

THERE IS NOTHING IN  
A CATERPILLAR THAT  
TELLS YOU IT'S GOING  
TO BE A BUTTERFLY

-BUCKMINSTER  
R. FULLER

# the beans to wellbeing

A HEALTHERO.IO PRODUCTION



# Hello!

This e-book for all humans. It is a sneak peek into the beans of happiness journal. Use it as your own personal guidebook or gift it to a friend who could use a little pick me up.

Simple solutions to complex problems begin with wellbeing beans.

Be your own hero!  
*Healthero Team*



MADE WITH LOVE BY HEALTHERO.IO

## EXERCISES

### CALM

find calm and peace with breathing exercises that everyone can access any time of the day.

### REFRAME

learn self compassion, reframe your beliefs and reset assumptions by writing.

### MEDITATE

free your mind of background chatter and calm your nervous system through repetitive sounds.

### GET CURIOUS

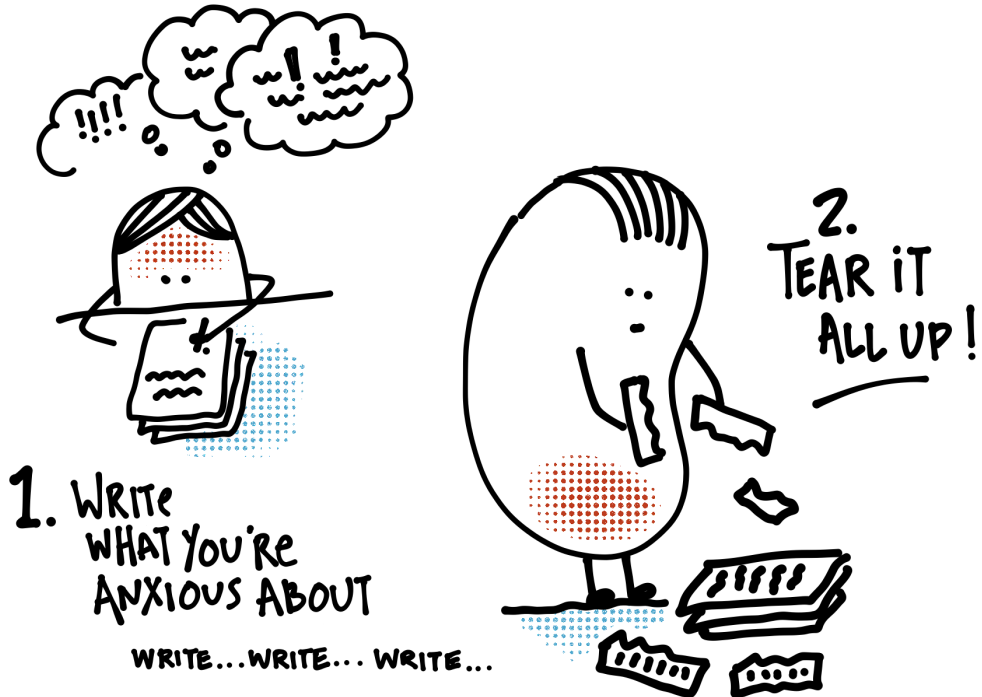
Drop into the present and observe. Get curious and notice things from a new perspective. Practice mindful art.

# LET IT GO!

Think about a current situation that  
you're holding on to. Don't hold back.

Write it all out.

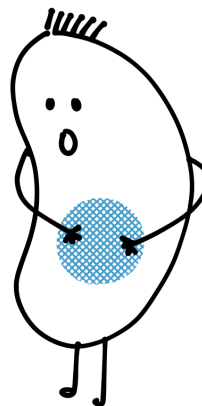
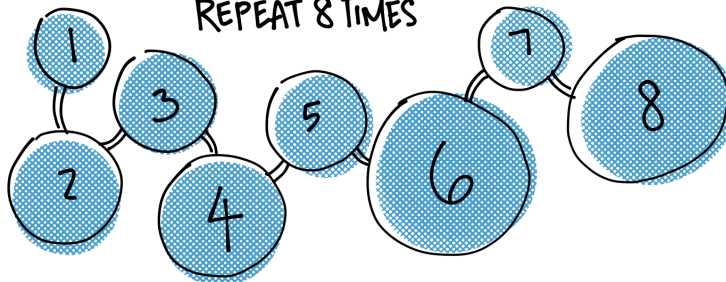
Tear it up.



