

# Living well journal

What matters to me



# What is this booklet for?

This is your **own personal record** of the things that you can do to start your journey to living well.

Everyone has different experiences, skills, challenges, aims and support. But this living well journal is just about you and your personal situation. Here you can explore your aims, build on the skills you already have, and map out the stepping stones on your **pathway to wellbeing**.

You do not have to share your record with anyone else. However, if you do choose to share your record with someone, the **Oakhaven Wellbeing** team is available to support you.

Oakhaven Hospice  
Lower Pennington Lane  
Lymington  
SO41 8ZZ

Registered Charity Number 900215



# Getting started

By opening this booklet, you have already taken a step on your **journey to living well**. You can work your own way through this booklet, but it often helps to discuss it with friends and family. They may have an alternative perspective, ideas and suggestions. You can also use this booklet in sessions with those who support you. They may bring additional information, choices and support.

When exploring what you can do to **enhance your wellness**, the best place to start is with the things that you already know and enjoy. From here, you can build on these and explore the steps on your pathway to wellbeing.

Sometimes we can't think about what we want from our life and can't imagine things getting any better. This booklet is designed to help you **slowly build on your coping strategies** and begin to have ideas on how to overcome your challenges.

**Make this booklet your own.** Make it a tool that works for you. Add pages you feel it needs, and ignore those which don't help you on your journey. This is a booklet full of hints, tips and suggestions. Use this booklet in whatever way you find supports you best.

ask  
yourself

# What matters to me?

When it feels as if things are beyond your control, think about how you can take small steps on your

## pathway to wellbeing

connect  
with others

be  
active

take  
notice

keep  
learning

give  
back

At Oakhaven, our Wellbeing Service is built around five evidence-based pillars that support emotional, physical, social and spiritual wellbeing for patients, carers, families, and the wider community. Together, these pillars shape a holistic, person-centred approach that supports people to live as well as possible, strengthens community connections, and extends the reach of hospice care beyond clinical support - helping to make every moment matter.

# Getting things in balance

Balance is not something you can find, it is something you create. Finding your pathway to living well is about doing what matters to you. Do more of the things that make you feel good, and less of the things that make you feel bad. One way of doing this is thinking about how you spend your time and how you can get a better balance to life.

In the upcoming pages, you will find a weekly planner. This is an opportunity for you to explore a typical week, seeing what you enjoy and what makes you feel worse. Then look at how you could change your activities and actions to enable you to do more things that are good for your wellbeing.



# Week beginning: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
My mood today was							

Things about my week that I would:

Like to change: \_\_\_\_\_

Like to continue: \_\_\_\_\_



# What else can I do?

Using the **five pillars of wellbeing**, try to think of new possibilities, things you could start to do to work on your **journey to living well**. These are ideas, not commitments and will give you an opportunity to explore your thoughts.

Do you have any other ideas about things you would like to do, see, learn, hear or feel? These could be as simple as finding a friend to meet with regularly, rekindling a lost hobby, or even learning a new skill.



# connect with others

**Spend time with people around you; with family, friends, colleagues and neighbours, at home, work or in your local community.**

Building these connections can support and enrich you every day. Through groups, one-to-one support, and community activities, connection strengthens emotional resilience and reduces isolation.

**I could...**

---

---

---

---

---

**I would like to try...**

---

---

---

---

---

be  
active

**Discover an activity that suits your level of mobility and fitness.**

At Oakhaven, gentle movement, breathwork, and relaxation-based activities are offered in ways that are accessible and adaptable. These sessions support physical comfort, reduce stress, and improve mood while respecting individual abilities and energy levels.

I could...

---

---

---

---

---

---

I would like to try...

---

---

---

---

---

---

# take notice

**Be curious. Catch sight of the beautiful and remark on the unique. Notice the changes in the seasons, or the differences day by day. Be aware of the world around you and how it makes you feel.**

Mindfulness-based practices help to reduce anxiety, enhance emotional regulation, and deepen appreciation of everyday moments.

I could...

---

---

---

---

---

I would like to try...

---

---

---

---

---

keep  
learning

**Try something new or rediscover an old interest. Set a challenge you will enjoy achieving.**

Learning new skills can make you more confident and help continue your personal growth. Whether creative or practical, learning something new can foster joy, self-expression, and continued personal growth at every stage of life.

I could...

---

---

---

---

---

---

I would like to try...

---

---

---

---

---

---

give  
back

**Do something to support a friend or even a stranger. Thank someone, or offer them a smile. Volunteer your time, or support a community group.**

It can be incredibly rewarding to give back to the community around you. At Oakhaven, we offer opportunities to share experiences, support others, volunteer, or contribute to group discussions. Allowing people to give back in meaningful ways.

