

MAY 2025

Mental Health Month

WELLNESS SERIES

Part 1 of a 3-Part Series

Beyond Survival: A Workbook
to Build a Resilient & Thriving Work Life



Waypoint

CENTRE *for* MENTAL HEALTH CARE
CENTRE *de* SOINS *de* SANTÉ MENTALE

YOU HAVE ARRIVED



**YOU HAVE LANDED IN THE RIGHT
PLACE- AND JUST IN TIME.**

About this workbook:

This workbook is your invitation to pause, reflect, and reconnect with what helps you thrive, not just survive.

Take a deep breath.

This is space for you.

Let's begin.

LET'S START WITH A QUOTE

**THRIVING IS
NOT ABOUT
PUSHING
HARDER; IT'S
ABOUT
ALIGNING
BETTER.**

Please consider how this resonates with you.

THE WEEKLY

CONTENT BREAKDOWN

WEEK

WEEK
1

BREAKING OUT OF SURVIVAL MODE

Regain control with intentional shifts.



WEEK
2

MASTERING YOUR ENERGY

Protect your time & connect more meaningfully.

NEXT
WEEK

WEEK
3

THE THRIVING MINDSET

Design your path to meaningful days.

Are
YOU
Ready?

WEEK ONE

BREAKING OUT OF SURVIVAL MODE

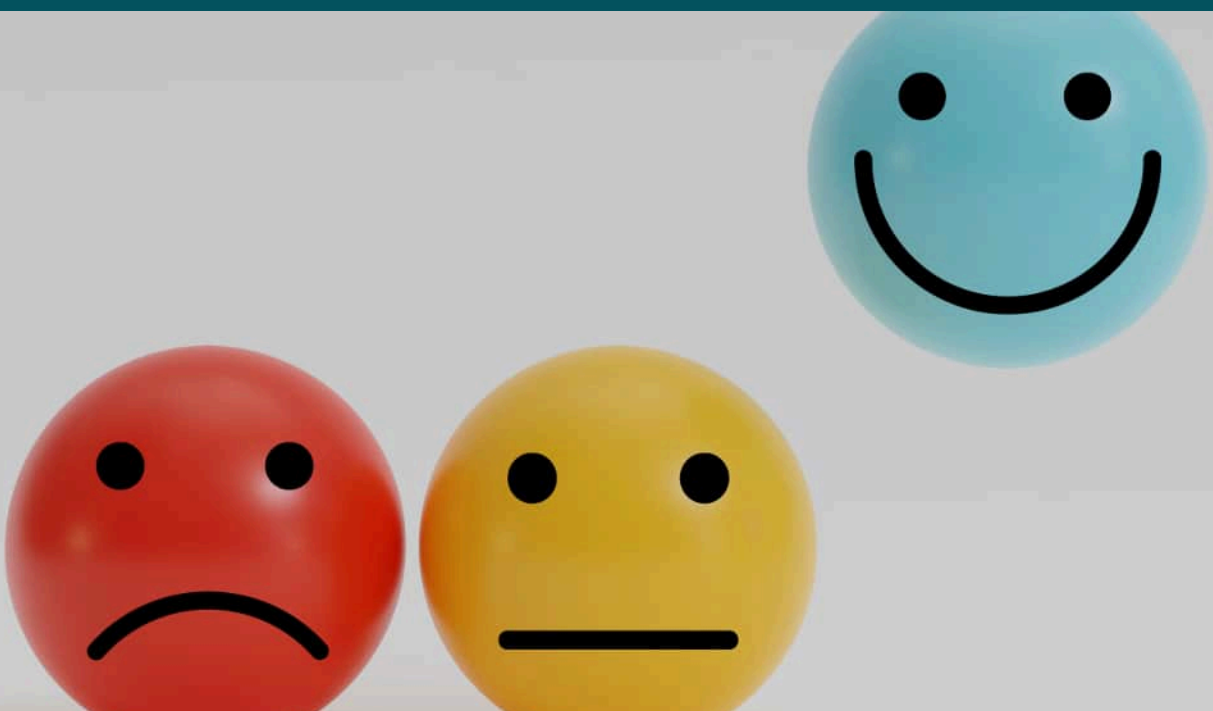
REGAIN CONTROL WITH INTENTIONAL SHIFTS

Let's face it—survival mode can feel like autopilot. You're checking boxes, meeting demands, and running on caffeine and calendar reminders. It's a space we all land in from time to time—especially when life gets full. But here's the truth: you weren't meant to live in survival mode.

