



# Personal logbook

Carers resilience and wellbeing



Cyngor Sir  
**CEREDIGION**  
County Council



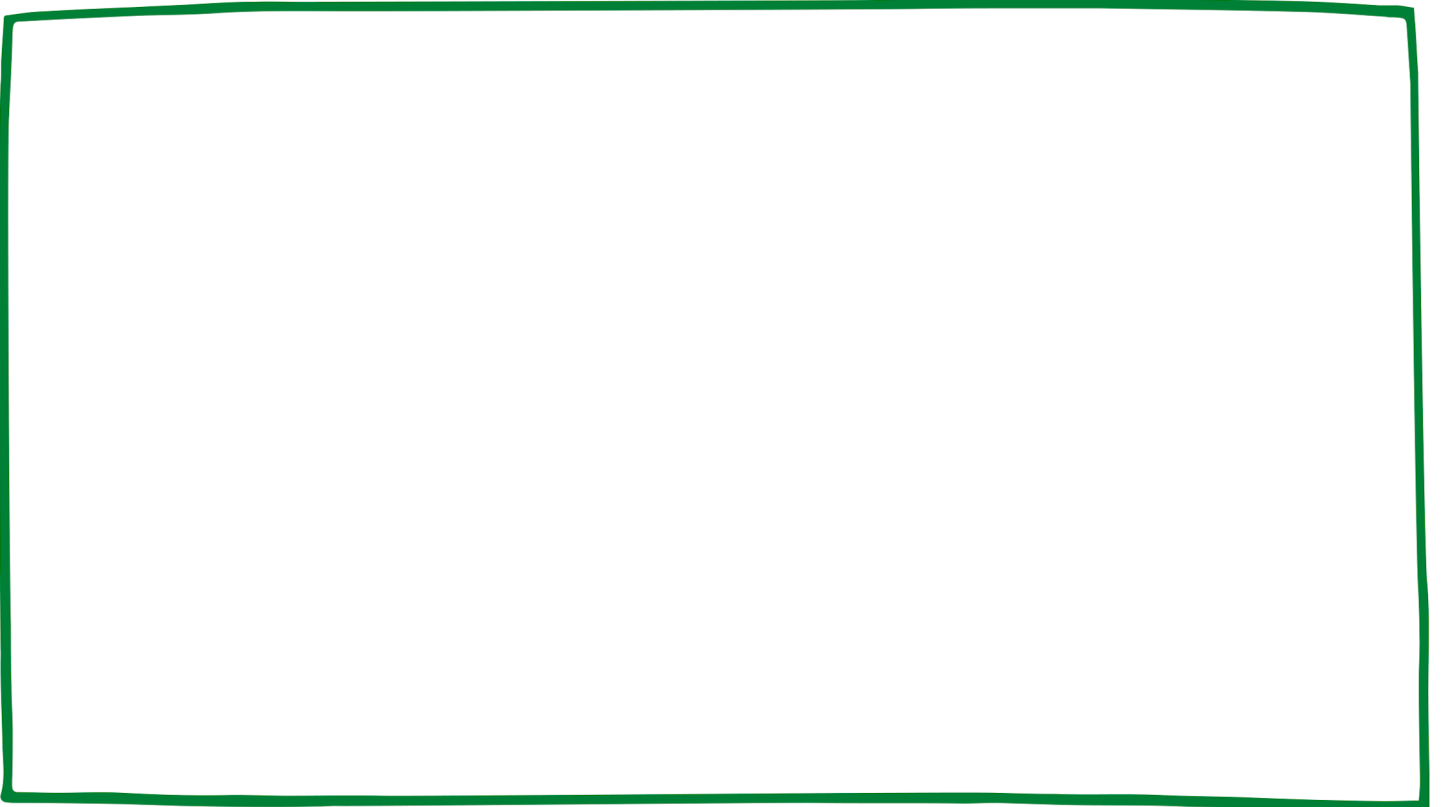
**Cysylltu Ceredigion**  
Gofalwyr a Chymorth Cymunedol  
**Connecting Ceredigion**  
Carers and Community Support



Partneriaeth Gofal Gorllewin Cymru  
West Wales Care Partnership  
Cyflawni Newid Gyda'n Gilydd  
Delivering Change Together

The online tool kit is a shortened version of the Carers Resilience and Wellbeing training course, which is open to all unpaid carers in Ceredigion. If you are interested in attending free, online or in person, training, please contact the Carers and Community Support Team to find out when the next training course is available. **01545 574200** or email [connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk)

What does wellbeing mean to you?



What makes you feel stressed?