I could...

---

---

---

---

---

I would like to try...

---

---

---

---

---

# Make a plan

**You have already come a long way, and thought through some possibilities and potential barriers. Now is the time to think about making a plan.**

When we are finding something difficult, or haven't been doing as much as we would like to, making a plan and setting some aims can seem daunting. Sometimes we can worry about setting aims that we aren't sure we can achieve. Don't worry, it is always possible to break things down into smaller chunks, or to think differently about what we want to achieve.

By making the most of what is available to you, of your skills and abilities, you can take achievable steps on the journey to living well. Your goals may change direction and you may end up somewhere different than you originally planned.

breaking  
down your  
aims

**We often want to make changes in our life, but we sometimes don't know where or how to start. Breaking down your aims into realistic and achievable steps can help you to move forward.**

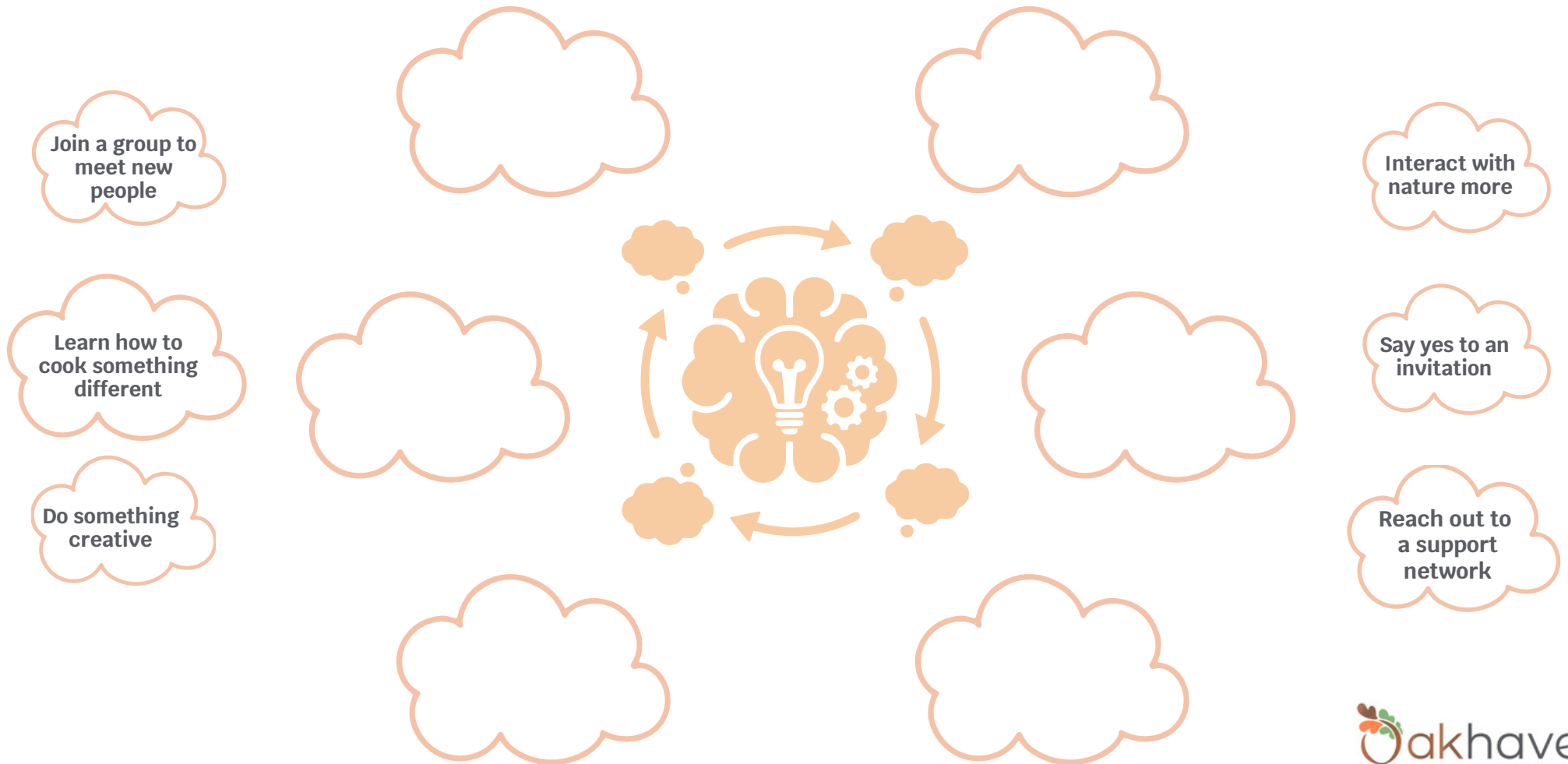
Use the SMART guidelines to help you break your aims down into smaller steps.