This session is your invitation to pause, reflect, and take back the driver's seat. We'll explore small but mighty shifts that help you step out of just “getting through the day” and into living with more purpose, energy, and clarity.

You don't need a complete life overhaul to thrive—you just need to begin. One shift at a time. One choice at a time. That's where your power lives.

Let's get started—this is your first intentional step toward thriving.



"
**Change nothing
and nothing
changes.**

-
Tony Robbins

SURVIVAL VS. THRIVING

SELF CHECKLIST

This tool will help you recognize where you are and spark awareness of intentional shifts you might want to make. Please Check all that feel true for you today. No judgment —just awareness.

MINDSET AREA	SURVIVAL SELF	THRIVING SELF
ENERGY	I often feel drained or on edge	I feel energized and balanced most days
FOCUS	I'm reactive, jumping from task to task	I'm intentional with where I place my focus
SELF-TALK	I'm hard on myself or stuck in 'shoulds'	I speak to myself with compassion and encouragement
PACE	I'm rushing, just trying to get through	I'm move at a sustainable, grounded pace
BOUNDARIES	I say yes even when I mean no	I set and protect healthy boundaries
DECISION-MAKING	I feel overwhelmed or indecisive	I make aligned choices with clarity

MINDSET AREA	SURVIVAL SELF	THRIVING SELF
CONNECTION	I feel isolated or disconnected	I feel supported and connected to others
SELF-CARE	It's the first thing to go when things get busy	It's a non- negotiable part of my routine
OUTLOOK	I'm surviving day to day	I feel purpose- driven and hopeful

Where did most of your checkmarks land today?

What is one small shift you're curious about making this week?

TAKE A PAUSE, REFLECT, AND WRITE FREELY


QUICK REFLECTION

I invite you to think of...

A habit, routine, or mindset that might be keeping you stuck in “just getting through.”

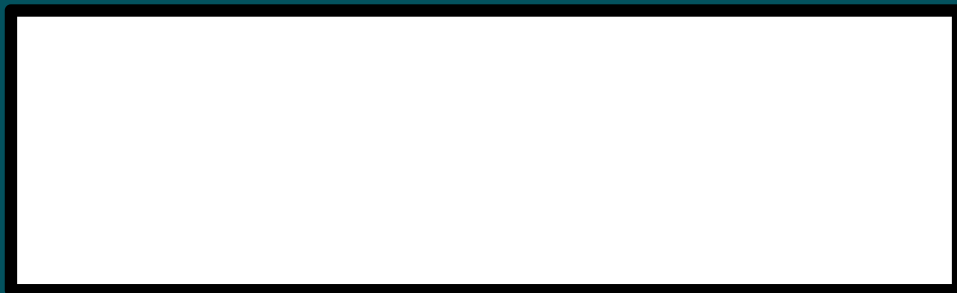
Maybe it’s rushing without breaks, people-pleasing, checking your email before you even get out of bed, or ignoring your own needs.

There are no wrong answers—just awareness.

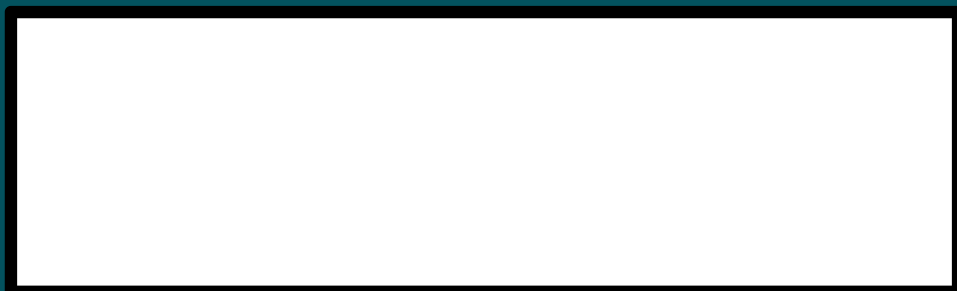


Need a nudge? Finish this sentence:

I notice I go into survival mode when I...