# Your best self



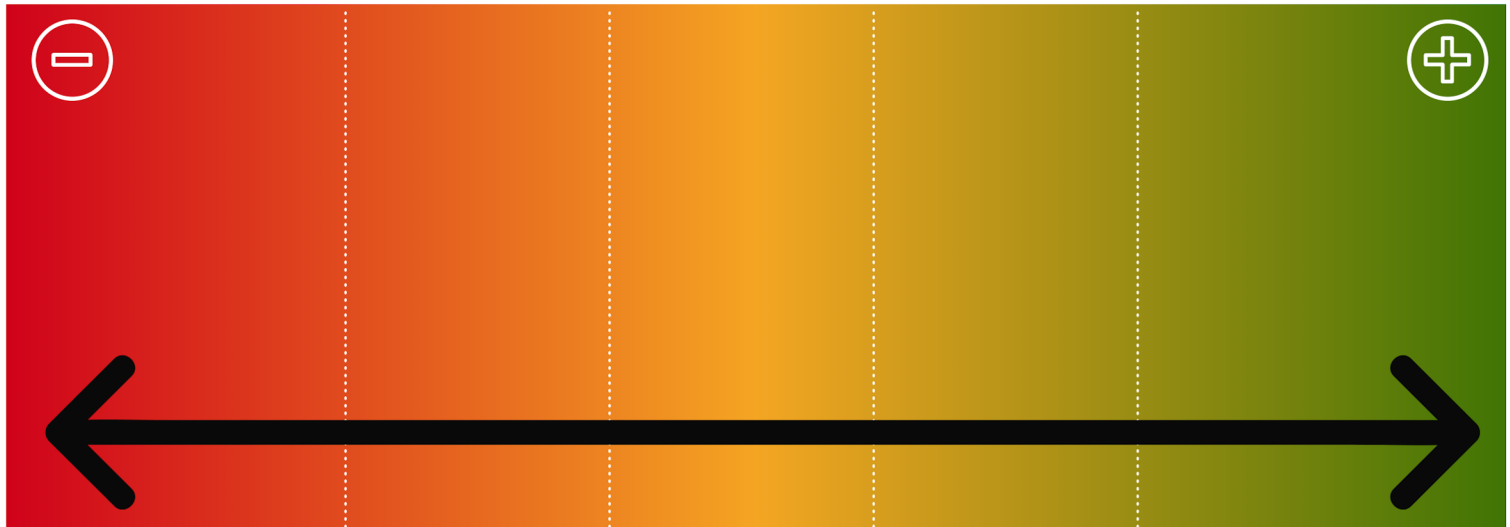
Take some time to think about and describe your best self.

When you are your best self:

- How do you feel?
- What are you thinking?
- How are you behaving?
- How does your body feel?

Try to include as much detail as you can, this will make it easier for you to picture yourself at your best.

# Where are you on the scale?



lowest point

mid point

best self

**Red**  
**Stop!**

**Amber**  
Slow down or  
get ready

**Green**  
Good to go

Emotions and feelings are out of control.

You may have strong feelings of:

- rage
- anger
- panic
- or explosive behaviour.

You have some control over your emotions and feelings and you are alert.

Some feelings could be:

- stress
- excitement
- confusion
- anxiety.

You are in control, your emotions and feelings feel good and appropriate for all situations.

You might feel:

- calm
- happy
- comfortable
- content.

# Lowest point

Describe your lowest point.

Try to answer these questions:

- How are you feeling?
- How are you are behaving?
- What are you thinking about?
- How does your body feel?



A large, empty rectangular box with a red border, intended for writing the response to the questions above.

