



PEER LEADER Wellness Journal

Library Worker Support Network
libraryworkersupport.org

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Su Doku Solutions

Su Doku 1

9	8	7	5	6	4	1	2	3
2	3	6	7	8	1	4	9	5
5	4	1	2	3	9	6	7	8
8	1	2	6	5	7	3	4	9
3	7	4	9	1	2	8	5	6
6	9	5	8	4	3	7	1	2
7	6	8	1	9	5	2	3	4
4	2	9	3	7	8	5	6	1
1	5	3	4	2	6	9	8	7

Su Doku 2

9	2	7	3	4	6	8	5	1
4	8	6	1	9	5	2	7	3
1	3	5	7	2	8	4	6	9
7	5	2	8	3	9	6	1	4
6	1	9	4	5	2	7	3	8
8	4	3	6	7	1	5	9	2
2	6	4	9	1	7	3	8	5
5	7	1	2	8	3	9	4	6
3	9	8	5	6	4	1	2	7

Su Doku 3

3	6	7	4	8	1	2	9	5
4	2	1	5	6	9	7	3	8
9	8	5	2	3	7	1	4	6
5	9	8	7	4	3	6	1	2
6	7	3	9	1	2	8	5	4
2	1	4	8	5	6	9	7	3
1	4	2	6	9	5	3	8	7
7	5	9	3	2	8	4	6	1
8	3	6	1	7	4	5	2	9

Su Doku 4

7	2	9	4	3	6	5	1	8
1	3	6	8	5	7	2	9	4
4	8	5	1	2	9	7	6	3
9	4	8	3	7	5	1	2	6
2	5	1	6	9	8	4	3	7
3	6	7	2	4	1	9	8	5
6	9	4	5	1	3	8	7	2
8	7	2	9	6	4	3	5	1
5	1	3	7	8	2	6	4	9

Library Support Network

Peer Leader Wellness Journal

Authors

Shannon Crooks

Linde Furman

Simone Wellington

The Library Worker Support Network is a partnership between the New York Library Association and Urban Librarians Unite.



*This project was made possible in part by the Institute of Museum and Library Services:
RE-254903-OLS-23*

Su Doku 4

7						5		
1			8	5		2		
	8		1	2			6	3
	4			7				
2								7
				4			8	
6	9			1	3		7	
		2		6	4			1
		3						9

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Su Doku 3

	6			8	1	2		
					9		3	
	8		2	3				6
	9	8				6		
6								4
		4				9	7	
1				9	5		8	
	5		3					
		6	1	7			2	

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Su Doku 2

9				4			5	1
	8			9		2	7	
	3					4		
				3	9	6		
			4		2			
		3	6	7				
		4					8	
	7	1		8			4	
3	9			6				7

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Su Doku 1

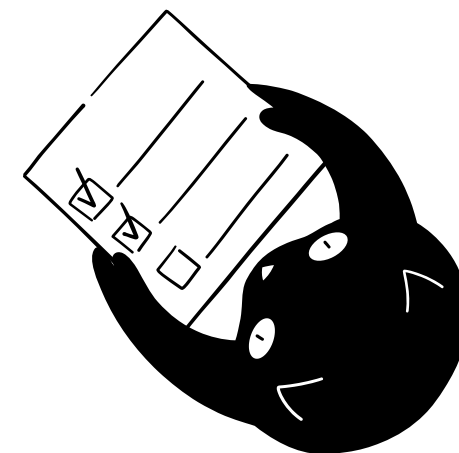
9			5	6				
	3				1	4		
5						6		
8		2		5				
3		4	9		2	8		6
				4		7		2
		8						4
		9	3				6	
				2	6			7

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Wellness Action Plan

This document serves to aid you in knowing and planning for what helps you stay well, identifying your triggers and warning signs that you are becoming, or are currently, unwell, and helping you develop a plan for healing and re-centering when you have become unwell.



Sources:

Wellness Recovery Action Plan

Guide for employees: Wellness Action Plans

<https://urbanlibrariansunite.org/q46ij7>

<https://urbanlibrariansunite.org/m7s3ro>

Puzzles

Solving puzzles can help people train their minds to be more present and attentive in their daily lives by forcing them to concentrate on the activity at hand. Moreover, figuring out a puzzle can be an active meditation that helps you unwind and forget your worries.



*Wooden jigsaw puzzle "Tree of life"
mandala - Unidragon*

Printable Brain Puzzles

Richardson Puzzles and Games. (2024, March 27). *FREE PRINTABLE PUZZLES - Richardson Puzzles and Games*. Richardson Puzzles and Games - Richardson Puzzles and Games Are an Independent Publisher Specializing in Quiz and Puzzle Books for Adults and Children's Activity Books. <https://richardsonpuzzlesandgames.com/home/free-puzzles/>

Gardening

Gardening is a great way to relieve stress and to promote wellness. It doesn't matter if you are choosing to be an indoor or outdoor gardener, growing plants is a great way to achieve wellness. The act of taking care of something such as plants can help support relaxation. You do not have to have a big



Photo Credit: Shannon Crooks

garden or spend lots of money buying tons of plants. You can just take care of one or a few plants. There are some plants that even thrive from neglect, if you are worried that they won't survive in your care. There are even some plants that do well indoors and outdoors depending upon their environmental conditions. In order to get started with gardening, consider the environment you want to place them in. Things to consider: lighting, weather conditions, humidity levels, watering schedule, and plant care needs. Each plant has their own unique set of plant care needs. Usually you can find information about the plant when you purchase them located directly on the plant on a plant care card. If that information isn't available you can always google the plant by name and search for plant care instructions for that particular plant. There are also several youtube videos that you can watch with plant experts providing information about a variety of different plants. Just do a search within youtube and include the plant name and plant care in your search. For example you might enter the following in your search box: "plant care for monstera deliciosa".