Next step: What is one small shift you’re open to trying instead?



START/STOP/KEEP

BUILDING RESILIENCE STARTS WITH INTENTIONAL SHIFTS.

In this worksheet, you'll take stock of your current behaviors and mindsets. By identifying what you need to stop, start, and keep doing, you'll begin to create a more resilient, thriving approach to life and work.

STOP: What's no longer serving you?

These are the behaviours, habits, and mindsets that keep you stuck or drain your energy. Take a moment to reflect on what needs to go in order to make space for more resilience and growth.

- What do I need to stop doing in order to build more resilience?

(Examples: Procrastinating, overcommitting, ignoring my well-being, negative self-talk)

START/STOP/KEEP

START: What habits or actions will help me build resilience?

These are the practices, mindsets, or shifts that will foster strength, well-being, and growth. Consider small changes you can make to start building more resilience in your day-to-day life.

- What new habits or actions will help me become more resilient?

(Examples: Regular breaks, setting boundaries, practicing gratitude, positive self-talk)

START/STOP/KEEP

KEEP: What's already working for me?

This is where you acknowledge what you're doing right. These are the behaviours or mindsets that are already building your resilience and contributing to your well-being. What can you continue doing to build on your strengths?

- What do I want to keep doing that's helping me build resilience?

(Examples: Journaling, exercise, mindfulness, staying connected with supportive people)

AFTER YOU COMPLETE YOUR

START/STOP/KEEP

sections, take a moment to reflect:

- What's the first small change I can make today that will help me build more resilience?



Next,

- What's the first small change I can make today that will help me build more resilience?

Remember, building resilience is not a one-time event, but a continuous practice. As you make small shifts in your daily life, you'll build a stronger foundation for thriving, not just surviving.

7 DAYS TO SHIFT FROM SURVIVING TO THRIVING

SURVIVAL DETOX CHALLENGE TRACKER

Welcome to your 7-day mini challenge!

This is your opportunity to intentionally choose one small daily action that helps you detox from survival mode. The goal is progress, not perfection. By showing up for yourself each day, you're rewiring your habits toward energy, clarity, and calm.

HOW IT WORKS:

- Choose 1 daily "Survival Detox" habit to focus on for the next 7 days. (Need ideas? See the list below!)
- Each day, reflect briefly and check off your progress.
- At the end of 7 days, celebrate your wins and reflect on what shifted.

EXAMPLES OF SURVIVAL DETOX HABITS:

- Take a 5-minute mindfulness break (no phone)
- Set a boundary (say no to something draining)
- Get outside for 10 minutes
- Pause before replying to a stressful message
- Say one kind thing to yourself
- Turn off notifications for 1 hour
- Eat lunch away from your workspace

MY SURVIVAL DETOX HABIT:

I choose to...

YOUR VERY OWN 7 DAY TRACKER

DAY	DID I DO MY DETOX HABIT?		HOW DID IT FEEL? 1 word or short reflection
	Yes	No	
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>

TO WRAP UP THIS ACTIVITY WITH A

FINAL REFLECTION

1

One shift I noticed this week was:

2

What will I carry forward beyond this week?

Celebrate your progress!

Even small wins make a difference. You're creating a pattern of choosing yourself—your energy, clarity, and well-being.

A LITTLE EXTRA SPACE FOR YOU TO
**TAKE NOTES, REFLECT
OR DRAW IT OUT**



THANK YOU!

FOR SHOWING UP AND LEANING IN

You did it! You carved out time, reflected with intention, and took powerful steps to shift out of survival mode. That's not small—it's brave. Every checkmark, every insight, and every small shift is fuel for your energy, growth, and resilience. Remember: you don't have to do everything at once—just keep choosing yourself, one intentional step at a time.