# Mid point

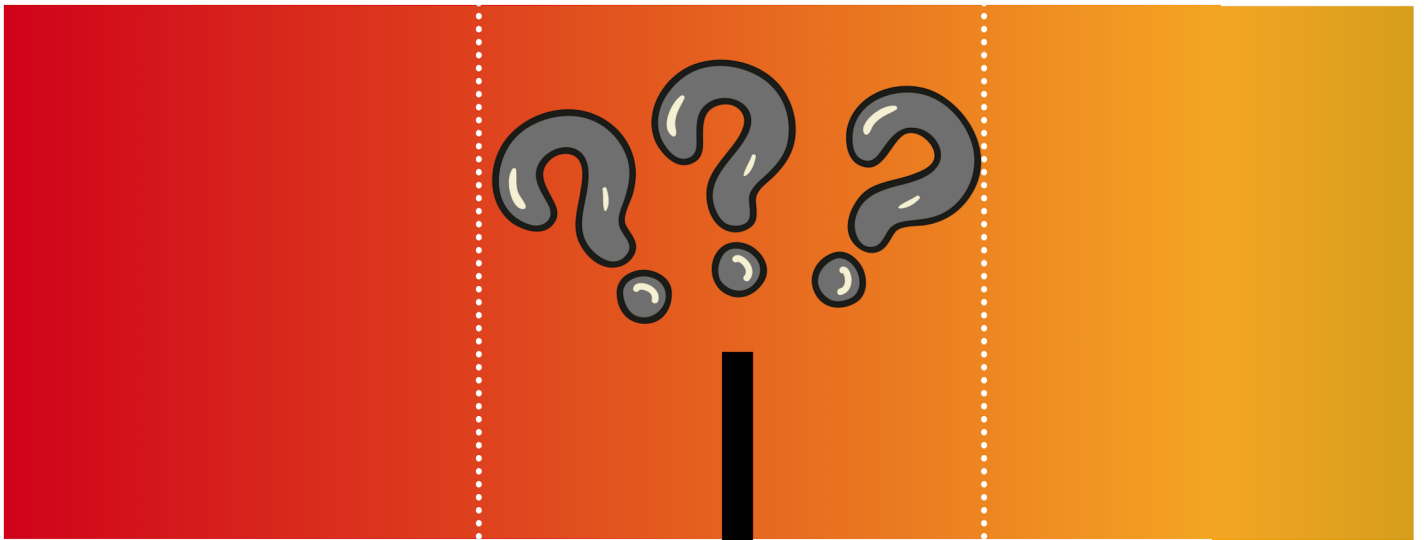
Describe your mid point.

Try to answer these questions:

- How are you feeling?
- How are you are behaving?
- What are you thinking about?
- How does your body feel?



A large, empty rectangular box with a thick orange border, intended for writing answers to the questions listed above.



lowest point

mid point

- How are you feeling?
- How are you are behaving?
- What are you thinking about?
- How does your body feel?





mid point

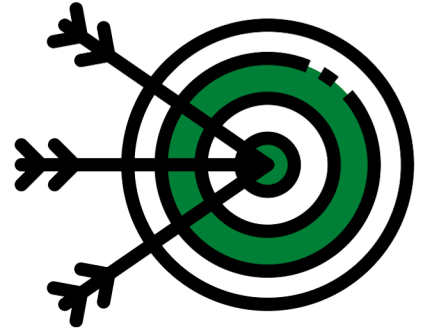
best self

- How are you feeling?
- How are you are behaving?
- What are you thinking about?
- How does your body feel?

A large, empty rectangular box with a hand-drawn olive green border, intended for writing or drawing.