Gardening has health benefits. Here is an article that tells you how (click the link below):

Citation: Haskins, J. (2017, July 1). *Gardening: A fun hobby that's good for your health*. The Nation's Health.
<https://www.thenationshealth.org/content/47/5/17>

Wellness Maintenance Plan

This section will help you identify things you need on a daily or regular basis to continue feeling well.

Wellness Baseline

What are you like when you are feeling well?

Example: "When I feel well, I am..."

What carries a sense of meaning and significance for you in your life?

Think of things that inspire you and remind you of your values.

What do you need to do for yourself every day to keep yourself feeling as well as possible?

Think of daily wellness non-negotiables

What are some things you need to do on a regular basis, but don't have to do every day, to maintain your overall well-being?

How often do you need to do these things?

What are some things you haven't tried yet, but would like to, that could support your wellness?

Are there some things that you know you need to do for yourself to keep yourself well, but for some reason you don't do them?

If you know why you don't do those things, it might help you to identify those reasons here also, and things that might help you get to a place where you are able to do them.

Nature Walks

The idea that spending time in nature can make you feel better is intuitive. We all feel this to be true, and many of us have anecdotes of our own or from friends or family that support that idea. People who have been suffering from stress, sickness, or a trauma can spend quiet contemplative time in gardens or taken to the mountains or woods to heal. But nature is not just wilderness. The benefits of nature can also be found in our communities' parks and green spaces.



Photo Credit: Simone Wellington



Photo Credit: Simone Wellington

Researchers are amassing a body of evidence, proving what we all know to be true: nature is good for us and has both long and short term mental and physical health benefits. After your nature walk. Come back inside and take a moment to journal about it. Write about your experience with nature. You can describe in detail what you saw and felt during this experience.

Health Benefits of Nature

<https://urbanlibrariansunite.org/nature>

"In every walk with nature one receives far more than he seeks."

John Muir

How To Date Yourself

Dating yourself is probably way easier than dating someone else as the only person you need to please is you! You know what you like and don't like so it's basically already a successful date.

But it can feel a little daunting getting started, so here are a few tips:

- First things first, schedule your solo date into your calendar. Choose a day with the least distractions and responsibilities so you can pay full attention to yourself
- Write it down so it becomes real. By seeing it written down you are reminded about your date daily and it keeps you accountable
- Take your solo date seriously and treat it like you would a proper date – make that commitment to yourself and show yourself that love
- Make it special by getting dressed up or wearing your favourite outfit
- Talk about your solo date with friends to build excitement (you never know, you might encourage them to do the same)

Date Plan

Location:

Date & Time:

Budget:

Did I add it to my calendar?

Triggers

This section will help you identify things that trigger you and steps you can take to take care of yourself when you are triggered. You can also find some basic information to help you with this section at this link - <https://urbanlibrariansunite.org/wap-triggers>

What are things that trigger you?

**What can you do about these triggers when you encounter them?
Are there ways to limit your exposure to them?**

What steps can you take once you are triggered to prevent things from getting worse?

Warning Signs

This section will help you identify subtle warning signs that your emotional and mental well-being is suffering and develop a plan to care for yourself.

What are some early warning signs you have identified that show up when you are beginning to experience poor mental health?

These are often subtle signs or changes in your thoughts, feelings, or behavior that indicate you may need to take action to avoid your mental and emotional well-being continuing to decline.

What action can you take when you recognize these early warning signs?

Self Love



Photo Credit: Content Pixie | Unsplashed

The most important relationship in your life is the one you have with yourself, but thanks to daily distractions, work, friends and family it is getting harder and harder to spend quality time by ourselves. So, if you are long overdue a catch-up with your mind, body and soul, I recommend

you schedule in a solo date this week. Whether you're single, loved up or "it's complicated" spend some quality time with yourself and become your own best friend with these solo date ideas.

This image shows a full page of dot grid paper. The background is white, and it is covered with a regular pattern of small, dark grey dots. The dots are arranged in straight horizontal and vertical rows, creating a grid-like appearance. There are no margins, text, or other markings on the page.

Breakdowns & Further Declining Mental Health

This section will help you identify signs that you are breaking down and develop an action plan.

Recognition of Signs and Symptoms:

What are some signs you have identified that indicate you are breaking down or are about to break down?

Examples: crying frequently, not wanting to get out of bed

"This is how I think/feel/behave when I have broken down or am about to break down..."

Action Plan

What can you do to immediately provide relief for yourself and take care of yourself, and prevent further decline?

Shareable Info

Please fill out some information about yourself and your needs below. It is up to you, but you can share this information with your peer leader colleagues if you choose to so we can help support one another.

What can the other peer leaders do to proactively support you to stay mentally and emotionally healthy while we run the peer support network?

Are there any situations in the peer support sessions that have or could trigger poor mental/emotional health for you?

