

# WELLNESS JOURNAL

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.





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# WE'RE WALKING TOWARDS A HEALTHIER FUTURE FOR ALL



DO GOOD,  
FEEL GOOD  
IN THE CITY  
YOU LOVE

## Welcome to your Wellness Walks journal.

Signing up for a Wellness Walk is a brilliant start to giving your health a boost. This journal can help you build wellbeing into your own life, in a way that suits you.

By thinking about wellbeing, and making a few small changes to how we live our lives, we can begin to feel healthier.

This journal will help you begin your wellbeing journey. It's full of tips, advice and activities to reflect on what you're learning as you go.

About the walk

# WHY TAKE ON A WELLNESS WALK?

Diabetes can seriously impact a person's wellbeing. Every day, we're here for people affected by diabetes. But we can't do it without your support.

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By taking on a Wellness Walk you're helping us help thousands of people feel a little healthier, and get even more out of life every single day. Whatever your reason for taking part in our Wellness Walks, it's a great step towards a healthier you. Walking is good for us because we burn calories, it's easy to fit into our day and it's low impact on our joints.

Physical exercise and spending time in nature can reduce stress, lift your mood and improve sleep. Taking part in our Wellness Walks challenge gets you together with a friendly community that's changing the world for people with diabetes.

**You're walking for a world where diabetes can do no harm.**

**The money you raise funds our work:**

- our healthy eating and exercise advice
- our local support groups
- our online forum and helpline
- and our life-saving research.

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What is wellbeing?

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# WHAT IS WELLBEING?

**Wellbeing is about putting in a little bit of time in our busy schedules to focus on our mental and physical health and relationships.**

We can all feel overwhelmed at times. We're too busy and stressed, or feel lonely or isolated. Wellbeing is about pressing pause, and finding some balance in your life. It takes some commitment, but how much is up to you.

Wellness can involve:

- regular exercise and eating healthier
- time away from computers and phones
- spending time catching up with friends and loved ones
- trying new things
- learning to think more positively.

There are no definitive rules, no certain way you should feel and no time limit. But little changes can make a big difference.

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What is wellbeing?

## A LITTLE BIT OF HEALTH, EVERY DAY

It's all about taking small steps to a healthier you.

Wellness is part of your everyday life. It's about your relationship with your body, your mind and your community. Wellness is for everyone, and if you're affected by diabetes, it can play an important part in helping you manage it. To get the most from wellness, it needs to work for you and your life. There's no need to stress if you can't always fit everything in, or you don't always choose the healthy option. It's all about taking small steps to a healthier you.

### TOP TIP



#### Test a habit

- If you smoke:  
Try and delay your first cigarette as long as possible.
- If you're a fan of cakes and biscuits:  
Try treating yourself with a healthier alternative like fruit or unsweetened yoghurt.
- If you drink alcohol:  
Try and go three days without a drink.

Do you feel empowered after putting a habit to the test?



# YOUR PHYSICAL HEALTH

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**Good health is important, especially if you're affected by a serious condition like diabetes.**

You don't need to commit to a marathon and an hour's meditation every day. Deciding on some achievable goals, like signing up to a Wellness Walk, can make a big difference.

Our physical health is affected by what we eat and drink, how much we move, if we're ill, how stressed we feel, our lifestyle, and also our mental health. When we're physically fit, we usually have more energy, feel more positive and can do more.

## TOP TIP



### **Good eating**

Practice cooking a healthy recipe for someone. Enjoy your meal at the dinner table, and try swapping the TV for some music. And if you can turn off your phone, that's even better.

## EXERCISING WITH DIABETES

Exercise and moving more can help with diabetes. From taking up netball or jogging, to taking the stairs or having a dance around your living room, it all makes a difference.

It's important to understand how your diabetes affects your ability to exercise. Don't expect too much of yourself. Start small and build up. Set goals that work for you. And there's always lots of tips and advice on our website and forum.

 [www.diabetes.org.uk/exercise](https://www.diabetes.org.uk/exercise)

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Physical wellbeing  
Activity 1

STEP  
IT OUT

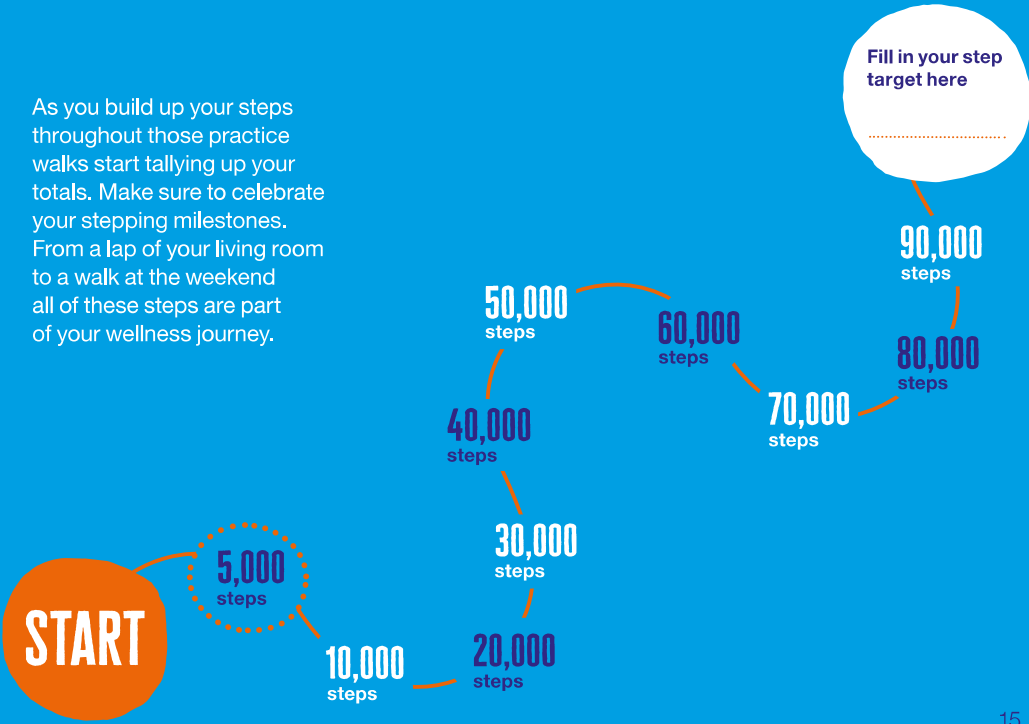
Get out for a walk, start small just stretch your legs, and build up every day. Keep track of all your practice walks and see how many steps you can rack up along the way.

You could use a phone app, fitness watch or other trackers to count the steps for you and record them on this sheet to see your progress.

Practice steps total

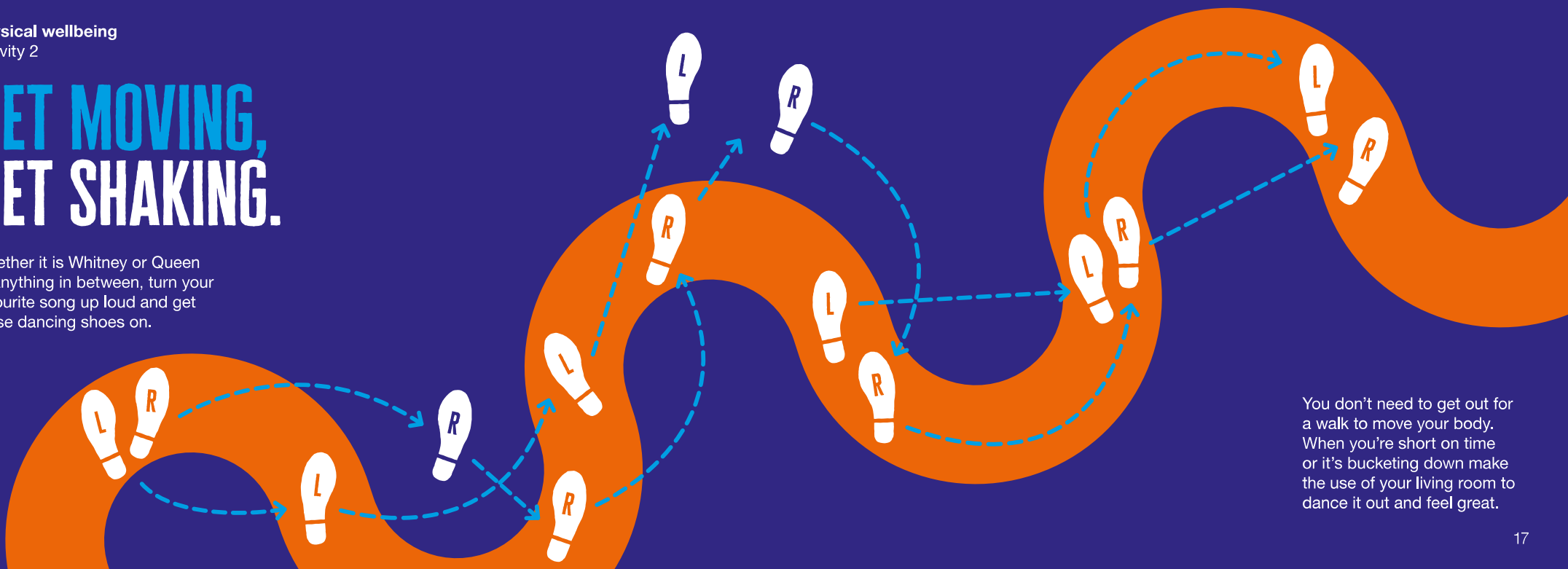
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
steps	steps	steps	steps	steps	steps	steps
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
steps	steps	steps	steps	steps	steps	steps
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
steps	steps	steps	steps	steps	steps	steps
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
steps	steps	steps	steps	steps	steps	steps
Day 29	Day 30	Day 31				
steps	steps	steps				

As you build up your steps throughout those practice walks start tallying up your totals. Make sure to celebrate your stepping milestones. From a lap of your living room to a walk at the weekend all of these steps are part of your wellness journey.



# GET MOVING, GET SHAKING.

Whether it is Whitney or Queen or anything in between, turn your favourite song up loud and get those dancing shoes on.



You don't need to get out for a walk to move your body. When you're short on time or it's bucketing down make the use of your living room to dance it out and feel great.

# YOUR MENTAL WELLBEING



**Feeling mentally healthy means we feel positive, in control and able to cope in most everyday situations. There is a strong connection between our mental and physical health, and so taking small steps to begin to get healthier can really help your mental wellbeing.**

We might be experiencing mental health problems if a lot of the time we feel nervous, anxious, stressed or depressed, or unable to cope with day-to-day things like deadlines, meetings or going shopping. It's not uncommon to feel like

this, and there's lots of ways to get help, these include:

- Talking to loved ones
- Booking an appointment in with your GP to discuss the support available
- Or reaching out to mental health organisations, like Mind.

## **Mental wellbeing and diabetes**

If you've got diabetes, then it's common for it to lead to anxiety and isolation or make you feel out of control. If you or a loved one with diabetes is feeling in need of support,

our local support groups are a great way to share stories, and feel more connected to people who understand diabetes.

You can also talk to a trained counsellor on our helpline about whatever's on your mind, and our friendly online forum is always open for everyone.

Call: **0345 123 2399**,  
Monday to Friday, 9am to 6pm  
Email: **helpline@diabetes.org.uk**

If you're in Scotland:  
Call: **0141 212 8710**,  
Monday to Friday, 9am to 6pm.  
Email: **helpline.scotland@diabetes.org.uk**

# PRESS PAUSE

Head outside for a walk today and see what you can notice, how do you feel? Concentrate on the rhythm of your steps, what can you see? Remember there are no right or wrong answers!

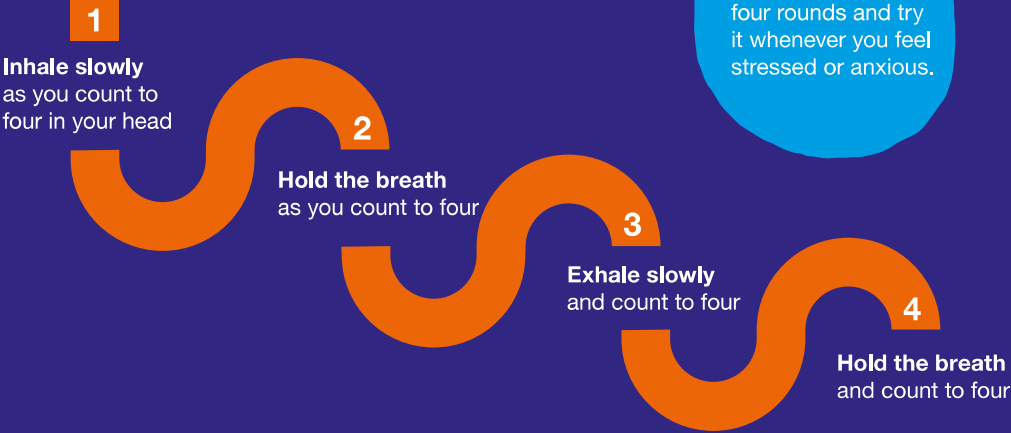
What I saw

How I felt

What did I hear

What I thought about

# TAKE A BREATH



Did taking a breath help you feel less stressed today?

Write down how it felt.

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## TOP TIP



- Lunchtime leisure**
- take an hour for lunch
  - go for a walk
  - find somewhere to read a book
  - ring a friend or colleague for a chat.

Your community

# YOUR COMMUNITY

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**By taking part in a Wellness Walk you're part of a powerful, positive and passionate community.**

Being part of a community, and not feeling isolated, is known to help with positive mental health. When we feel like we're connected to other people, it can be good for how we feel about ourselves and our emotional wellbeing.

You're joining others dedicated to supporting people with diabetes and raising money for

a world where diabetes can do no harm. Evidence shows acts of kindness can be good for your mental health. By doing good, you'll start to feel good.

And through our local support groups and online forum, we're helping people affected by diabetes feel less isolated, more supported and grow in confidence. They're great ways to find people to talk to, learn ways to live better with diabetes and build new friendships.

➔ [www.diabetes.org.uk/my-local-group](http://www.diabetes.org.uk/my-local-group)

## TOP TIP



### Walk and talk first

Rather than going for a drink with a friend, go for a walk around where you'd usually meet. See how it prompts different conversations.

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Your community  
Activity 1

# GET CONNECTED

Call a friend or family member that you haven't spoken to for a while. Find out how they are and why not tell them a bit about your steps for wellness.

Write down in these speech bubbles how it feels to connect with your friends, how you can do it more, and how you can reach out to more people in your community.

How does it feel to connect with your friends?

How can you reach out to more people in your community?

How can you do it more?

Your community  
Activity 2

# SHARE YOUR STORY

**Get your community on board with your wellness journey and inspire them with what has motivated you to take part.**

Share your story:

- You could share it on your JustGiving page.
- Share it on social media.
- Maybe in a WhatsApp group with friends and family.

Whatever feels comfortable for you.

How does fundraising make you feel? A big part of wellness is accepting and loving who we are. Be proud of the challenge you've set yourself and share your JustGiving page today.

Your community  
Activity 3

# LIVE A COLOURFUL LIFE

One of the simplest mindfulness exercises is colouring in. It helps you focus on a simple task to clear your mind, filling an outline into a rich and colourful picture. Try it and if you like it, pick up a colouring book and keep it with you for whenever you need a time out.

## TOP TIP



### Take a screen break

Find a time when you'd usually scroll through your social channels and spend that time doodling instead. Let your mind wander and see what your hand comes up with. Think about before and after you took some time to reflect and relax. What was the difference?



GET  
COLOURING!

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