# GOALS

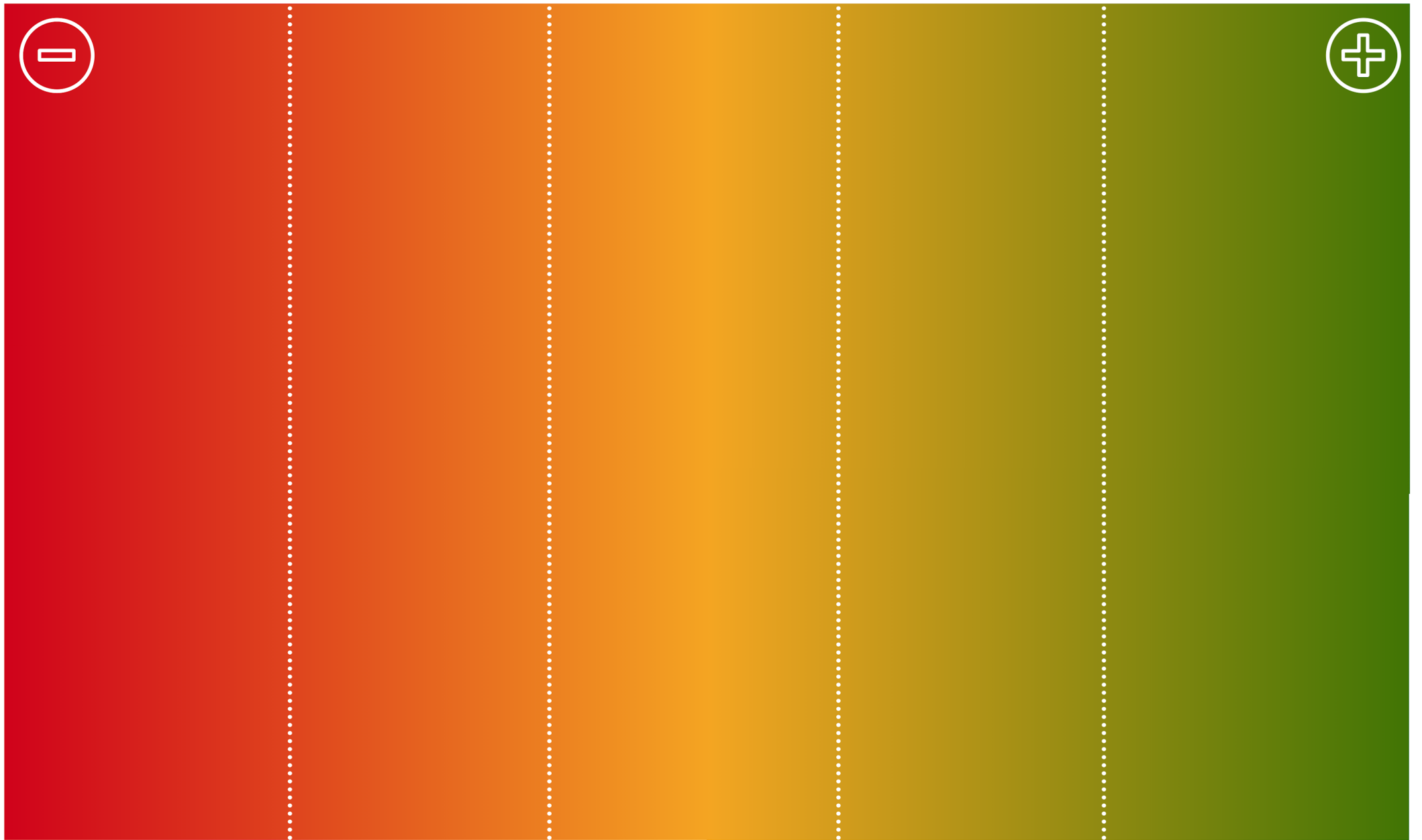
Set 3 goals that will improve your wellbeing.



