



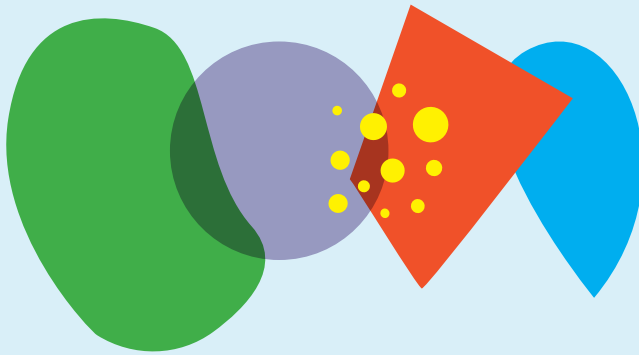
Co-Creating Well-Being

Adult Journal

Introduction

We want to make sure your information is kept private. Please don't share any information that can identify you (name, address, etc.).

If you have questions about this journal, please email: ccwb@hfwcnyc.org



Support Services/Referrals

Mandatory Reporting requirements in New York State require any person to report suspected abuse or maltreatment of a child. If an adult/caregiver suspects mistreatment, they must immediately report this to the Office of Children and Family Services at 1-800-342-3720.

If additional support is required, call 2-1-1 for a list of services to respond to the needs of children and families in New York State:

Western New York: www.211wny.org / Dial 2-1-1 or call 1-888-696-9211

Central New York: www.211cny.com / Dial 2-1-1 or call 1-844-245-1922

Emergency Hotlines

Contact these 24-hour hotlines that can provide support to people with emergency mental health needs:

Kid's Helpline: 1-877-KIDS-400

Crisis Services Buffalo, Erie County: 716-834-3131 or crisisservices.org

Crisis Services Chautauqua County: 1-800-724-0461 or crisisservices.org

Contact Community Services Syracuse, Onondaga County: 315-251-0600 or contactsyracuse.org

National Suicide Prevention Lifeline: 1-800-273-8255 or suicidepreventionlifeline.org

Thank you

Thank you for supporting the completion of the Co-Creating Well-Being Adult Journal. This journal is a resource developed as part of Co-Creating Well-Being, an initiative that explores what is possible when we create solutions with children and families rather than for them. We are working towards supporting children and families in developing and maintaining well-being. The initiative is led by the Health Foundation for Western and Central New York, in partnership with the John R. Oishei Foundation, the Peter and Elizabeth Tower Foundation, the Ralph C. Wilson Jr. Foundation and the Chautauqua Region Community Foundation.

Western New York Office: 726 Exchange Street, Suite 518, Buffalo, NY 14210

Central New York Office: 431 E. Fayette Street, Suite 250, Syracuse, NY 13202

How to complete this journal

Over the next two weeks fill out as much or as little of this journal as you want to.