How might experiencing poor mental/emotional health impact your ability to serve as a peer leader?

Are there any early warning signs your peer leader colleagues should look for as signs you are beginning to experience poor mental health?

Are there any particular triggers you have, supports that are helpful for you, or specific information about you and your needs that it would be helpful for the other peer leaders to be aware of as we work together?

Self Care



Support Network

This section will help you identify people who can support you when you are in need of help.

Peer Support Leader Buddy

Name:

Phone Number:

Ways this person can support me:

Peer Support Leader Buddy

Name:

Phone Number:

Ways this person can support me:

Peer Support Leader Buddy

Name:

Phone Number:

Ways this person can support me:

Peer Support Leader Buddy

Name:

Phone Number:

Ways this person can support me:



Peer Mentor Reflection

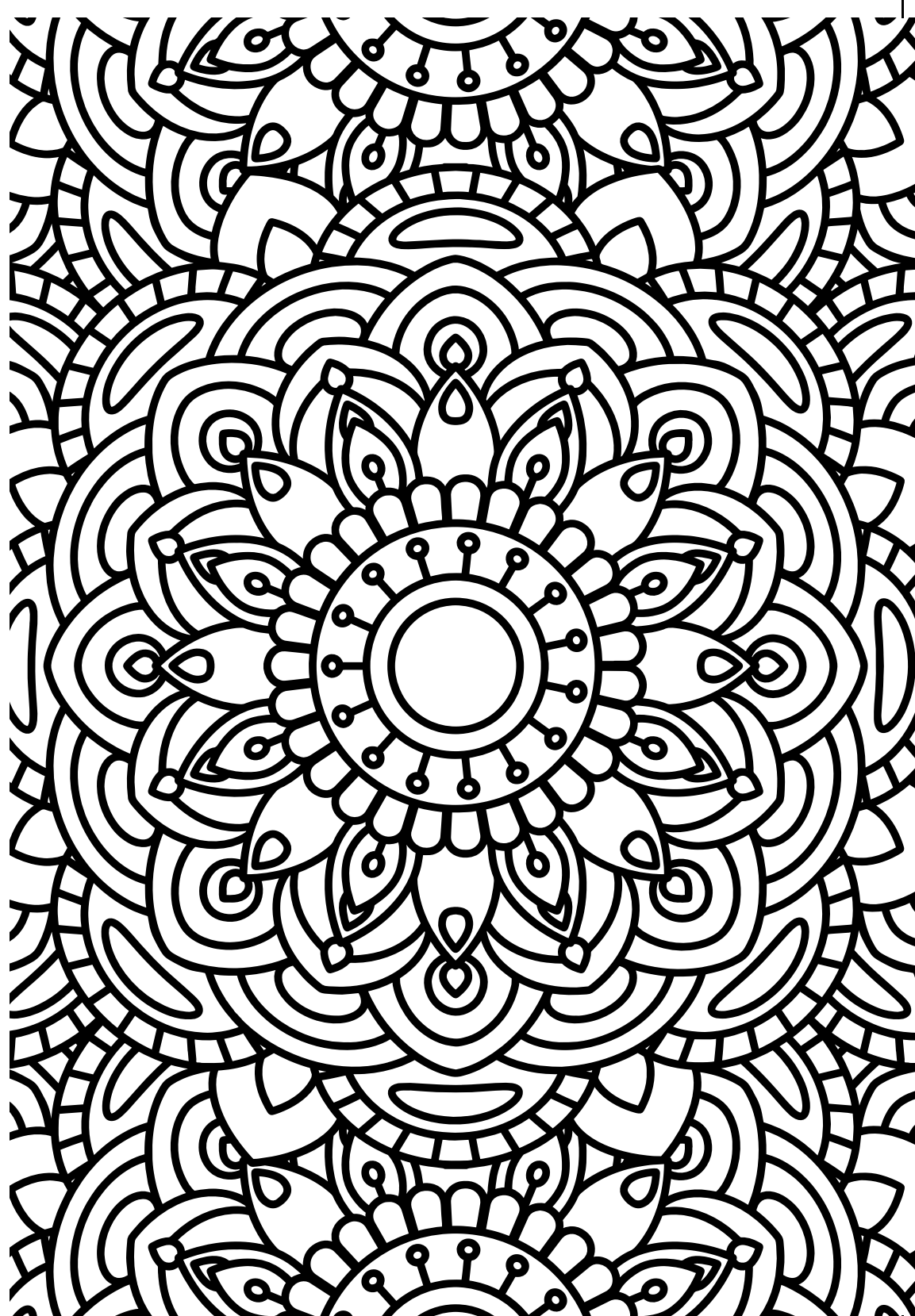
(Immediately after peer mentor session)

