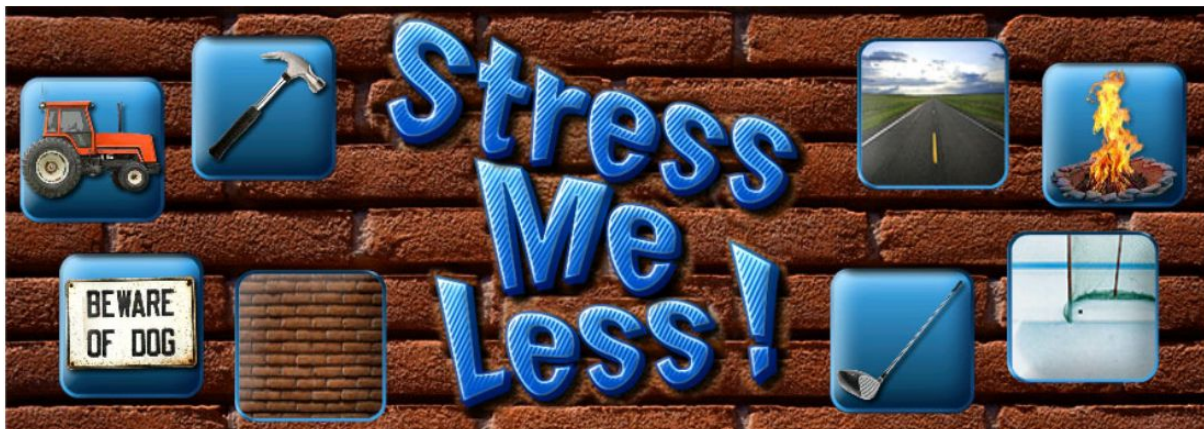
-a feeling of sadness and loss of interest

-To-dos:

Acknowledge that you are feeling depressed, think about the stressors that cause it
Connect with your friends, family or adults you trust, ask them for help and guidance

Stressed:

-tense, upset, feeling under pressure



<https://mindyourmind.ca/tools/stress-me-less>

-This is a link to a small game where you can release stress.

Here are some tips from the game:

- Take a ten minute break every hour when studying
- Watch your favourite movie
- Do something nice for someone else
- Try not to leave things to last minute
- Do indoor exercise
- Make a schedule of things to do/ Reschedule

Anxiety:

-worry about the uncertain things in future

-Try the colouring activity to take a break, or have some snacks. While doing it, dive deep and ask yourself: why am I worrying->what can I do now->why it bothers me->any help I can seek?



Example of a colouring visual

Not Motivated:

- procrastinate and not interested in doing things
- Set daily to-do list and pin it on your table or somewhere you can see, award yourself once you complete all the tasks.
- For setting task or goal: make sure it is:

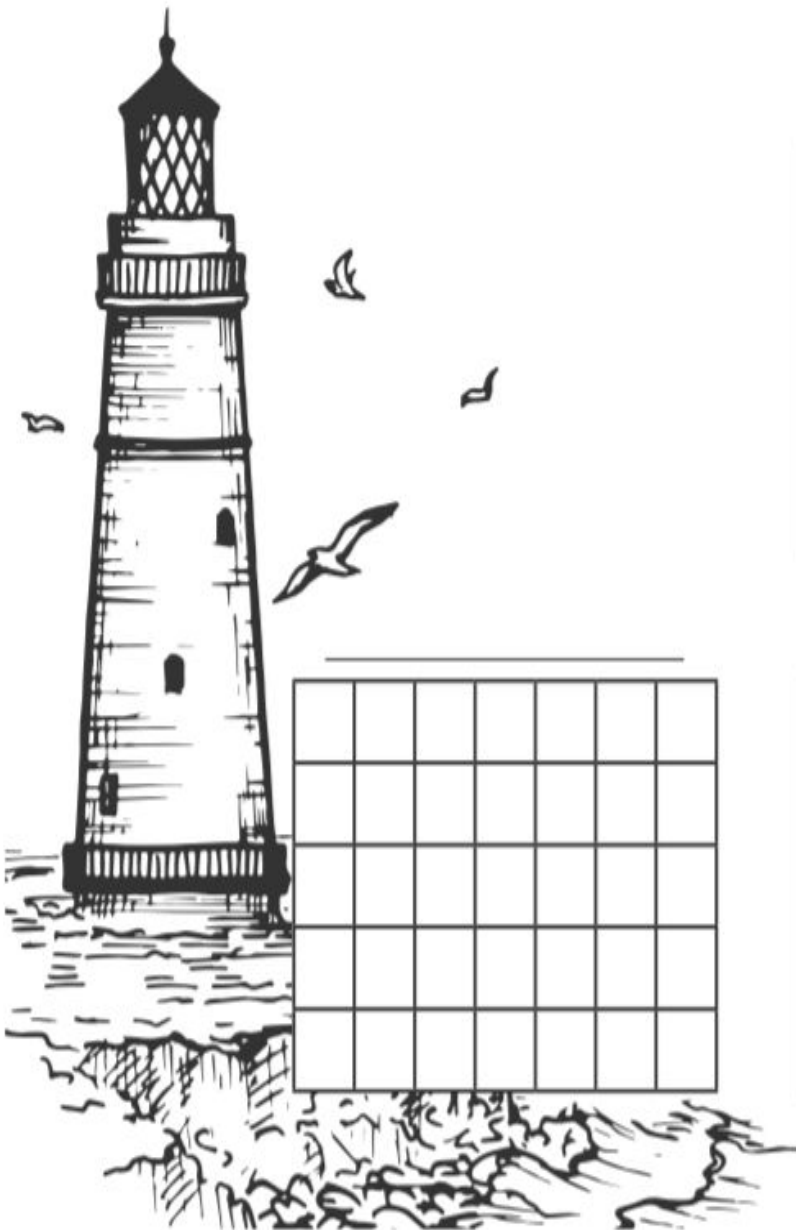
- 1)Positive: things you want to do that you imagine doing
- 2)Visualized: you know what it looks like, this makes sure the goal is specific

3)Exciting: It is something you are excited about and you can be driven to take actions

4)Measurable: It has a metric to tell if you complete it or not.

Daily Habits

What are some areas of growth you want to happen in your life?
Choose three and shade in a box when you accomplish it.



Be Relaxed:

Self Care Tips



Self Care Tips



Tips for your indoor space:

1) Declutter and clean your room regularly

Tidying your workspace can help you concentrate better. Plus, while being indoor, find some time to pick items that spark joy, and make it a habit to treat them with care. When you are surrounded by items that make you happy, you can keep your positive mood!

2) Make cards/list and decorate them

It is important to find a support system that gives you love and care. Self-love starts with loving and accepting who you are, make these small affirmation cards by yourself to remind you of all the goods in yourself!

Picture From Amazon, Cards are “How to Love Yourself Cards: A Deck of 64 Affirmations”



3) Create a zen spot where you can take a break

-The zen space doesn't have to be a whole room. It can be the corner of the couch or a small nook where you read books. It can be at the kitchen counter, in your bathroom with a bath tube. It must be a happy place, one where you go for relaxation and winding down.

Reference :

Tidying Up Your Room, Town & Country

<https://www.townandcountrymag.com/style/home-decor/a22520821/marie-kondo-interview-spark-joy-in-dark-times/>

7 Easy Ways to Promote Wellness at Home

<https://www.elledecor.com/design-decorate/room-ideas/g22740321/home-wellness-tips/>

Set daily goals <https://mindyourmind.ca/tools/anchor-english-and-french>

WELLNESS Theory <https://www.authentichappiness.sas.upenn.edu/learn/wellbeing>

Practice self-care

<https://mindyourmind.ca/wellness/self-care-during-covid-19>

Stress Me Less

<https://mindyourmind.ca/tools/stress-me-less>