

STARLING MINDS

LITTLE BOOK OF WELLNESS



A Note to You.

Your well-being matters, and we want you to know that you are never alone. This little wellness book was created to support and inspire you in moments when life feels overwhelming or uncertain.

Inside, you'll find tools, tips, and reflections to help you navigate stress, nurture your happiness and mental health, and rediscover the strength that's always been within you.

Whether it's a moment of calm you're seeking or a gentle reminder to prioritize yourself, this book is here to be your companion.

Remember, self-care isn't selfish—it's a gift you give to yourself and everyone around you. Take it one step at a time, and know that we are cheering you on every step of the way.

With kindness and care,
The Starling Minds Team

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Self-care is giving
the world the best
of you, instead of
what's left of you.

– Katie Reed

Feelings are just
visitors. Let them
come and go.

– Mooji

Self-compassion is
simply giving
yourself the same
kindness you would
give to others.

– Christopher Germer

No amount of self-
improvement can
make up for any lack
of self-acceptance.

– Robert Holden

Here is the world.
Beautiful and terrible
things will happen.
Don't be afraid.

– Frederick Buechner

Vulnerability is the
birthplace of
innovation, creativity,
and change.

– Brené Brown

Sometimes the bravest
and most important
thing you can do is
just show up.

– Brené Brown

You can't stop the
waves, but you can
learn to surf.

– Jon Kabat-Zinn

Let us not look back in
anger, nor forward in
fear, but around in
awareness.

– James Thurber

Experiencing anger is
one thing. Knowing
how to express it is
another.

– Mary Pipher

You've been criticizing
yourself for years, and
it hasn't worked. Try
approving of yourself
and see what happens.

– Louise Hay

Do one thing
every day that
scares you.

– Eleanor Roosevelt

Everything you've
ever wanted is on
the other side of
fear.

– George Addair

The only cure for
grief is to grieve.

– Earl Grollman

What is grief, if
not love
persevering?

– Vision

When you say 'yes'
to others, make
sure you're not
saying no to
yourself.

– Paulo Coelho

TOOLS & TIPS

MORNING

Start your day with a gratitude practice: Write down three things you're thankful for each morning.

BREATHE

Take 5 minutes a day for mindful breathing: breathe in through your nose, hold, then breathe out slowly through your mouth. It helps reduce stress.

HYDRATE

*Drink a glass of water first
thing in the morning to
kickstart your body and
mind.*

PRACTICE

Practice the 5-4-3-2-1 grounding exercise when anxious:

Name five things you see, four you feel, three you hear, two you smell, and one you taste.

POSITIVITY

Remember that thoughts are just thoughts. Let negative thoughts go or use positive affirmations to reframe them.

PRACTICE

*Try to notice the good stuff.
When something is beautiful or
hopeful or makes you feel
peaceful or happy, remember
to focus on it and savour it.*

JOY

Create a "joy list" of small things that make you happy, and aim to do one daily.

BREAKS

Take tech breaks: unplug from screens for at least an hour a day.

MOVE

Move your body daily, whether through walking, stretching, or dancing.

DO IT

Practice the two-minute rule: If it takes less than two minutes to do, do it now.

LET GO

Schedule "worry time." Allow yourself 15 minutes to worry, then move on.

RELAX

Create a soothing space in your home where you can relax and recharge.

END OF THE DAY

*End your day by writing down
one thing you did well.*



REFLECT

*What am I holding onto that
no longer serves me?*



REFLECT

*What do I need most from myself
in this moment - patience,
rest, forgiveness, trust?*



REFLECT

What's my favorite way to recharge, and how can I make time for it this week?



REFLECT

*Spend time exploring your limits
so you know where they are and
how strong they are.*



REFLECT

Notice how you feel when a boundary is broken. This can help you to determine how firm your boundary needs to be.

Remember: requests aren't boundaries; boundaries are about what you will or won't do or tolerate from others.



REFLECT

Write your boundaries down. You don't have to show them to anyone, but putting your ideas into words can help you describe exactly where your boundaries lie.



REFLECT

*Ask yourself:
"What really matters to me in life?
Am I prioritizing those things?" If
not, make small changes till you are.*

A Final Note to You.

As you close this book, remember that your journey toward well-being is a continuous one—unique, meaningful, and always worth the effort. Every small step you take to care for yourself creates ripples that can transform not only your life but also the lives of those around you.

We hope this book has offered you comfort, insight, and inspiration. Keep coming back to its pages whenever you need a moment of encouragement or clarity.

You have the strength to face challenges, the courage to embrace change, and the resilience to keep moving forward.

Be patient with yourself, celebrate your progress, and continue to make space for self-care in your life. You deserve it.

With our deepest support,
The Starling Minds Team

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