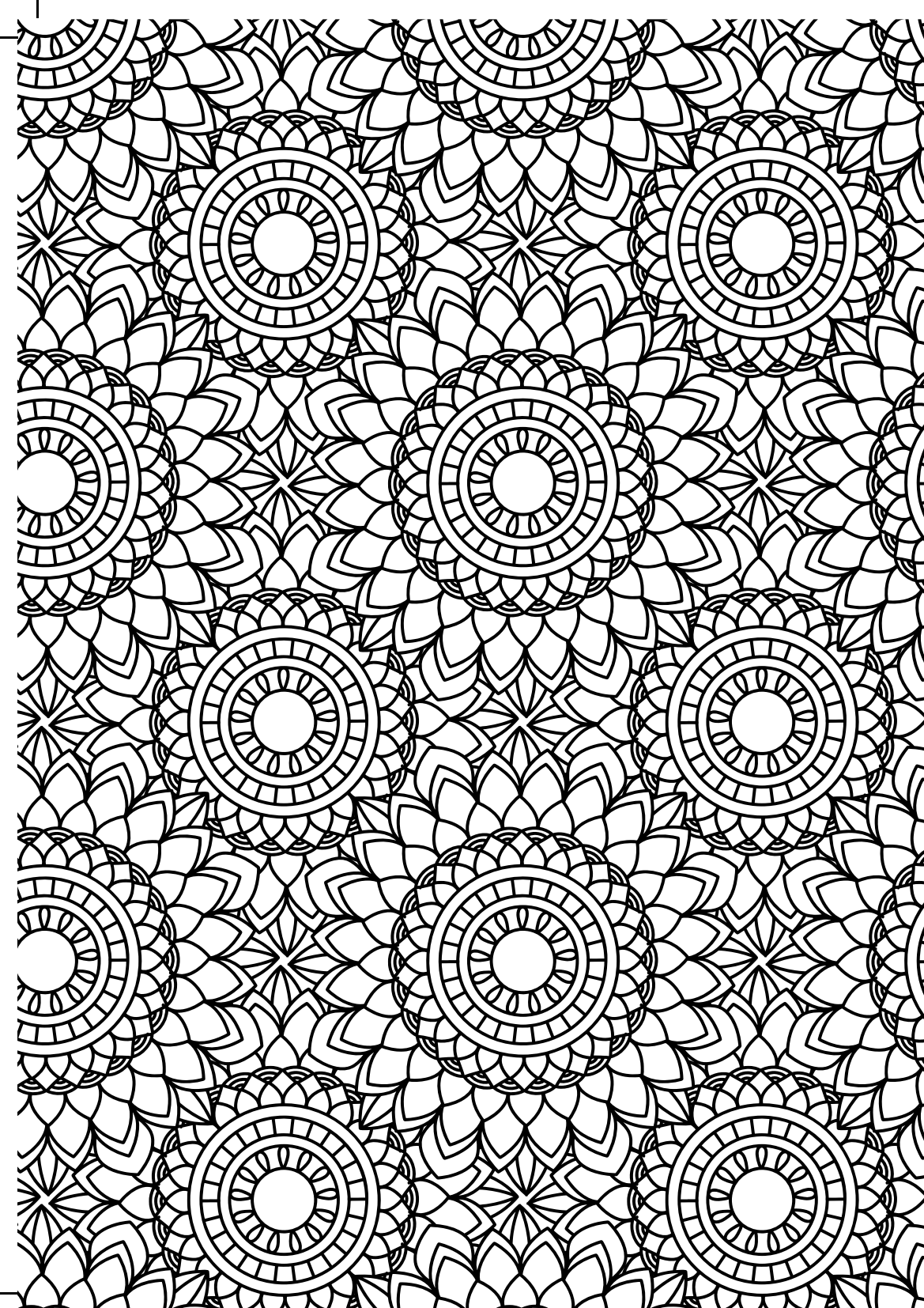
What went well in today's session?

How were you feeling in today's session?

What impact did you make in your mentoring session?

What feelings did you think the participant(s) walked away with?





What solutions, resources or coping strategies did you and the participant(s) develop during the session?

What would have made the session better?

What do you feel went well in the session?

What resources do you feel you needed and didn't have during the session?

How are you feeling after the session is completed?