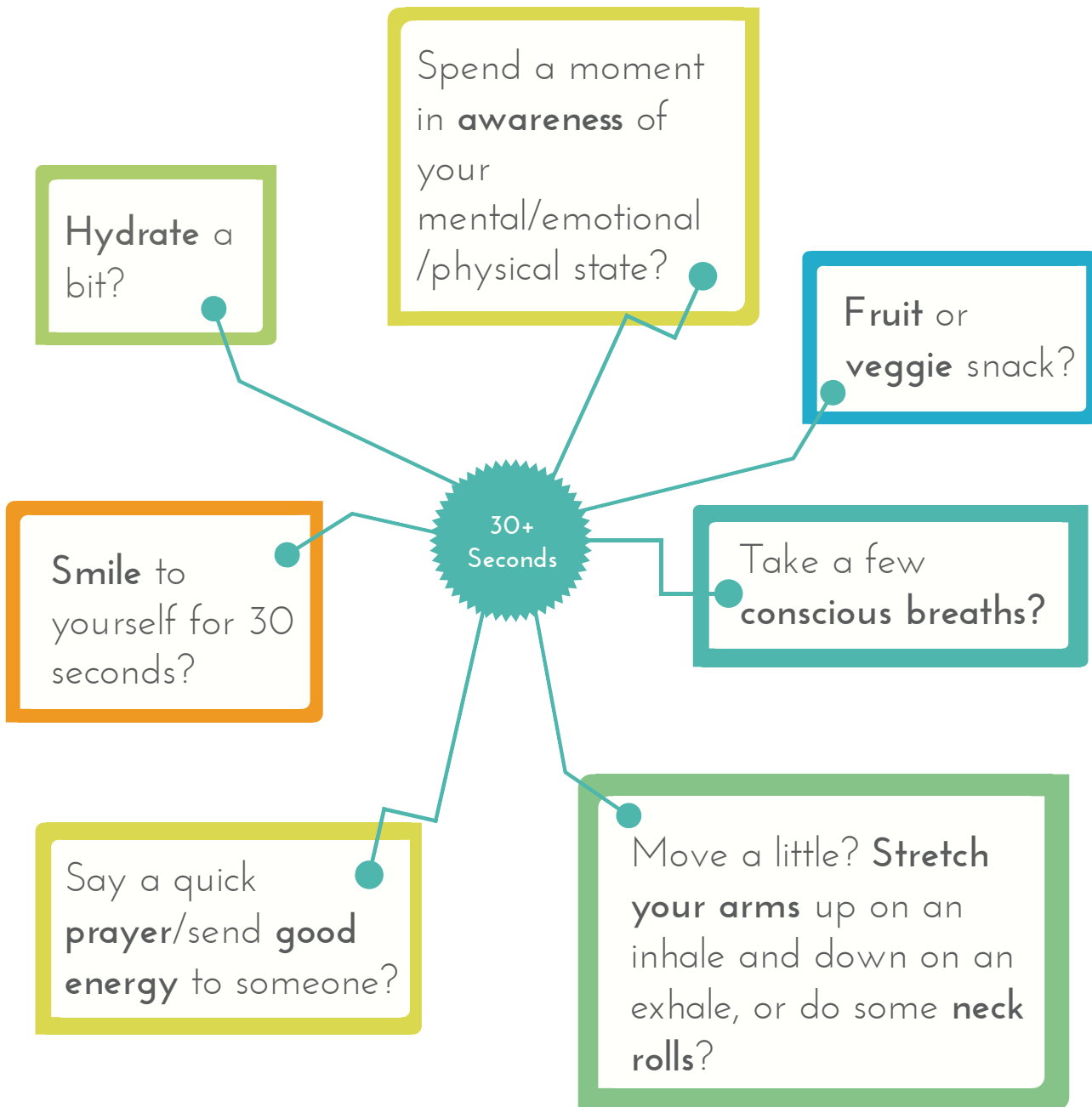
For this project, we are defining **caregiver** as any caring adult in a child's life, this includes (but is not exclusive of) parents, guardians, families, service providers, and volunteers.

This journal has two parts:

- Part One is for telling us about your day; fill out Part One once a day for **four separate days within a two-week period**.
- Part Two has questions on specific topics; **answer questions on the topics that interest you** (you can leave the topics blank).
- You're also welcome to use the blank pages in the journal to record things that don't fit into the questions provided.
- Our goal is to understand your day-to-day life to co-design programs and services in the future to meet your needs and promote self-care and well-being practices

Got 30 Seconds?

small & mighty wellness techniques



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PART ONE

Tell us about your day

DAY 1

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?

DAY 2

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?