You're not just surviving...
You're starting to thrive.

Keep going. You're worth it.

See you next week for part 2!



MAY 2025

Mental Health Month

WELLNESS SERIES

Part 2 of a 3-Part Series

Mastering your Energy: A Workbook
to Build a Resilient & Thriving Work Life



Waypoint

CENTRE *for* MENTAL HEALTH CARE
CENTRE *de* SOINS *de* SANTÉ MENTALE

THE WEEKLY

CONTENT BREAKDOWN

WEEK
1

BREAKING OUT OF SURVIVAL MODE

Regain control with intentional shifts.



WEEK
2

MASTERING YOUR ENERGY

Protect your time & connect more meaningfully.



WEEK
3

THE THRIVING MINDSET

Design your path to meaningful days.

**NEXT
WEEK**

WELCOME BACK!

You made it...back by
choice, with intention.

**THAT MATTERS.
THAT'S POWERFUL.**



In Session One, we named it: Survival Mode—that space of running on autopilot, rushing through the day, saying yes when we mean no, and forgetting our own needs. Take a deep breath.

We paused.

Then we did something brave: We reflected.

We began shifting.

You explored where survival mode shows up for you and experimented with small, doable shifts to take back control of your energy and mindset.

If you checked off even one box on that 7-day Survival Detox Tracker—give yourself credit. You're already building a more resilient, thriving work life.

THIS WEEK: MASTERING YOUR ENERGY

Let's build on that momentum.

Thriving isn't about having endless energy—it's about protecting your energy and placing it where it matters most.

This week, we'll explore how to:

- Recognize energy leaks and drains
- Practice intentional recovery
- Create boundaries that support clarity and connection
- Align your time with what matters most to you

Take a deep breath—you're doing amazing. Let's keep going.

WEEK TWO MASTERING YOUR ENERGY-



WITH SELF-AWARENESS AT WORK

When you lead with self-awareness, you can:

- Recognize your energy patterns before burnout hits
- Shift your mindset to respond, not react
- Use micro-resets to stay present and grounded
- Support others more effectively by managing your own energy first.



This session is about creating small habits that help you show up as your best self-even when things get hard.



**You have a finite amount
of energy. The more you
invest it in what truly
matters, the less you
waste it on what doesn't.**

-
Unknown

Energy & You- self-awareness check-in

Rate yourself today. Then, reflect: How does this
show up in your work?

ENERGY ZONE	MY CURRENT STATE (1-5)	AT WORK, THIS LOOKS LIKE
PHYSICAL		e.g., dragging through meetings?
MENTAL		e.g., easily distracted?
EMOTIONAL		e.g., reactive or patient?
RELATIONAL		e.g., collaborative or withdrawn?

NOTICING MOMENTS

YOUR ENERGY MAPPING LOG

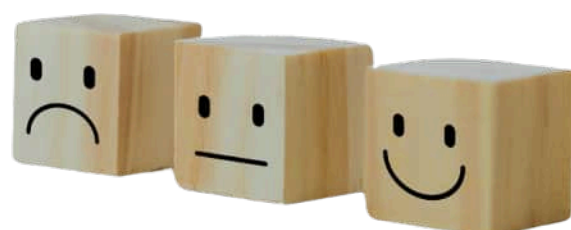
Energy dips don't mean you're weak- they're signals that you need to reset. This activity is meant to help you become more aware of how your energy shifts throughout the day—and how those shifts are connected to your emotions, environments, and actions.

The Energy Awareness Log (the noticing part)

Use the chart below to track your energy at different points in the day for 2–3 days. Aim to check in 3 times per day—morning, midday, and end of day.

Time of Day	What was I doing?	Energy Level (1-10)	Emotions felt	Physical Environment	People, places, & patterns
<i>Example: 11:30am</i>	<i>In back to back meetings</i>	<i>4</i>	<i>Drained, anxious</i>	<i>Loud office, lots of interruptions</i>	<i>Noticed I hadn't eaten lunch, no time to recharge</i>

Now that you've gathered some insights, plot them on the map on the next page to visualize patterns in your energy and emotions. This is like a time map depending on your style.