Peer Mentor Reflection

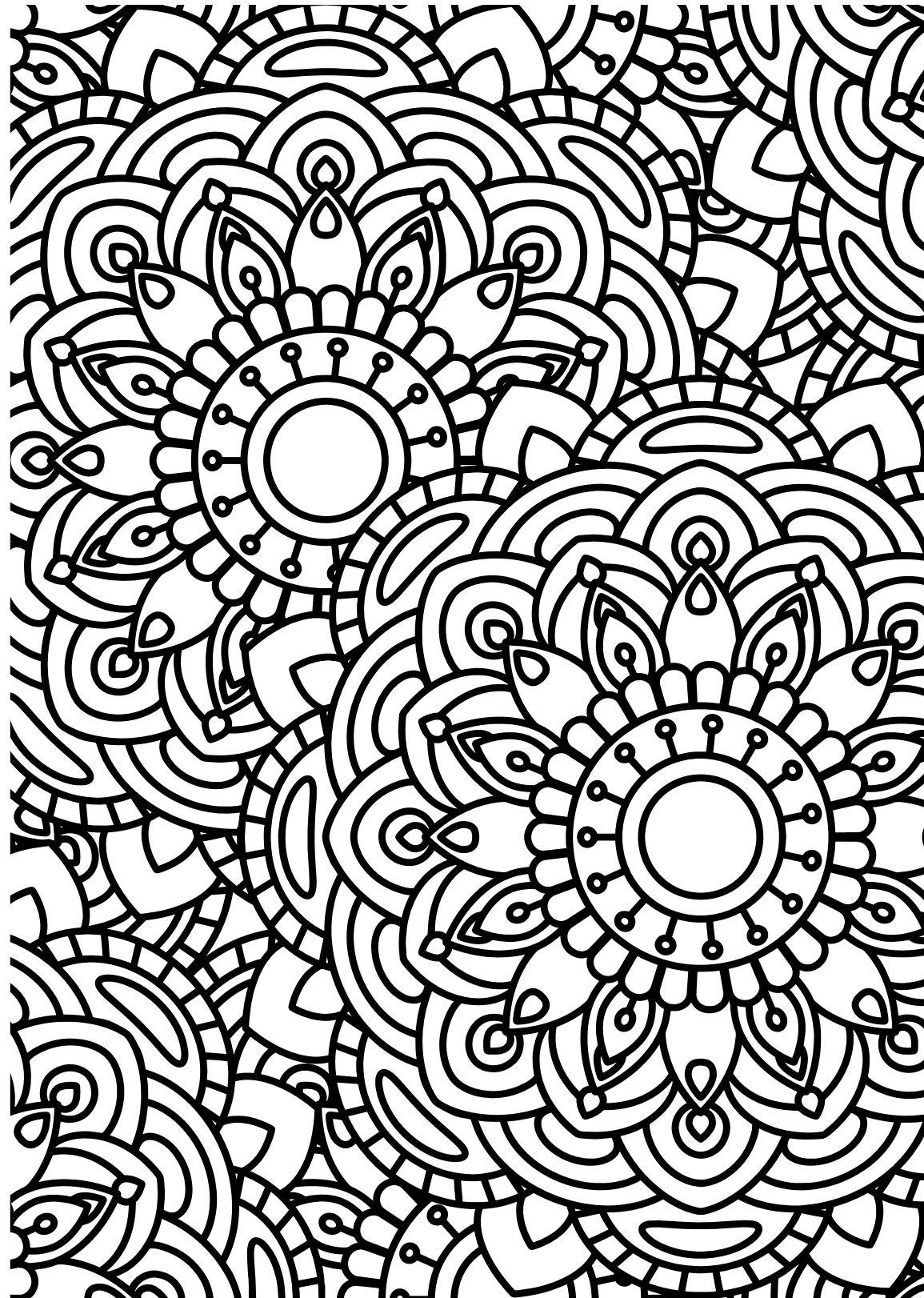
(Immediately after peer mentor session)

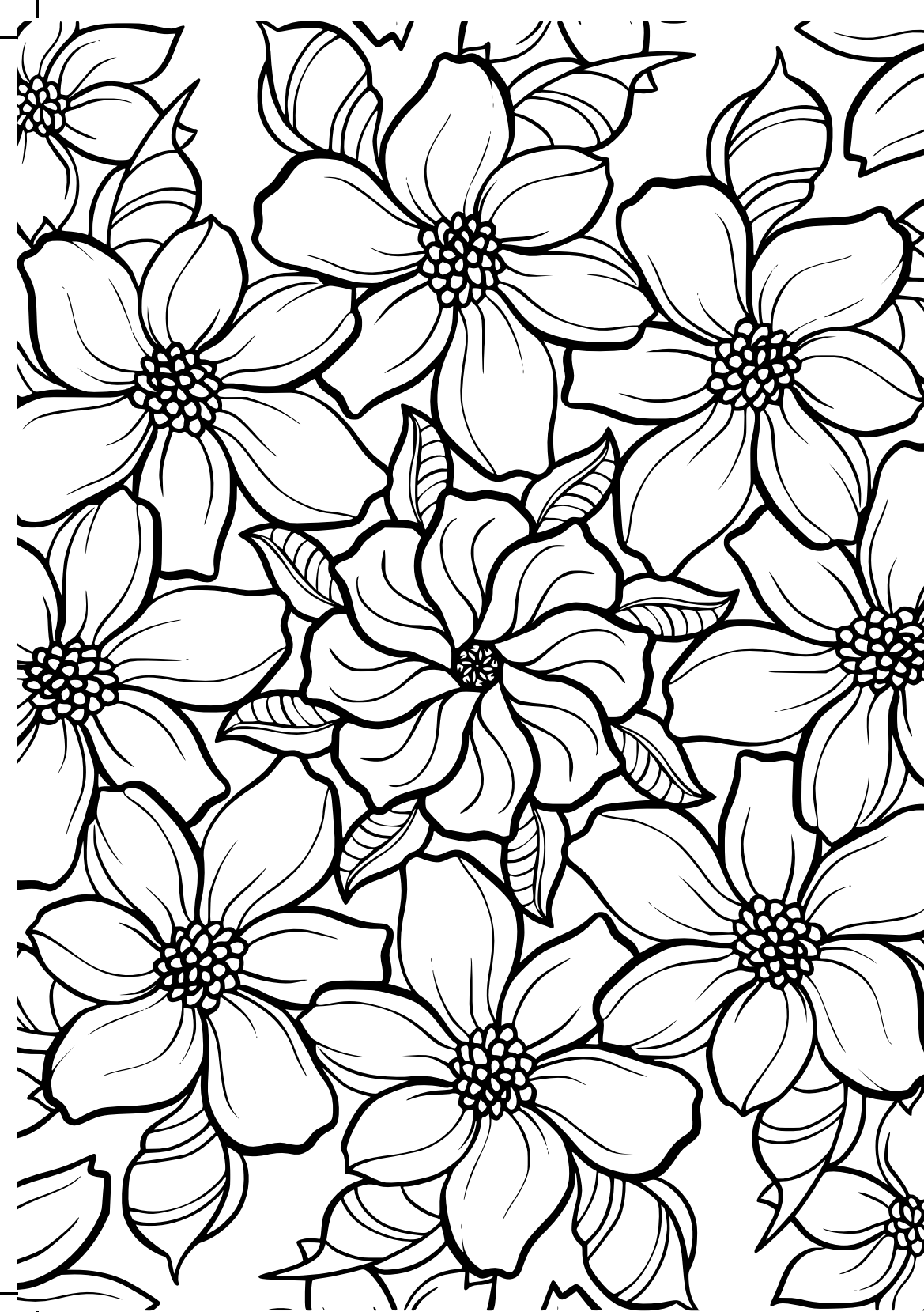
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Peer Mentor Reflection