DAY 3

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

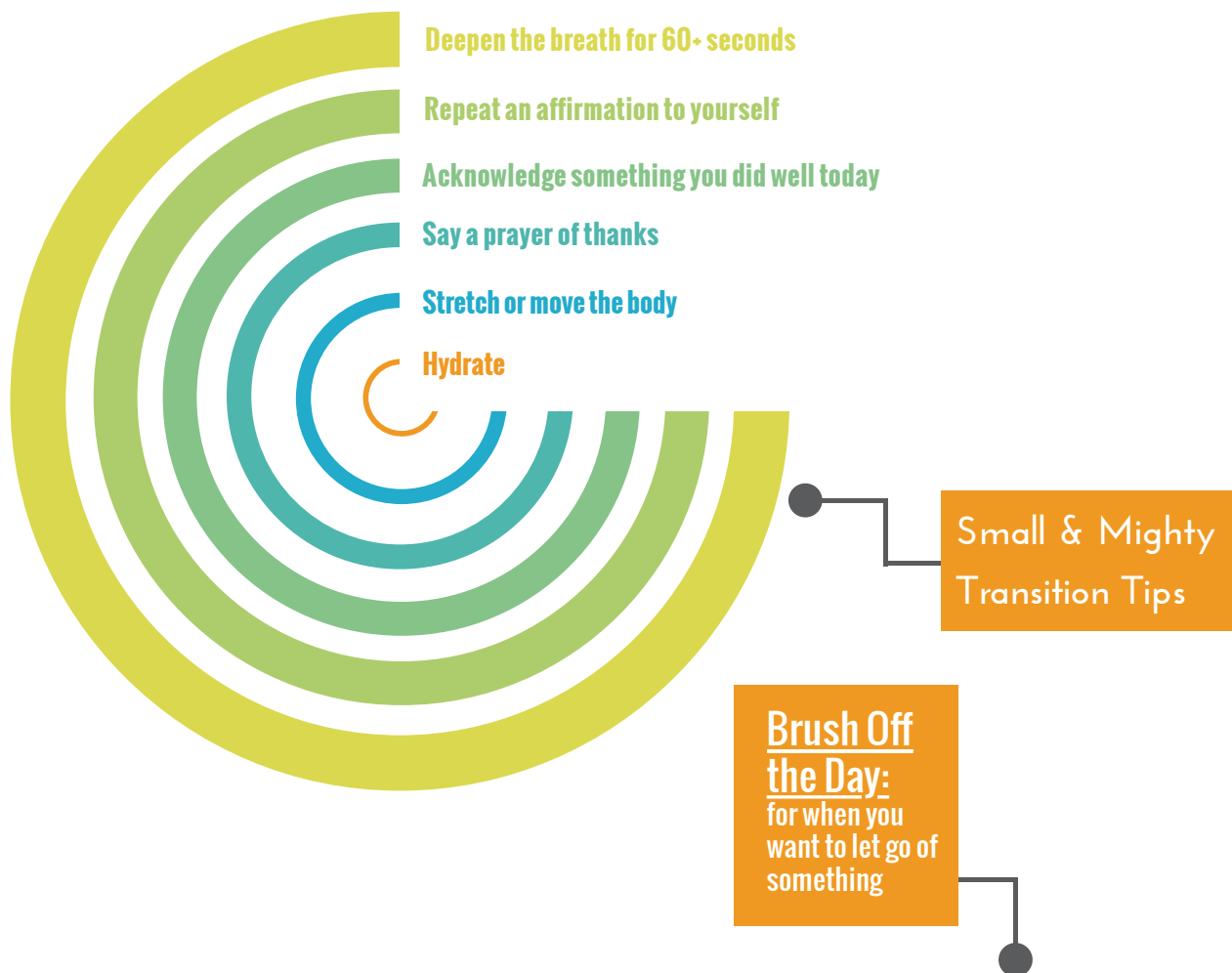
What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?

Transitions Through the Day

— in 5 minutes or less —

Make the most of the moments between finishing one part of your day and starting another, so you can move into the next phase of your day in the best possible state. Before you head out the door or before you move onto what's next, pause for a moment and try one these techniques, or another that works for you.



1. Use the palms of your hands to “brush yourself off” with short, brisk strokes. Start at the top of one shoulder and move down the arm.
2. Apply the same technique to the other arm, your chest and back, and legs.
3. Envision anything you’d like to let go of being brushed off, as if it were crumbs.
4. Shake your limbs, hands, and feet for a full 30 to 60 seconds to really clear your energy.
5. Notice whether you feel different afterwards!