CREATE YOUR VERY OWN ENERGY & EMOTION MAP!

In this worksheet, you'll take stock of your current behaviors and mindsets. By identifying what you need to stop, start, and keep doing, you'll begin to create a more resilient, thriving approach to life and work.

The following are horizontal timelines of your day (7am–12pm, 12pm to 4pm, 4pm to 8pm). Using a pen, fill in the following to show:

- Energy level (1–10) Anything above a 5 in energy is considered a higher energy level activity so record above the line, and anything 5 or less is considered lower energy, so please record below the line.
- Emotion tags and quickly label with feelings/emotions like happy, frustrated, calm, etc
- Add labels for what you were doing- meeting, walking break, commute, zoom call, etc.

This helps reveal patterns such as:

- I crash after lunch or long Zoom calls.
- A walk outside gives me a second wind.
- I'm more optimistic mid-morning after a good coffee and quiet time.
- Learning to recognize what you need in the moment.
- Acknowledging if you paused or reset when you noticed survival mode patterns.

higher energy



higher energy



higher energy



LET'S REFLECT ON YOUR **ENERGY & EMOTION** **MAP!**

Please reflect on the following:

- What types of activities fuel your energy? What types drain it?
- What emotions are most commonly connected to low or high energy at work for you?
- How do your environment or interactions with others affect your energy?
- What one small shift can you make tomorrow to protect or boost your energy?

YOUR MICRO RESET TOOLKIT

PRACTICAL WAYS TO RECHARGE AT WORK

TINY SHIFTS, BIG IMPACT



Why micro resets matter:

You don't need a week-long vacation or a day at the spa to recharge your energy—sometimes, just 2 minutes is enough to create a meaningful shift.

When you're stuck in survival mode (think: stress, autopilot, or fatigue), your nervous system is running the show.

Micro resets help you:

- Regulate your nervous system
- Restore mental clarity
- Reclaim control over your energy

These tiny actions signal to your brain and body:
"You're safe, we're okay, we can thrive."

Use this space to doodle before proceeding to the micro-reset toolkit:

BUILD YOUR OWN RESET ROUTINE

what works for YOU?

Read through the examples below. Colour in the circle for the ones that resonate, or colour in the star for a few to try today, and feel free to think of your own. These are practical, science-backed strategies you can use in the moment—even during a busy workday.

MICRO RESET

WHY IT WORKS

CIRCLE/STAR IT

1-Minute Deep Breathing (inhale for 4, exhale for 6)

Triggers your parasympathetic nervous system (rest-and-digest), calming anxiety and lowering cortisol



1-Minute Deep Breathing (inhale for 4, exhale for 6)

Dehydration can sneakily drain energy. The act of pausing also creates mindfulness.



Get up and stretch for 2 minutes

Movement increases blood flow and boosts alertness—especially after sitting.



Look out a window or at a nature scene

Nature exposure—even a photo—has been shown to reduce stress and restore attention.



Name 3 things you're grateful for

Shifts your mindset toward positivity, which can boost mood and mental energy.



Laugh (even fake laugh!)

Laughter lowers stress hormones, lifts mood, and oxygenates your body. Yes, fake laughing counts!



Take 5 slow steps mindfully

Walking with intention helps ground your thoughts and recalibrate your focus.



Text someone a compliment or thank-you

Creating a positive connection boosts both social and emotional energy.



Change your space (move rooms, step outside, adjust lighting)

A sensory change cues a mental shift, waking up your brain to new stimuli.



Put on a favorite upbeat song

Music shifts brainwave activity and can instantly elevate your energy and motivation.



Unclench your jaw and drop your shoulders

Physical tension often mirrors mental stress—releasing it helps the whole system reset.



YOUR TOP THREE

GO-TO MICRO RESETS

Write down 2–3 that feel doable and effective for you. Try keeping them visible at your desk or on your phone

1.

2.

3.