(Immediately after peer mentor session)

What went well in today's session?

How were you feeling in today's session?

What impact did you make in your mentoring session?

What feelings did you think the participant(s) walked away with?

Adult Coloring- Mandalas

This activity allows you to drift away into a wonderful world of intricate designs and beautiful colors, while allowing the brain to remain active and increasing creativity. Coloring Mandalas calms the mind, body and soul. Instead of focusing on stress and life's everyday worries you are now placed into a meditative zone, and you feel at peace. Coloring in general has been proven to help with dexterity and mental acuity, therefore, this is a perfect activity to keep you calm while simultaneously helping your mind and body.

Supplies:

- Markers
- Colored Pencils
- Crayons
- Watercolor Paints



Photo Credit: Simone Wellington

Benefits of coloring Mandalas

8 Benefits of coloring mandalas for your mind & body | Stress Relief Coloring App. (n.d.). <https://www.stressreliefcoloringapp.com/8-benefits-of-coloring-mandalas-for-your-mind-body/>

Paint Blots

Grab your favorite paints, a paintbrush and a cup of water to clean your brush. You may want to also grab a paper towel or cloth to dry your brush while painting. Pick a color or combination of colors to make blots, swirls, lines, or anything you want on a plain sheet of paper. Watercolor paper would probably work best for this prompt.



Photo Credit: Beckers, D. (n.d.). Blobs of liquitex acrylic paint ready to be smeared into a cover of an art journal. Flickr. <https://www.flickr.com/photos/37103729@N02/23743403843>



Photo Credit: Shannon Crooks art journal in hobonichi cousin planner book

Pro Tip: To make this even more fun, stare at your shapes on the page and imagine the possibilities of what shapes you can make the paint blots into. Now use your favorite pen and trace the ink blots into the shapes you imagined. Be as creative as you would like to be. Throw perfection out of the window. Find that artist in you.

What solutions, resources or coping strategies did you and the participant(s) develop during the session?

What would have made the session better?

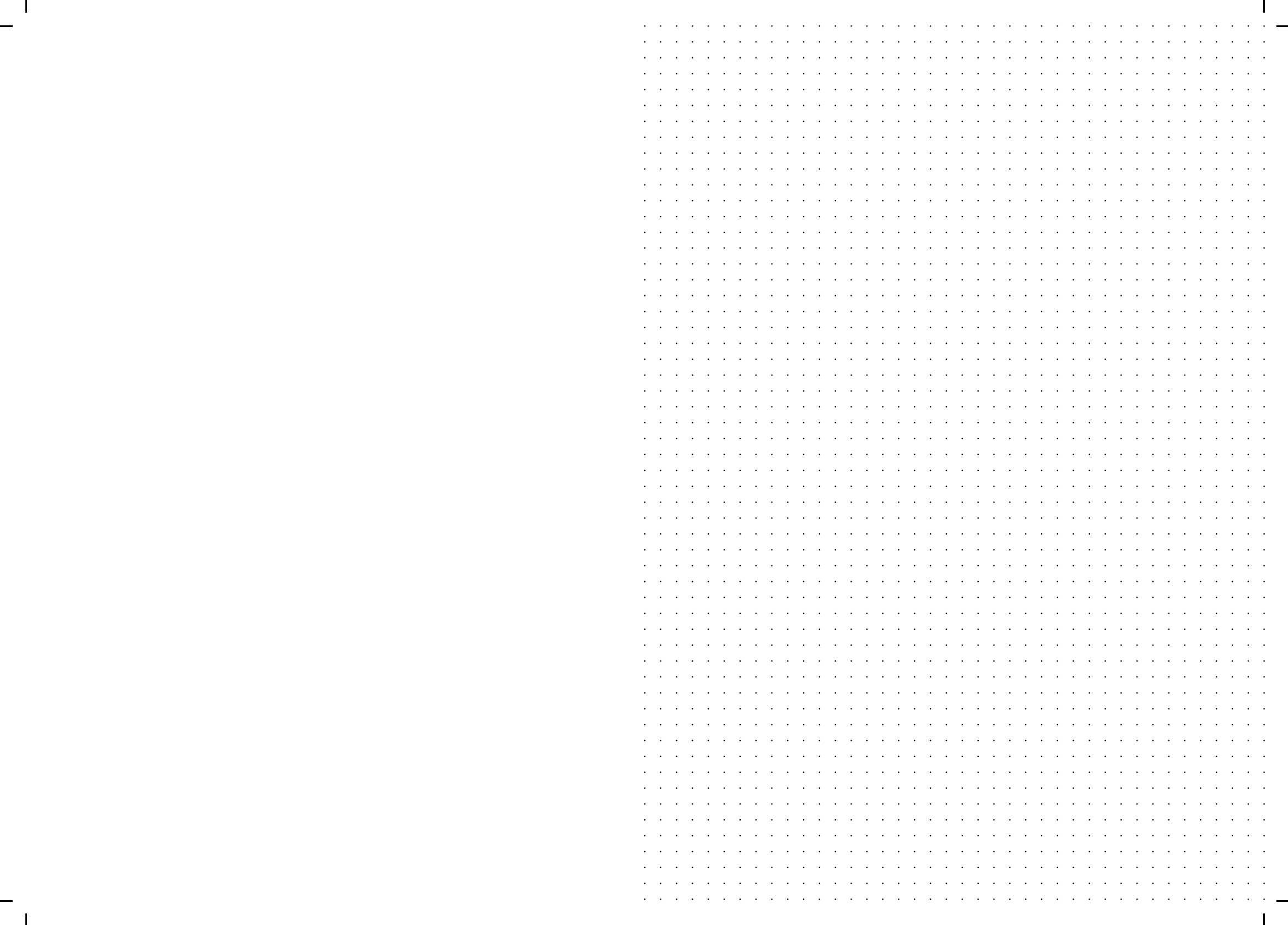
What do you feel went well in the session?

