

Emotional toolkit: Wellbeing diary

Finding your wellbeing balance can be a challenge when you are affected by lymphoma.

A wellbeing PACE-ing diary can help you to notice the things you are doing that help, the things you might want to do more of and areas where you might need some help. You might notice that many things you do fall into a number of the areas. PACE stands for **P**hysical and health, **A**chievements, **C**onnections and **E**njoyment.

Physical and health Went for a walk,
had 8 hours sleep
Achievements Baked a cake,
helped with kids homework
Connections Attended a support group,
coffee with a friend
Enjoyment Read a book, out for lunch,
enjoyed garden

Monday

Physical and health
Achievements
Connections
Enjoyment

Tuesday

Physical and health
Achievements
Connections
Enjoyment

Wednesday

Physical and health
Achievements
Connections
Enjoyment

Thursday

Physical and health
Achievements
Connections
Enjoyment

Friday

Physical and health
Achievements
Connections
Enjoyment

Saturday

Physical and health
Achievements
Connections
Enjoyment

Sunday

Physical and health
Achievements
Connections
Enjoyment

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