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DAY 4

Date: _____

What did you do today?

Try to provide as much detail as you can.

Morning:

Afternoon:

Evening:

What was good about today?

What was difficult about today?

What could have happened to make it a better day?

Is there anything else you'd like to tell us about your day?

Transitioning to Sleep

Tips for winding down

A restful sleep starts with mindful preparation. Try adding one or more of these tips to your evening routine to settle in and increase your sense of relaxation before bed.



Slow down



As your evening progresses towards bedtime, pay attention to the speed of your actions and speech. Consciously slow down to create a gentle transition.

Limit Tech Use



Using smartphones at night can decrease sleep quantity and quality.¹ Try limiting how often you check your phone after a designated time, or leaving it outside of your bedroom.

Filters in the iPhones Night Shift settings, and the Flux app (can be used with both iPhones and Androids) change the light quality on your phone, making it more conducive for sleep.

Acknowledge your accomplishments



Spend a moment acknowledging what you did well today. Seriously! If regrets/self-criticisms crowd in, try to find what you can do differently next time.

Journaling, or even voice-recording about the your feelings, thoughts, and interactions can be helpful in releasing the day and preparing the mind for rest.

Attend to the breath



Breathing through the left nostril activates the parasympathetic (i.e. "rest & digest") nervous system.² Try blocking the right nostril and breathing through the left for 3 minutes.

Or sit up on a cushion or lie down and take some long, deep belly breaths.

Attend to the body



Try stretching, or practice a short evening yoga sequence (5+ minutes) to wring out the experiences of the day and relax your mind and body.

References:

1. Lanaj, K., Johnson, R. E., & Barnes, C. M. (2014). Beginning the workday yet already depleted? Consequences of late-night smartphone use and sleep. *Organizational Behavior and Human Decision Processes*, 124(1), 11-23.
2. Telles, S., Nagarathna, R., & Nagendra, H. R. (1994). Breathing through a particular nostril can alter metabolism and autonomic activities. *Indian Journal of Physiology and Pharmacology*, 38, 133-133.

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Waking Up With Intention

in 5 minutes or less

Spending a few mindful minutes and setting intentions when you wake up are powerful ways to start the day.



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PART TWO

Answer questions on specific topics

GETTING AROUND

Where did you go the last time you left your home/place you're living?

How did you get there?

Did anything make it hard to get around? What was it?

If there was one place you could go today without worrying about how to get there, where would you go? Why?

DEALING WITH EVERYDAY STUFF

What's a problem you had recently? It can be big or small.

What did you do to try to fix the problem or cope with the problem?

What got in the way as you tried to deal with the problem?

Can you think of anything else that could be done about it?

BEING A CAREGIVER

**What types of caregiving do you provide for a loved one? (e.g., child, parent, friend)
Where do you do this?**

What does it feel like to be a caregiver?

What impact does being a caregiver have on your life?

What would make your time as a caregiver better?

PEOPLE YOU KNOW

How do you connect with other people?

Where do you go to be with people?

What do you like about spending time with others?

What do you dislike about spending time with others?

**If you could, who would you like to spend time with tomorrow
and what would you like to do?**

A blank page you can write or draw on.

PETS

Pets can be an important part of our life.

Think about the last interaction you had with a loved one and/or pet. What happened?