What resources do you feel you needed and didn't have during the session?

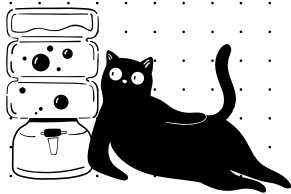
How are you feeling after the session is completed?

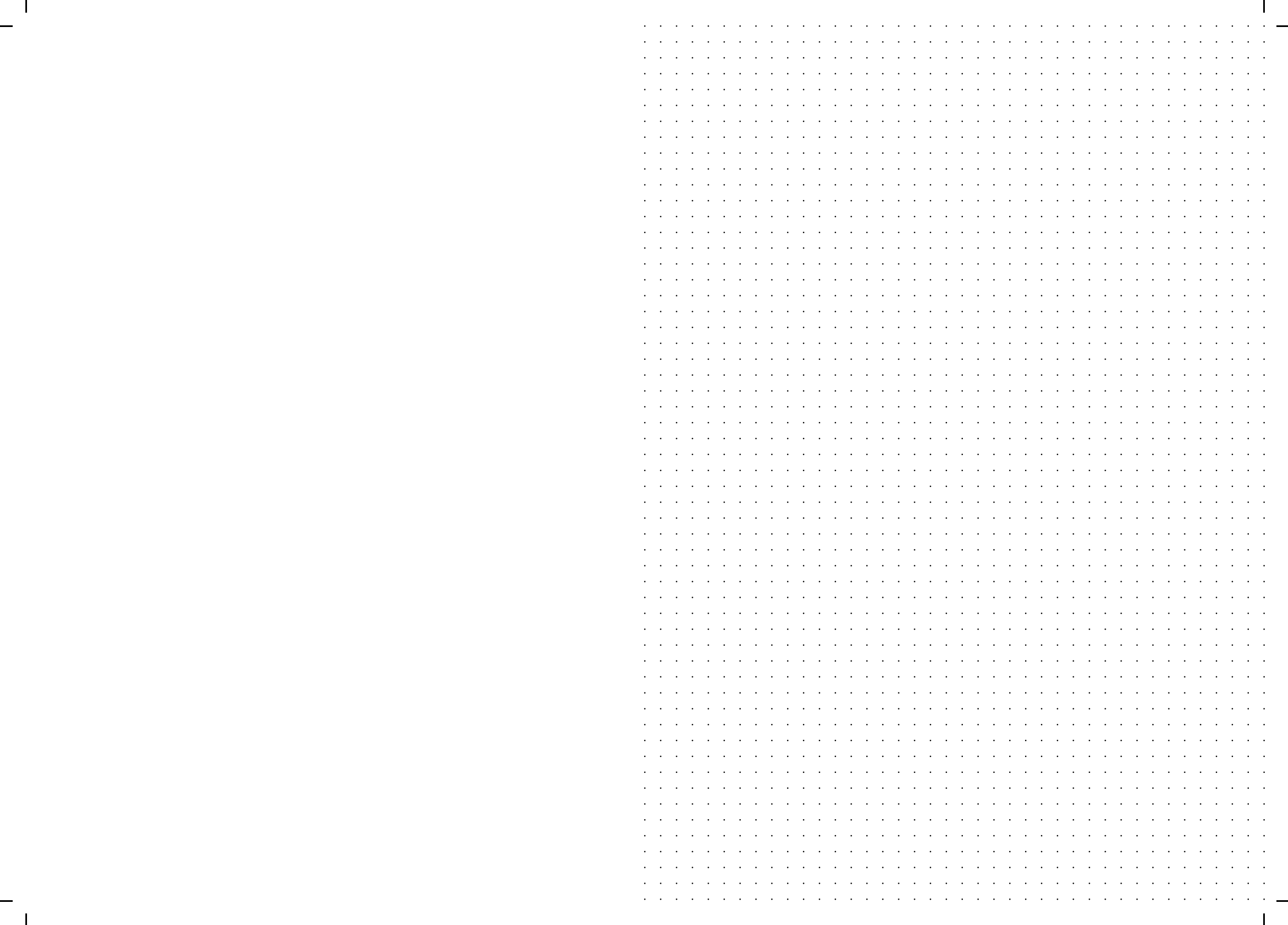
"In art, the hand can never execute anything higher than the heart can imagine."

