

FULL LIVING WELLNESS

WORKBOOK

Summertime Sadness

“Even though summers were made mostly of sun and heat, summers for me were about storms that came and went. And left me feeling alone.”

— Benjamin Alire Sáenz, *Aristotle and Dante Discover the Secrets of the Universe*





This workbook is designed to ease the pressure that comes with “having the perfect summer.” Warm days don’t erase anxiety or sadness, and it’s okay to experience ups and downs—even when the sun is shining. Through a series of reflective exercises and fun challenges, you’ll learn to:

- Release expectations of “constant happiness.”
- Notice and honor your real emotions.
- Build a personalized toolkit of self-care skills.
- Capture moments of joy, rest, and growth.

Use each section at your own pace. Dip into the parts you need most today, and return whenever you need a reset.



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Pressure-Awareness

Explore the hidden “shoulds” that make you feel you must always be happy, productive, or perfectly carefree in summer.

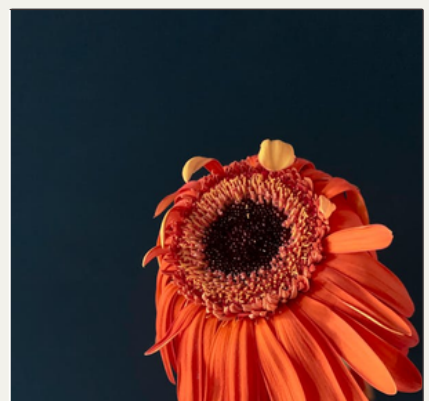
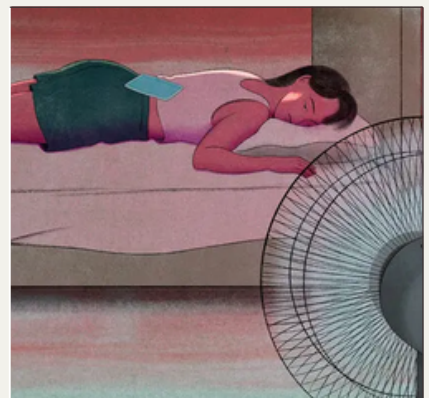
Instructions & Prompts:

List the messages you tell yourself (e.g., “I’m not allowed to be sad anymore,” “I need to fit so much in,” “I must always feel motivated”).

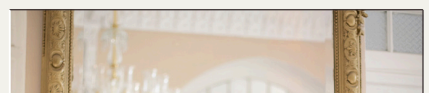
For each message, ask:
“Whose voice is this? Is it realistic?”

Write one compassionate alternative for each (e.g., “It’s okay to rest today,” “I can choose what matters most to me”).

Follow-up: Notice in your day-to-day when that old message pops up. Practice pausing and replacing it with your new, compassionate thought.



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Mental Image Trio

Identify three experiences or emotions you want to carry with you from this summer—and learn how to “store” them mentally.

Instructions & Prompts:

Three Experiences/Emotions:

Write down three you most want to have (e.g., “carefree laughter with friends,” “quiet sunset walk,” “peaceful reading by the pool”).

Why These Matter:

For each, jot 2–3 sentences about why it’s important to you.

Mental Imaging:

Close your eyes and replay one experience in vivid detail—sights, sounds, smells, sensations.

Prompt:

“Where am I? What do I notice? How does my body feel?”

Follow-up:

Whenever you want a quick mood boost, pause and conjure one of these mental images.

MOOD WEATHER & SONG TRACKER



- Draw a simple calendar or weekly chart.
- For each day, choose a weather icon
(☀️ sunny, ☁️ partly cloudy, 🌧️ rainy, ⚡️ stormy, 🌫️ foggy).
& a song to match your mood that day
- Write a one-sentence note: “What influenced today’s weather?”
- Follow-up: At the end of the week, review:
 - “When did inner skies clear?”
 - “What helped during stormy days?”

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SUMMERTIME SADNESS BINGO

A bingo-style challenge to reinforce wellness skills and celebrate small wins. When you get Bingo, treat yourself to your chosen reward—and reflect on which activity felt most nourishing.

Instructions & Prompts:

Fill-in Reward: At the top, write in a reward for getting Bingo (e.g., “Sleeping in Saturday,” “Long bath,” “New book”).

Bingo Grid: Mark off five in a row (horizontal, vertical, or diagonal) by completing each activity:

Going for a walk	Sharing how I feel with someone	Taking a needed break	Trying a new book	Setting a boundary
Trying a new hobby	Engaging in deep-breath work	Hiking	Listening to mood-matching music	Spending time with a friend
Spending time in nature	Journaling	Bingo (Free space) Name 3 things you love about yourself	Stretching	Completing bed-time routine
Exercising	Putting your phone a way for a few hours	Sitting in the sun	Massaging part of your body	Enjoying a favorite meal mindfully
Engage in creative expression	Go to a new place	Trying a new podcast	Dancing for a break	Writing a summertime postcard to yourself

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SUMMER VALUES VISION BOARD

Tie fun summer activities to deeper values like play, rest, connection, adventure, or creativity.



Instructions & Prompts:

- List 3 Values most meaningful to you.
- Under each, list three “mini-goals” (e.g., Value: Adventure → Mini-goal: Try paddleboarding).
- Create a simple collage or doodle for each—magazine cut-outs, stickers, or hand sketches.
- Follow-up: Pick one mini-goal per week and schedule it.

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