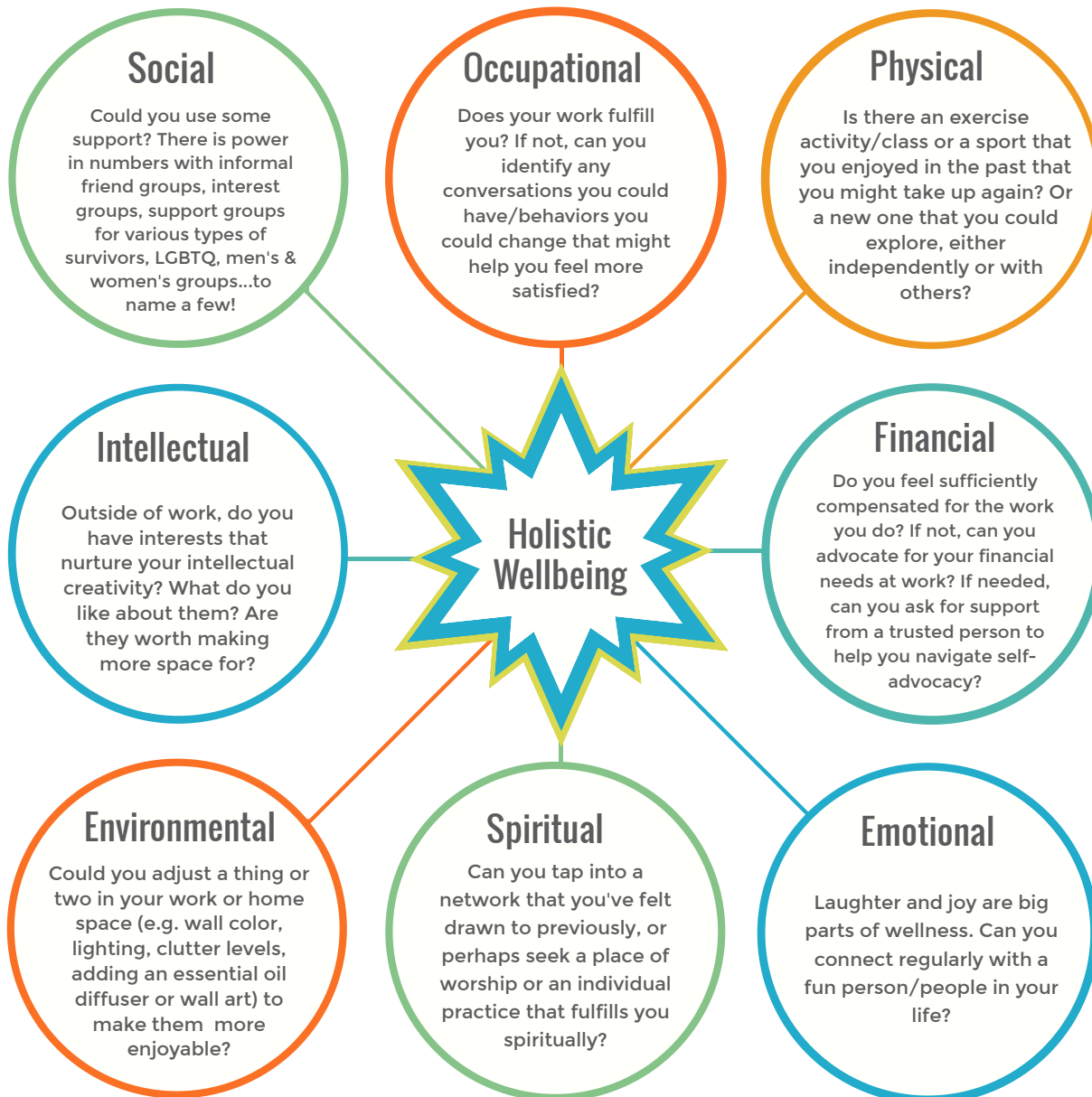
How did you feel during this time?

What would make your time with your pet better?

Attending to Dimensions of Wellness

Questions for assessment and action

The various dimensions of the self are interconnected, and wellness or imbalance in one area can impact the other areas.¹ Use these questions as a starting point for assessing how you are faring in different areas of your life, and for considering changes that could impact your holistic wellness.



Reference:

1. Substance Abuse and Mental Health Services Administration. (2017). *Eight Dimensions of Wellness*. Retrieved from <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

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HOPES AND DREAMS

What are you most hopeful about?

