

Wellness Toolbox

This list of wellness tools was graciously created by participants of the Wellness Groups at the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R) through lived experience.

Wellness tools are things you can do when you are starting to feel unwell, things that are enjoyable and that you know help you to feel better. It is helpful to incorporate them into your daily life, when you are feeling well, so that they become easier to do in time of distress. Those who created this list recommend using a variety of tools on a daily basis to support wellness.

This list was created to inspire others to create their own Wellness Toolbox. Wellness tools suggested may not be helpful for everyone or in every situation. You know yourself best and what tools will help you to stay well and when.

- Exercise
- Thought record – CBT
- Pet therapy
- Healthy eating
- Alone time
- Biking
- Spending time outside
- Medical education team
- Good sleep
- Making a list
- Hot shower
- Bubble bath
- Cleaning
- Organizing
- Shopping
- Laughing
- Eating comfort food
- Looking out at water
- Pinterest
- Change of scenery
- Planning a trip/outing
- Talking to positive people

- Watching a good TV show
- Watching a movie
- Smiling at everyone you see
- Progressive muscle relaxation exercises
- Drawing
- Adult colouring books
- Gardening
- Camp fire
- Cuddling
- Sleeping
- Staying away from negative/loud people
- Looking at photos
- Getting a massage
- Hot tub
- Calling a friend
- Wearing pj's
- Dancing
- Singing
- Relaxing clothes
- Cooking
- Doing something nice for someone else
- Playing
- Driving on a country road
- BBQ
- Arts and crafts
- Reading
- Time management
- Walking
- Music
- Turning off technology
- Baking
- Yoga/stretching
- Leaving town
- Cards/video games/board games
- Journaling
- Letting someone else cook
- Scented candles
- Washing dishes
- Getting together with family/friends
- Meditation/prayer/spiritual reflection
- Home renovations
- Gratitude journal
- Calling a support line
- Play dough/silly putty/bubbles
- Clean bedding
- Rescue remedy spray
- Spa day
- Deep breathing
- Medical light
- Funny YouTube videos
- Helping others
- Eating regular meals
- Taking vacations
- Shutting off phone



Canadian Mental Health Association
Haliburton, Kawartha, Pine Ridge
Mental health for all

Thank you to participants of the Wellness Groups for sharing your lived experience and helping us build this list.

For more information about C.M.H.A. H.K.P.R. and our mental health programs and services, visit www.cmhahkpr.ca or call your nearest office. Peterborough: 705-748-6711 Kawartha Lakes: 705-328-2704

- Drinking tea
- Taking prescribed medication
- Napping
- Roller blading
- Water sports
- Prioritizing
- Mindfulness
- Remembering when (positive memories)
- Wardrobe change
- Venting
- Crying
- Visualization exercise
- Making specific plans
- Going for a drive
- Positive affirmations
- Chewing gum
- Crossword puzzles
- Squeezing an ice cube
- Grounding exercises
- Air punch
- Sucking on a mint
- Reading a recovery story
- Listening to inspirational CDs/podcasts
- Jumping up and down
- Going for a run
- Taking pictures
- Rearranging a room
- Sewing/knitting
- Making a collage
- Writing a short story/poem
- Screaming into a pillow
- Painting your nails
- Counting backwards from 500
- Writing down how you feel and why
- Writing someone a nice letter
- Volunteering
- Motivational quotes
- Making jewellery
- Window shopping
- Ripping up paper
- Going to the movies
- Reading a joke book
- Blogging
- Tapping exercises
- Ted talk – online
- Weighted blanket
- Thai Chi
- Support groups
- Mind Shift App
- Positive thinking exercises
- Watching the sunset
- Going to a free museum/gallery
- Squeezing a stress ball
- Watching baby animal videos
- Playing with a toy (Lego)
- Going bowling
- Setting a small goal
- Brushing your teeth
- Prayer beads
- Taking a day off
- Doodling
- Hugging a pillow
- Making a list of blessings
- Colour coordinate your clothes
- Start collecting something
- Watching the clouds
- Writing a letter to your future self
- Learn new words and use them
- Sitting by the water
- Guided relaxation videos
- Flying a kite
- Resting your legs on a wall
- Buying flowers
- Going to a park

My Wellness Tools:

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