MICRO RESET TIP!

You don't need to wait until you're burned out to use these tools. The real magic? Using them before you hit the wall. Think of them like hydration for your energy—not a rescue mission, but daily fuel.

LET'S WRAP TODAY UP WITH A FEW

FINAL REFLECTIONS

Think about one upcoming meeting, task or challenge this week.

1

BEFORE: What mindset do I want to bring into it?

2

AFTER: How will I reflect and reset before I move on?

Complete this sentence...

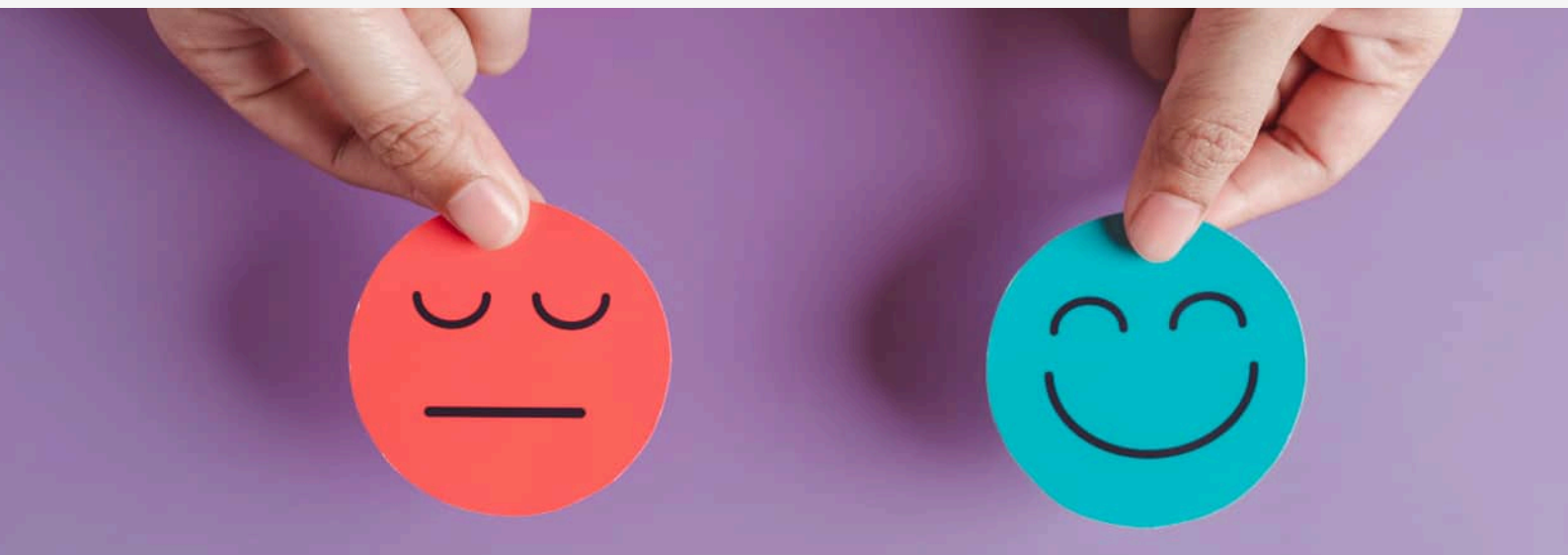
This week, I will protect my energy by...

(e.g., setting a time boundary, asking for help, creating tech-free time)

WRAP UP PROMPT:

The impact of energy awareness at work

How might managing your energy differently this week improve your work experience – or the way you lead, communicate, or collaborate?



THANK YOU!



YOU'VE DONE SOMETHING POWERFUL THIS WEEK.

You paused.

You paid attention.

You noticed your energy—

how it rises, how it dips, what fuels it, and what drains it.
That awareness? That's your superpower.

By exploring your rhythms, experimenting with micro resets, and tuning into what you truly need, you're no longer running on autopilot.

You're reclaiming your spark.

This kind of intentional living doesn't just protect your energy—it expands it. It creates space for creativity, joy, focus, and resilience to thrive.