Ralph Waldo Emerson



Creativity and Mental Health





Journal Prompts

Daily Prompts

Monday

Write down three things you're grateful for today.

Tuesday

Reflect on a challenging experience from the past. What did you learn from it?

Wednesday

Describe a moment of joy or beauty you experienced today.

Thursday

Write about a goal you're working towards. What steps can you take today to move closer to achieving it?

Friday

Reflect on your thoughts and emotions. What are you noticing about yourself?

Saturday

Write a self-care checklist.

What do you need to take care of yourself today?

Sunday

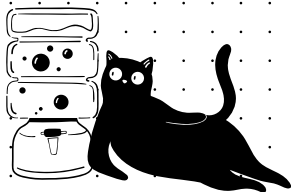
Reflect on your week.
What did you learn about yourself?
What are you proud of?

Additional Tips:

- Take 5-10 minutes each day to write in your journal.
- Be honest and authentic in your writing.
- Don't worry about grammar or spelling, focus on the process of reflection.
- Use prompts as a guide, but feel free to explore other thoughts and ideas that come up.
- Keep your journal private and confidential, this is a safe space for self-expression.

Mindful Reminders:

- Be present in the moment, focus on your breath and your thoughts.
- Practice self-compassion and kindness towards yourself.
- Remember that journaling is a process, and it's okay to make mistakes



Creative Organization (Bullet Journaling)

You can see different videos on how people create their bullet journal. Bullet journaling allows you to be as creative as you want. You can draw your calendars the way you want. You can add doodles or paintings to your journal. You can even draw pictures. Some people create themes for the month. Some people are very minimal and only use a pen to create their bullet journal. The possibilities are endless. You can draw your images for your themes or you can use stamps, ephemera, or other art supplies you have access too. Being creative does not mean you have to spend money on expensive art supplies. Be creative with what you have, because the possibilities are endless.

Pro Tip: Go to YouTube and search for bullet journaling videos.

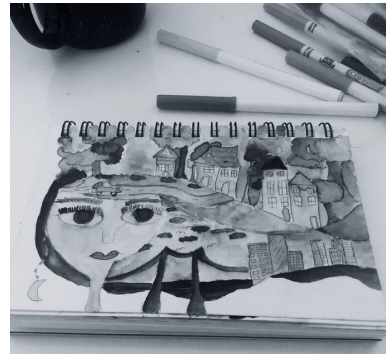


Photo Credit: Shannon Crooks art journal spread.



Photo Credit: Shannon Crooks Hobonichi weeks planner.

Bullet Journaling can increase mindfulness and productivity. Check this article out, it tells you why:

Citation: Huber, M. F., & Huber, M. F. (2024, June 25). *I was a bullet journal skeptic, but I hate to say it works*. Outside Online. <https://www.outsideonline.com/health/wellness/i-was-a-bullet-journal-skeptic-but-i-hate-to-say-it-works/>

Collage Art Journal

Remember how much fun collaging was in grade school? Well you can have so much fun as an adult doing collaging.

You can create inspiring quote pages with pictures from old magazines that you may have laying around. You may have have some magazines that the library you work in may be willing to allow you have for creative journaling. You can take several different photos and paste them together to create your own new image, just as I have done in the below collage photos. You can add inspiring quotes or create your own quotes to add to your artwork. Art journaling is about freedom of expression and there are not rules to doing it. Just be creative and feel free to express yourself on the page.

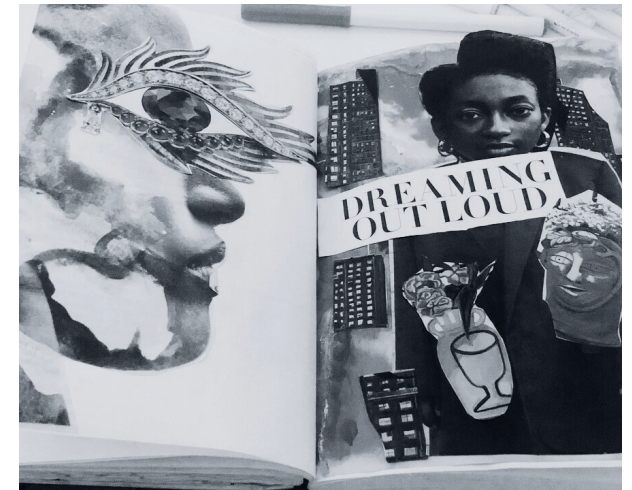


Photo Credit: Shannon Crooks Journal

“Art washes away from the soul the dust of everyday life.”
Pablo Picasso

Learn more about art and visual journaling here:

Taylor, L. (2024, March 4). Visual Journaling: Health Promotion through Art and Drawing - GoodTherapy.org Therapy Blog. GoodTherapy.org Therapy Blog.

<https://urbanlibrariansunite.org/wap-visual-journal>