**Reflection on My 7-Week Well-Being Log**

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# Mental Health and Wellness - EDUC-403

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**Reflection on My 7-Week Well-Being Log**

Over the course of seven weeks, I tracked various aspects of my well-being, which included sleep, nutrition, physical activity, breathing techniques, affectionate connections, and creative expression. This log has given me insight into the importance of balance and intentional practices for managing my mental and emotional health.

From the first week , I noticed significant improvement in my emotional state, with the feelings of sadness that are tied to my breakup. Planning and engaging in activities like personal training helped ground me during that time. However, week two threw me off track as I was recovering from a cold and I noticed how much less activity and physical engagement affected my mood. On the positive side, I Had more family time and embraced relaxation, which allowed me to connect with my kids more deeply.

One of the most transformative practices during these weeks was meditation. By the third week, I had some powerful meditation experiences that left me feeling enlightened and much more in tune with my emotions. I began to see meditation as a tool not only for relation but also for processing difficult emotions. The sense of peace and clarity I gained helped me to move through emotional highs and lows with more ease. Another practice that stands out as highly effective in completing the stress cycle was physical activity, like playing soccer, which made me feel alive and brought a sense of joy and release.

I enjoyed the discovery of affection and emotional connections with my kids and coworkers. We shared lots of laughter, social interactions and small acts like sending tik tok o my kids. It really helped my overall mood and lowered my stress levels. I now call these moments “micro moments” and will continue to look for them throughout my day, especially when I'm needing a little boost in my mood or well-being.

Going forward, I feel the need to work on maintaining consistency in areas like sleep and nutrition. The weeks that I was sick or very tired I neglected these two first and would like to try to be mindful not to. I now recognize how important it is to maintain a steady emotional state, and I plan to work on keeping these aspects in check as much as possible.