## Goal 1

## Goal 2

## Goal 3



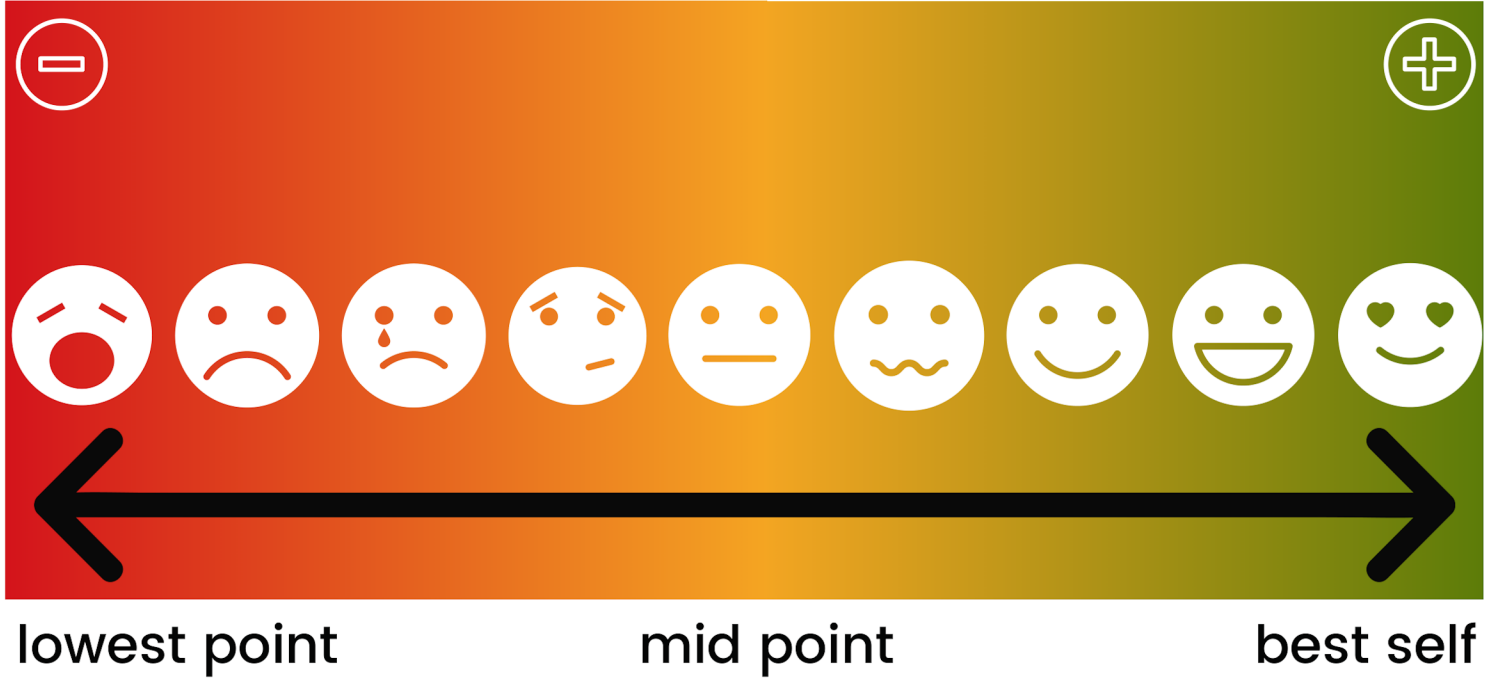
lowest point

mid point

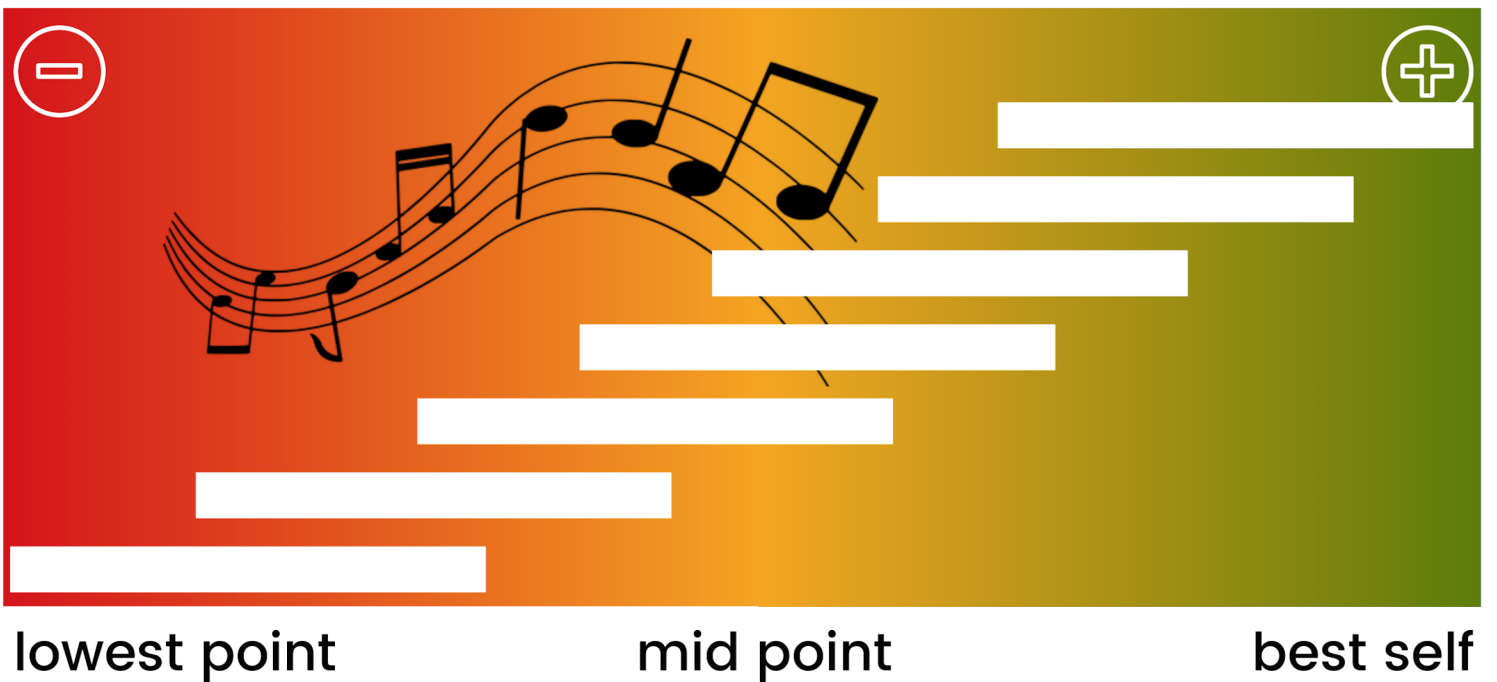
best self

# Try using different ways to describe your scale

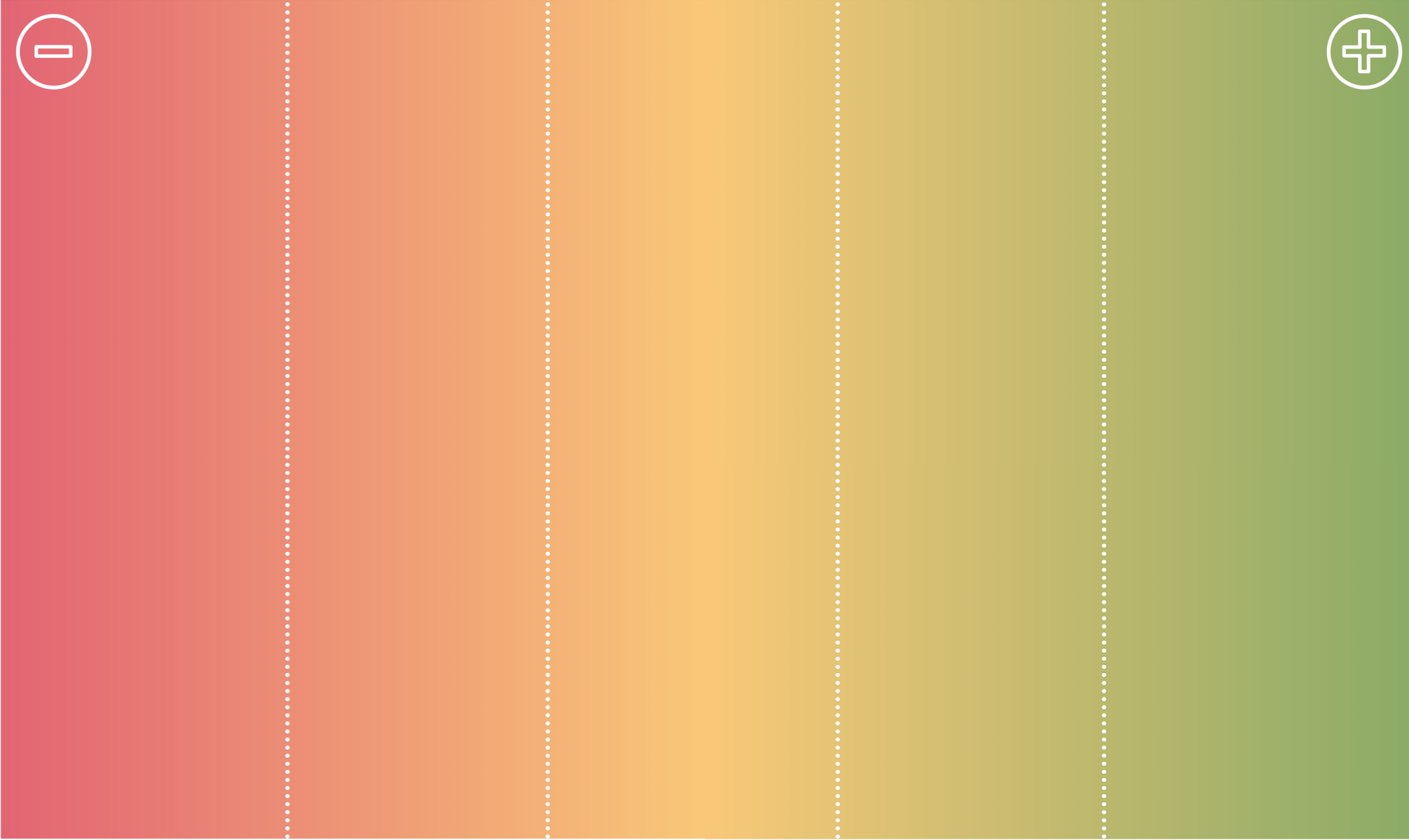
## Emojis



## Music



Draw pictures

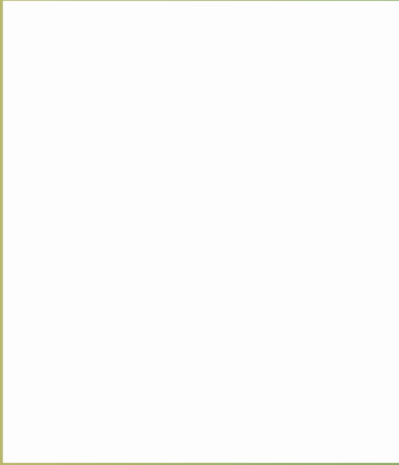


lowest point

mid point

best self

Find pictures



lowest point

mid point

best self

# What makes you feel stressed?

Stressor: \_\_\_\_\_

## ⬇ Internal responses to stress

How do you feel?

What are you thinking about?

How does your body feel?