What does a better life look like to you?

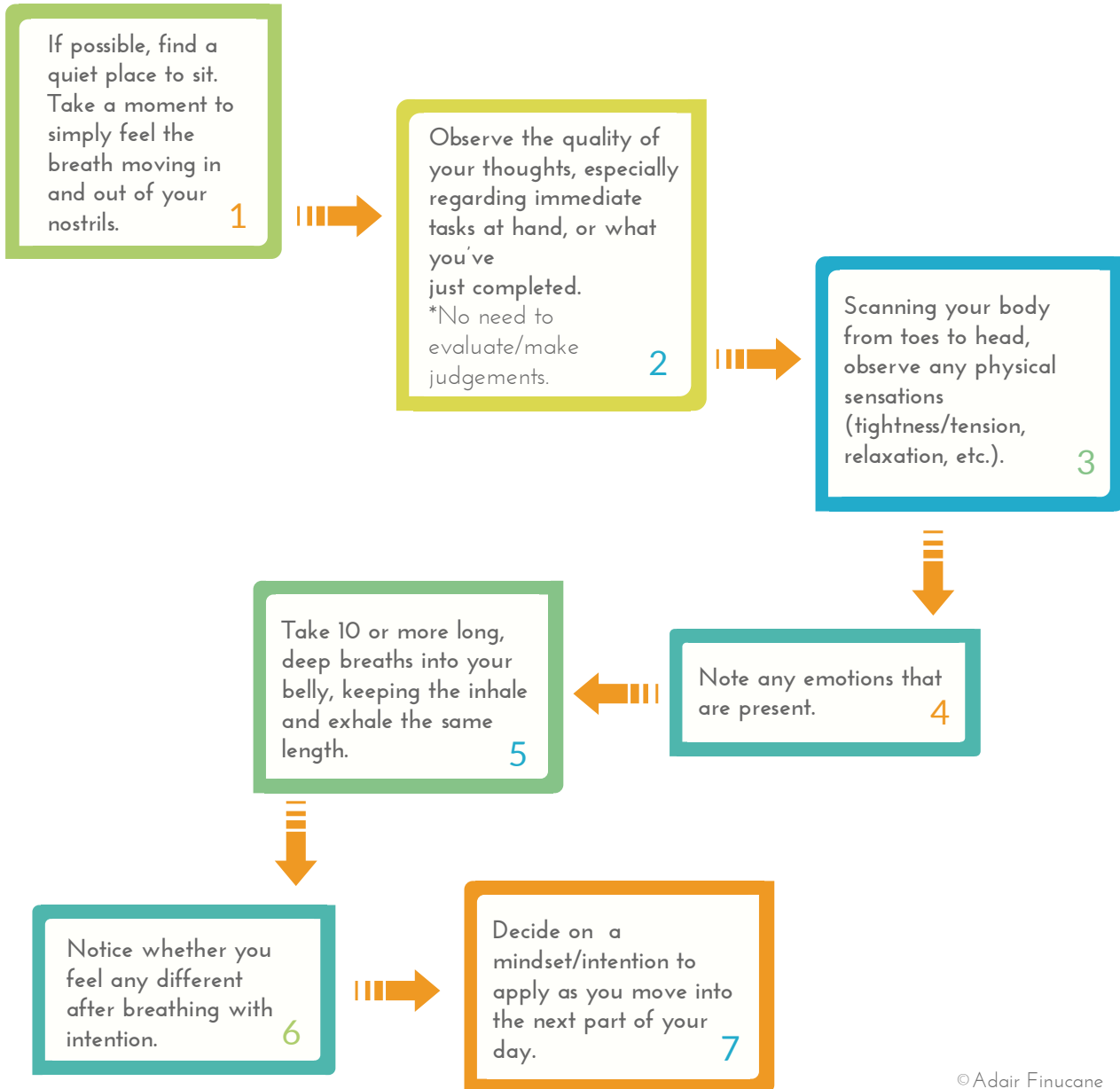
What's one thing that gets in the way of you having your better life?

