

Happy Day

WELLNESS WORKSHEET



MAKE WELLNESS PART OF YOUR ROUTINE



Today's college students have a lot to juggle. Classes, jobs, relationships, and extracurricular activities are all stressful on their own. Then, once students throw in navigating their mental, physical, and emotional well-being, it's no wonder they're often overwhelmed.

This is a time of immense personal and professional growth. So not having the right coping mechanisms or incorporating healthy self-care techniques can harm students' overall happiness and well-being.

Not being able to handle changes and manage stress puts students at a higher risk of losing job opportunities and leadership positions. They may even ultimately withdraw from their institutions.

As student affairs professionals, we can't take away all of our students' worries, but we can provide healthy and helpful resources to help mitigate some of their greatest stressors.

The Happy Day worksheet is a method proven by SA pros nationwide to help students build healthy habits and focus on their everyday wins. It helps SA pros facilitate dialogue with students and reflect on what constitutes a successful day. Whether a successful day is productive, happy, or relaxed, that's up to each individual to decide.

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Listen to how this worksheet is used in our
"Trauma, Burnout, and Higher Ed" podcast episode.

[CLICK HERE TO LISTEN](#)

or visit presence.io/burnout

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Step 1

Close your eyes. Take a deep breath (or three).

Step 2

Think of all of the things you could do in a day to help you feel happy, productive, or relaxed? (e.g. make your bed, call a family member, read, etc.)

Step 3

Make a checklist of all those things in chronological order.

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Step 4

Come up with a success scale! How many do you need to check off to have a good day? A great day? A happy day?

Good Day:

Great Day:

Happy Day:

Remember, this is about celebrating the little things and taking note of what little things will allow you to have the best day possible.