## ⬆ External responses to stress

How do you behave?

How do other people react to you?

What is the result of your response?

# What makes you feel stressed?

Stressor: \_\_\_\_\_

## ⬇ Internal responses to stress

How do you feel?

What are you thinking about?

How does your body feel?

## ⬆ External responses to stress

How do you behave?

How do other people react to you?

What is the result of your response?



# What makes you feel stressed?

Stressor: \_\_\_\_\_

## ⬇ Internal responses to stress

How do you feel?

What are you thinking about?

How does your body feel?

## ⬆ External responses to stress

How do you behave?

How do other people react to you?

What is the result of your response?

# What makes you feel stressed?

Stressor: \_\_\_\_\_

## ⬇ Internal responses to stress

How do you feel?

What are you thinking about?

How does your body feel?

## ⬆ External responses to stress

How do you behave?

How do other people react to you?

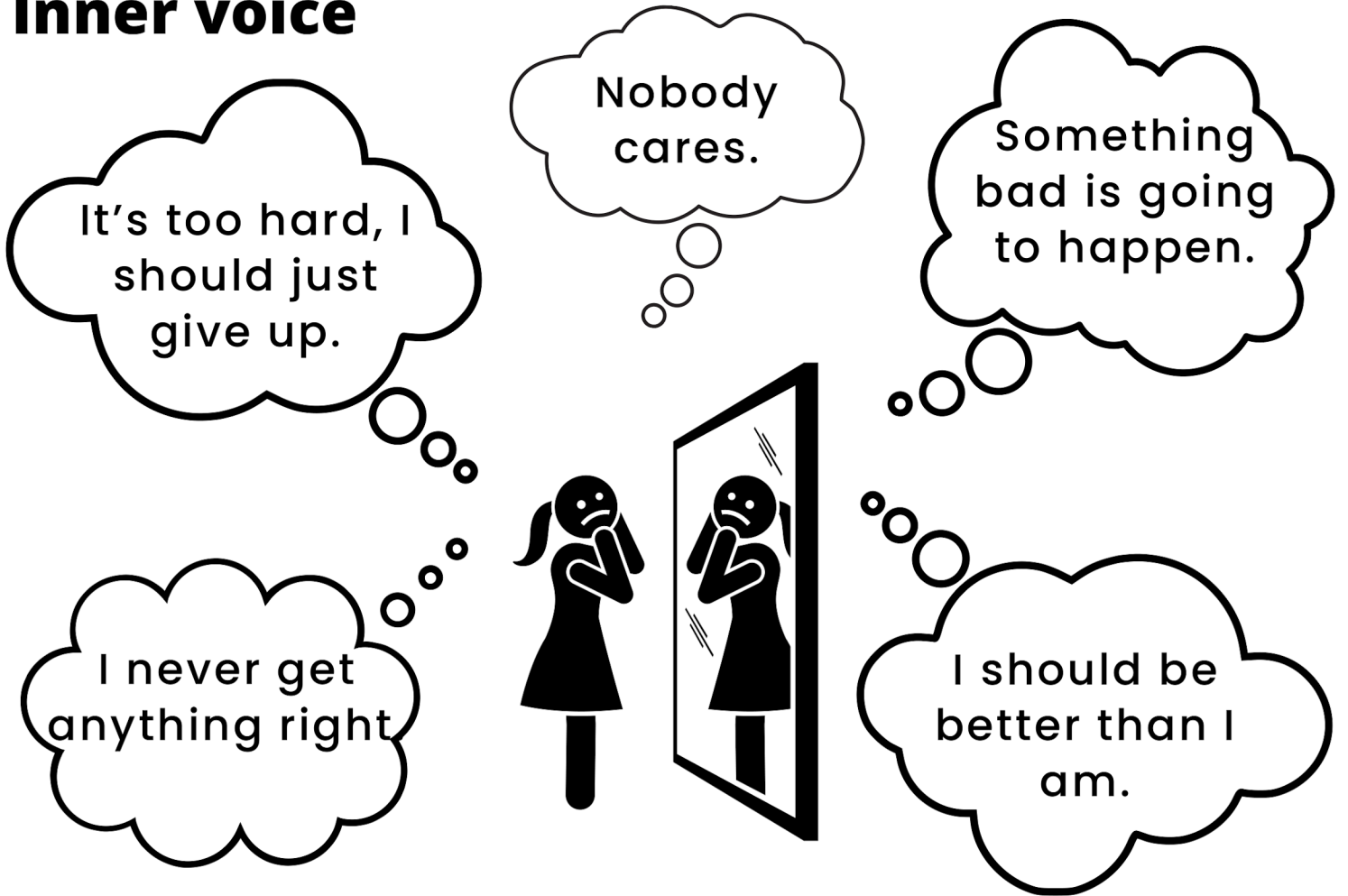
What is the result of your response?