Use the SMART guidelines to help you break your aims down into stepping stones.

- Specific** - know exactly what you want to achieve
- Measurable** - how will you know your aim is reached?
- Achievable** - set an aim you feel you can reach
- Realistic** - choose something realistic and practical
- Timeley** - when or how often do you hope to do this

# What are my aims?

Keeping in mind the SMART guidelines, use this page to do a brainstorm thinking about your possible aims. This is not a commitment to do these aims, purely a thought process.



# Take smaller steps

**Many aims feel difficult to reach, until you break them down into smaller steps.**

For example, if your aim is to meet new people, an initial step could be to make a brainstorm about your hobbies and likes. Then find and join a group or class which explores your interest. Once you start attending, you could talk to a new person every week.

Thinking about your aims, break each one down into smaller steps. Remember to explore achievable and measurable aims. Think about what would help you on your pathway to living well.









# My aim is... \_\_\_\_\_

---

Steps	Break down your aim into smaller steps	Journey to Aim
1		
2		
3		
4		
5		
6		

# My aim is... \_\_\_\_\_

---

Steps	Break down your aim into smaller steps	Journey to Aim
1		
2		
3		
4		
5		
6		

# What is stopping me?

**Remember the SMART guidelines.**

**Did you pick an achievable aim? Is it measurable? Did you set a timeline? Is this something you can realistically achieve?**

**Specific** - know exactly what you want to achieve

**Measurable** - how will you know your aim is reached?

**Achievable** - set an aim you feel you can reach

**Realistic** - choose something realistic and practical

**Timeley** - when or how often do you hope to do this

Think again about your aims. Can you find something more achievable to work on? Can you break it down into smaller steps?

Talk to your friends and relatives, they may help you find another perspective. And remember that the Oakhaven Wellbeing team is available to support you.

**Take a moment to think, what is stopping you making a start on your aims. Seriously consider your feelings and thoughts.**

What could help you support your pathway to living well? What support do you need? What information would be helpful? You can take a moment to write your thoughts below.

---

---

---

---

---

---

---

---

---

---

# Identify obstacles

Once you have chosen the realistic aims you wish to work towards, try and identify any obstacles that may be standing in the way of your journey. It is helpful to talk to others to find alternative ideas and solutions.

Obstacle	How to work around your obstacle

# Your planner

Keep track of your journey by noting any plans, activities or events you will be doing on the planner below. Remember, nothing is set in stone. Don't be hard on yourself if you don't do something exactly as planned. Be flexible, and be kind to yourself. Ask for support if you need it. Be willing to come up with an alternative plan if you cannot find a way to move forward.

Step	Date	Time	Place	With whom

# Remember to be kind to yourself

## **Start small**

Making small changes can have a big impact on your wellbeing. Don't try to do everything all at once.

## **Be patient**

Everything takes time. Hang in there and remember that you can take it one step at a time.

## **It's not “all or nothing”**

You have not failed if you do not achieve all of your aims. Celebrate each step, and praise yourself for each accomplishment. If you get stuck, re-evaluate what aim you wish to focus on. Adjust your ideas and come up with a new direction. Be flexible and be kind to yourself.



# Support your wellbeing

We hope that you have found this booklet helpful. If after going through it, or talking with your loved ones, you would like any further support then please get in touch.

If you are affected by a life-limiting illness, are caring for someone, or are living with a loss or bereavement, Oakhaven Wellbeing are here to support you.

You do not need a healthcare referral to benefit from our wellbeing support, activities and services. We offer support at the Coates Centre at Oakhaven Hospice and out in our community.

How to contact the Oakhaven Wellbeing team:

If you would like to chat with one of our team to find out more information, you are welcome to pop in between 10am and 4pm, Monday to Friday (excluding bank holidays). Find us at:

The Coates Centre  
Lower Pennington Lane  
Lymington  
SO41 8ZZ

**[wellbeing@oakhavenhospice.co.uk](mailto:wellbeing@oakhavenhospice.co.uk)**  
**01590 677198**













making every moment matter

Oakhaven Hospice  
Lower Pennington Lane  
Lymington  
SO41 8ZZ

Registered Charity Number 900215