What would help you get to the life you imagine?

Reset Mindfully

in 5 minutes or less

Helpful for resetting your energy & emotions anytime during the day - like between tasks, after a challenging experience, or before or after eating lunch.



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YOUR PHYSICAL AND MENTAL HEALTH

Are you experiencing any physical or mental health challenges? If so, please share.

Tell us about a time when your physical or mental health impacted your ability to be a caregiver. What happened?

What do you want people who help you with your emotional health to understand about you and your caregiving role?

GETTING HELP FROM PROFESSIONAL SERVICES

Professional services can be things like home care services, case management, friendly visiting, home-delivered meals, or transportation help.

Think about the last time you had an interaction with a professional service. What challenges did the professional service (and the person providing them) help you with?

What happened? What did you talk about?

How did you feel during this interaction with the professional service (and the person providing them)?

What would make your time with the person providing these services better?

TIME BY YOURSELF

How do you fill time when you're by yourself?

What does it feel like when you're by yourself?

What do you think about when you're by yourself?

Would you change anything about the time you spend by yourself?
If so, how would you change it?

MOTIVATION AND WHAT KEEPS YOU

What got you out of bed today? If you didn't get out of bed, what kept you there?

What matters most to you?

What do you do when things feel like too much?

What do you wish you could do when things feel like too much?

What's something you're proud of?

Long Deep Breathing

tutorial for a 3-part breath

Diaphragmatic, or long deep breathing, can improve attention, decrease negative moods and cortisol (stress hormone) levels,¹ lower blood pressure, and slow the heart rate.² Try this breathing technique alone or in company, for 30 seconds longer. Use it in transitions or when feeling stressed to increase relaxation and your sense of wellbeing.



1

Simply notice your breath moving in and out of the nose/mouth. Observe where you feel the breath in your lungs and body. Notice the length of inhales and exhales.

2

Adjust the breath so that the inhale and exhale are of even length. Start with the count of in 4, out 4 and extend if you are comfortable.

3

Placing your hands on your low belly, breathe for 10 breaths. Breathe so you can feel your hands move on the inhale and exhale.



4

Moving the hands to the sides of the rib cage, breathe into the low belly, and into the side body, feeling the hands move on the inhale and exhale for 10 breaths.

5



Drawing the hands just underneath the collar bones, with long deep breaths, drawing the breath from the low belly, to the mid-lungs, and up to the top of the chest, feeling the hands move on the inhale and exhale for 10 more breaths.

References:

1. Ma, X., Yue, Z. Q., Gong, Z. Q., Zhang, H., Duan, N. Y., Shi, Y. T., ... & Li, Y. F. (2017). The effect of diaphragmatic breathing on attention, negative affect and stress in healthy adults. *Frontiers in Psychology*, 8, 874.
2. Modesti, P. A., Ferrari, A., Bazzini, C., & Boddi, M. (2015). Time sequence of autonomic changes induced by daily slow-breathing sessions. *Clinical Autonomic Research*, 25(2), 95-104.

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STRENGTHS AND INTERESTS

What are you good at?

What's something you wish you could try?

What stops you from trying that thing?

What's something a loved one would say you're good at?

YOUR WORDS OF WISDOM

What's the thing you're most proud of as a caregiver?

What's a lesson about caregiving you wished you learned sooner?

What challenges do you think future caregivers could face?

What are your words of wisdom for someone new to the caregiving role?

Thank you!

Thank you for taking the time to participate in journaling as part of the Co-Creating Well-Being research project.

We know that filling out this journal likely took a lot of time and energy. The Co-Creating Well-Being team greatly appreciates the generosity you have shown in sharing your thoughts and experiences.

We are committed to using what you've expressed in this journal to try to improve programs and services for children and caregivers in Western and Central New York.

Your experience is valuable to us!

JOURNAL ID:



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program/co-creating-well-being/](https://hfwcny.org/program/co-creating-well-being/)