# Your tools

- Can you think of some useful tools that could help you manage the level of stress in your stress bucket?
- What tools are you already using?
- Can you think of some new ones?



# Inner voice



Negative statement
I never get anything right.
It's too hard, I should just give up.
I should be better than I am.
Nobody cares.
Something bad is going to happen.

My response


## Practice reframing

'I am exhausted; I have not had a full night sleep in weeks. I have not seen my friends in such a long time.

My house is a mess because I am having trouble keeping on top of things and I am easily upset, my friends probably would not want to see me like this anyway. I think a few of them have noticed because they keep asking me if I am okay, I tell them everything is fine because I don't want to trouble them with my problems.'

## Practice reframing

'I hate coming meeting other parents at the school gates on a Monday morning, everybody is happy and smiling. They ask me how I am and if I had a good weekend. People must think I am so negative, whenever I speak about my home life it sounds like I am constantly moaning. I wish people wouldn't ask me how I am, I can't pretend everything is okay if it isn't.'



# Keep practicing

Is there any proof that what I am thinking is true?

Is there any evidence that shows me my thought is untrue?

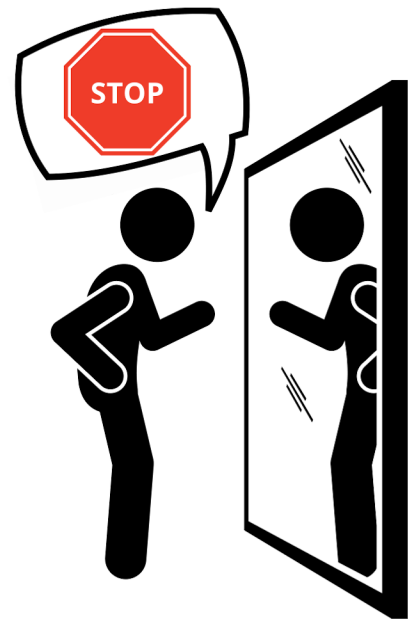
Am I blaming myself for something I have no control over?

Am I using any words that are exaggerated?

Am I trying to read someone else's mind and believe it is a fact?

Do any of my past experiences show me that this is not always true?

Am I ignoring any positives in the situation or any of my strengths?



# Managing current challenges

In the first column, under the heading **CHALLENGES**, make note of the challenges you are facing in your life now. It might help to work through one challenge at a time.

In the second column, under the heading **WHAT NEEDS TO HAPPEN**, make note of what you think needs to happen for each challenge. Use what you have learned in the course to help you.

In the third column, under the heading **WHY IT MATTERS**, make note of the reasons why it is important for you to work through it.

Challenges	What needs to happen	Why it matters



# Weekly check in

DATE: \_\_\_\_\_

THIS WEEK, I FELT:



lowest point

mid point

best self

CHALLENGES

WHAT NEEDS TO HAPPEN

WHY IT MATTERS

THE BEST THING ABOUT THIS WEEK:

GOALS FOR NEXT WEEK:

# Weekly check in

DATE: \_\_\_\_\_

THIS WEEK, I FELT:



lowest point

mid point

best self

CHALLENGES

WHAT NEEDS TO HAPPEN

WHY IT MATTERS

THE BEST THING ABOUT THIS WEEK:

GOALS FOR NEXT WEEK:

# Weekly check in

DATE: \_\_\_\_\_

THIS WEEK, I FELT:

lowest point                      mid point                      best self

CHALLENGES

WHAT NEEDS TO HAPPEN

WHY IT MATTERS

THE BEST THING ABOUT THIS WEEK:

GOALS FOR NEXT WEEK:

# Weekly check in

DATE: \_\_\_\_\_

THIS WEEK, I FELT:

lowest point                      mid point                      best self

CHALLENGES

WHAT NEEDS TO HAPPEN

WHY IT MATTERS

THE BEST THING ABOUT THIS WEEK:

GOALS FOR NEXT WEEK:

BE YOUR  
**BEST**  
**SELF**



BE **KIND**  
to YOUR  
SELF

The Carers Resilience and Wellbeing training programme is funded by the West Wales Care Partnership and is developed by Ceredigion County Council's Carers and Community Support Team.

If you have any questions about the Carers Resilience and Wellbeing training or the online toolkit and materials, please contact the Carers and Community Support Team [connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk)