

Own Your Wellness, Know Your Rights

A Wellness Journal

Welcome to Your Wellness & Rights Journal

This journal was created just for you.

Each week, you'll find:

- A short wellness tip to help you care for your mental, emotional, or physical health.
- A "Know Your Rights" tip to help you understand legal protections and resources that may support you or your family.

Take it one week at a time.

Breathe, reflect, and come back to it when you need to.

You can write your thoughts in the reflection pages after each week's tips. These pages are for you—no pressure, no rules. Just space to process, release, and grow.

You are not alone. You deserve support. And you have rights.

-Northeast NJ Legal Services

Setting Goals for Your Well-Being

Setting goals strengthens your connection with yourself and boosts confidence.

Below are examples for different areas of wellness. After reading, write your own goals and include when or how often you plan to work on them.

MIND

Mv Mind Goals:

Goals to keep your mind focused and clear, so you can make informed decisions. Examples:

- Take a daily walk to clear your head.
- Practice deep breathing each morning to reduce stress.
- Focus on one task at a time to avoid overwhelm.

BODY
Goals to keep your body healthy and energized, so you can face challenges with
strength.
Examples:
Exercise twice a week.
Drink plenty of water to stay hydrated.
Aim for 8 hours of restful sleep each night.
My Body Goals:

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SOUL

Goals to nurture your spirit and build resilience Examples:

- Organize one area of your home to create calm.
- Read a book or listen to something uplifting once a month.
- Write down your thoughts or feelings in a journal regularly.

My Soul Goals:			



DAY	NOTES/FEELINGS/PROGRESS
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

WELLNESS TIP: TAKE A MOMENT TO BREATHE

Stress can feel overwhelming. When things get hard, pause for a few deep breaths. Slowly inhale through your nose for 4 seconds, hold for 4, then exhale through your mouth for 6. Repeat 3 times. This simple practice can help calm your mind and body.

KNOW YOUR RIGHTS: APPEALING DENIED PUBLIC BENEFITS

If your application for benefits like SNAP (food assistance) or Medicaid is denied, you have the right to appeal the decision. Don't hesitate to ask for help—NNJLS can guide you through the process and make sure you get the support you need.



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WELLNESS TIP: PRIORITIZE REST

Try to create a bedtime routine that helps your body and mind relax. This could be turning off screens 30 minutes before bed, reading a calming book, or listening to soft music. Rest is essential to recharge and stay resilient.

KNOW YOUR RIGHTS: YOUR RIGHT TO SAFE HOUSING

Everyone deserves to feel safe at home. If your apartment has no heat, broken locks, or other unsafe conditions, your landlord is legally required to fix them. Poor housing can affect your physical and mental health.



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WELLNESS TIP: MOVE YOUR BODY

Even a short walk or gentle stretches can lift your mood and reduce stress.

Try to get at least 10 minutes of movement today to feel more energized and clearheaded.

KNOW YOUR RIGHTS: PROTECTING YOUR PRIVACY

You have the right to keep your personal information private. If someone asks for your information or documents, be sure you understand why they need it and how it will be used. If you feel pressured or uncertain, don't hesitate to reach out to us for guidance.



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WELLNESS TIP: PRACTICE GRATITUDE

Taking a moment each day to notice what you're thankful for can shift your mindset.

Write down 1–3 things you're grateful for today, no matter how small. This simple habit can help improve your mood and reduce stress over time.

KNOW YOUR RIGHTS: LANGUAGE ACCESS

You have the right to understand important documents and proceedings. If English isn't your first language, you may be entitled to a free interpreter or translated materials in legal, medical, and government settings.



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SATURDAY	



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Hudson County

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> (551) 257-6040 407 39th St., Ste 301, Union City, NJ 07087

Passaic County

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