So here's your invitation as we move into our final week:

Keep listening. Keep experimenting. Keep showing up for yourself in small but mighty ways.

You don't need to be perfect. You just need to stay curious and kind to yourself as you grow. You're not just managing your energy— you're learning to master it.

The best is yet to come. Let's finish strong. You've got this.

**A LITTLE EXTRA SPACE FOR YOU TO
TAKE NOTES, REFLECT
OR DRAW IT OUT**

MAY 2025

Mental Health Month

WELLNESS SERIES

Part 3 of a 3-Part Series

Thriving Forward: A Workbook
to Build a Resilient & Thriving Work Life



Waypoint

CENTRE *for* MENTAL HEALTH CARE
CENTRE *de* SOINS *de* SANTÉ MENTALE

THE WEEKLY

CONTENT BREAKDOWN

WEEK
1

BREAKING OUT OF SURVIVAL MODE

Regain control with intentional shifts.

WEEK
2

MASTERING YOUR ENERGY

Protect your energy & connect more meaningfully.

WEEK
3

THE THRIVING MINDSET

Design your path to meaningful days.

LET'S
GO!

THRIVING FORWARD

Your playbook for sustainable growth!

Welcome back!

You made it to the final session — and that's no small thing. Over the past few weeks, you've taken real steps to pause, reflect, and reset. You've tuned in to your energy, challenged survival mode, and explored simple, meaningful shifts that support your well-being. This is space for you.

Here is what you've already done:

Session 1: Breaking Out of Survival Mode

You pressed pause. You named the signs of burnout. And you began reclaiming your spark.

Session 2: Mastering Your Energy

You explored what fuels and drains you. You made space for recharge, reset, and real boundaries.

Turn to the next page to see what's in store today!

What to Expect Today:

Today is about moving forward with intention.

This final session is here to help you:

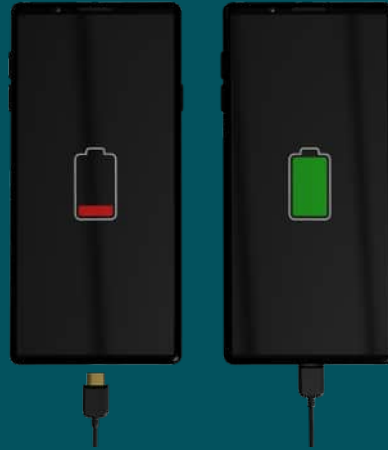
- Anchor the learning so far
- Reconnect with your why
- Celebrate your resilience
- And craft a realistic, energizing path forward

This isn't about a big transformation. It's about choosing small, sustainable shifts that add up — because thriving isn't a destination, it's a daily practice.

**Let's get into it. You're not starting over —
you're thriving forward.**

CHECK IN: WHERE ARE YOU NOW?

ENERGY CHECK



What percent are you at today?

☐ 100% ☐ 75% ☐ 50% ☐ 25% or less

How does that compare to our first session?

Power Word of the Day:

What's one word that describes how you're arriving to this final session?

SHIFT TRACKER

Let's take a moment to reflect.
Over the past few weeks, have you...

- ☐ Named a habit that keeps you in survival mode
- ☐ Tried a micro reset or recharge
Set (or protected) a boundary
- ☐ Reimagined what a thriving version of you looks like
- ☐ Celebrated even one small win

**If you checked even one?
You've already shifted!**

WHAT'S YOUR GREEN LIGHT?

Remember when you identified what to **Stop**, **Start**, and **Keep** doing to shift out of survival mode?

This is your moment to hit the green light on something that matters—something small, doable, and energizing.

What's one thing you want to give a green light to this week?

A habit, a boundary, a mindset shift, or a moment for yourself...



Green Light:

Why does this matter to you right now?

IF THRIVING YOU Left you a sticky note

Use the sticky note in your workbook or draw one below.

Complete the sentence:

Hey you — just a reminder:

Stick it on your monitor, fridge, or mirror after today.

What words of wisdom, compassion or confidence would future-you want you to remember?



LET'S TRY A FINAL

RESILIENCE REMIX

(the fast track version!)

Title yourself: "I'm the kind of person who can..."

- **Bounce back from:**

- **Stay grounded with:**

- **Move forward by:**



FINAL WORDS

THRIVING IN PRACTICE

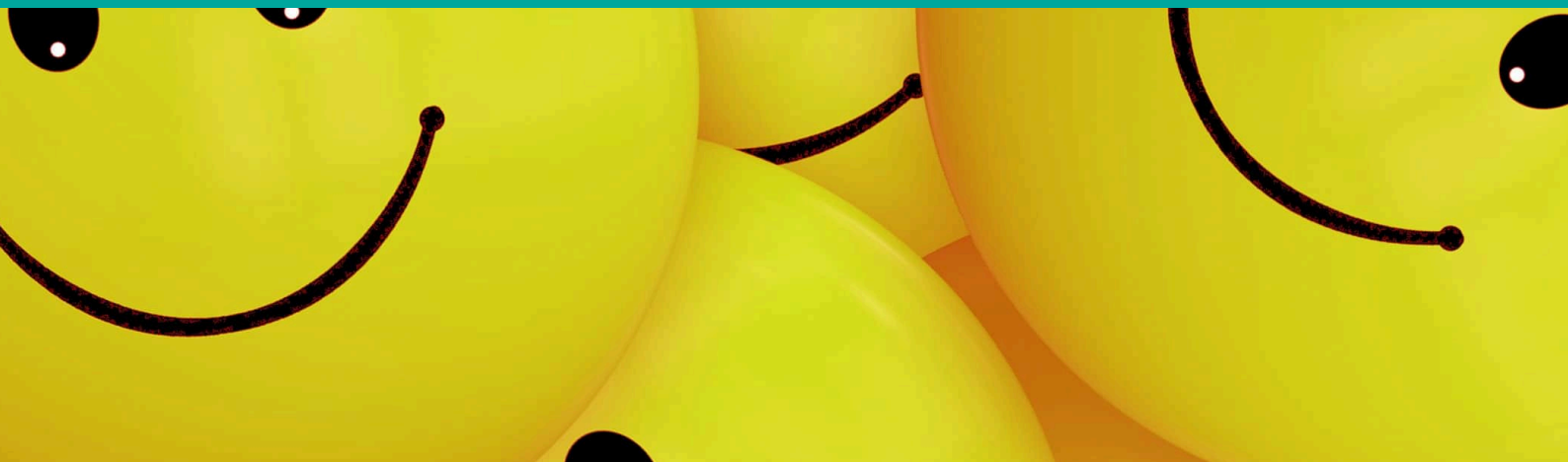
You don't need to do more. You need to do what **matters**. Thriving isn't a destination. It's a pattern of **tiny choices** made in your favour. **Keep choosing them.**

One Final Intention

This week I will protect my energy by:

One word I want to carry forward:

Get creative and draw out your word or decorate it

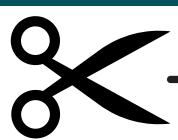


YOU MADE IT!

YOU'VE COMPLETED THE "BEYOND SURVIVAL"
WELLNESS SERIES

**That wasn't fluff. That was effort.
That was a reset. That was you.**

Want to leave yourself a note to open in 3 months?
Write it below:



Dear future me, remember...

THANK YOU & FINAL THOUGHTS

You showed up.

You paused.

You made space to reflect, reset, and reimagine what thriving can look like for you.

That matters — and it makes a difference.

This wasn't just about strategies or sticky notes.

It was about you — your energy, your resilience, and your future.

As you move forward, remember:

- Small shifts count.
- Rest is not a reward — it's fuel.
- You don't have to do it all to do what matters.
-

Whether your next step is a tiny green light action or a big mindset shift, know this:

You're not just surviving.

You're thriving forward — and that's worth celebrating.

Thank you for being part of this journey.

You've got this 🧡

Liz



A LITTLE EXTRA SPACE FOR YOU TO
**TAKE NOTES, REFLECT
OR DRAW IT OUT**