# BOX BREATHING

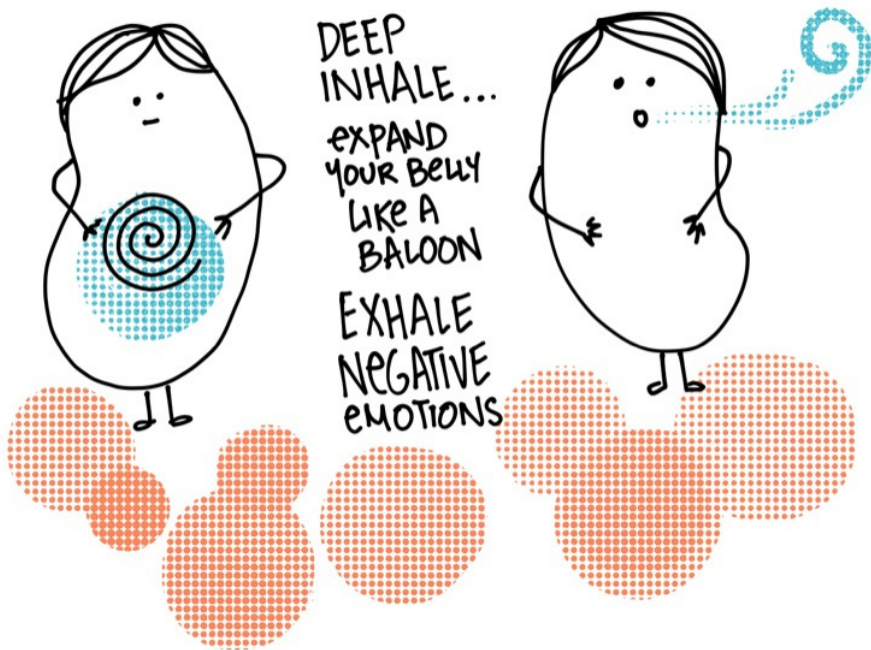
- ① BREATHE IN 4
- ② HOLD FOR 4
- ③ BREATHE OUT 4
- ④ HOLD FOR 4

REPEAT 8 TIMES



## Pause. Breathe

Breathe in for a count of 4. Hold for a count of 4.  
Breathe out for a count of 4. Hold for a count of 4.  
Repeat 8 times.



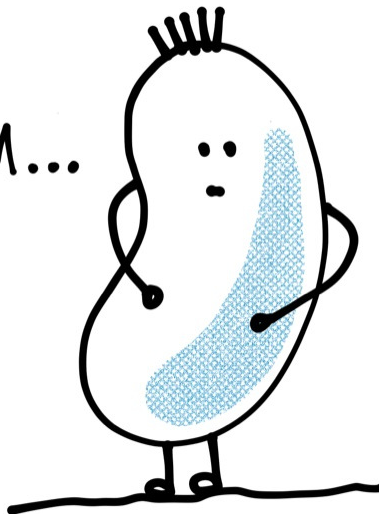
## Deep breath

Inhale gratitude down into your belly button.  
Feel the tension leave your body as you exhale.

I AM ENOUGH  
I AM ENOUGH  
I AM ENOUGH  
I AM ENOUGH

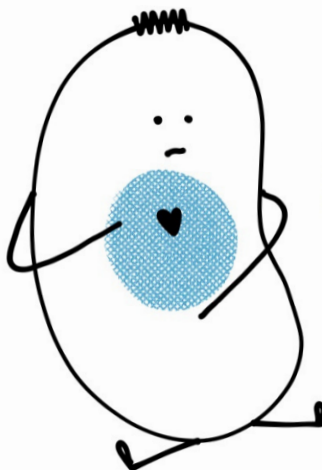
I AM SAFE  
I AM SAFE  
I AM SAFE  
I AM SAFE

I AM...



## MANTRA

Write "I am enough" and  
"I am safe" 108 times.



INVITE  
Light  
into your  
heart

# Gratitude

Complete the following:

**I am grateful for**

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**Tomorrow, I hope**

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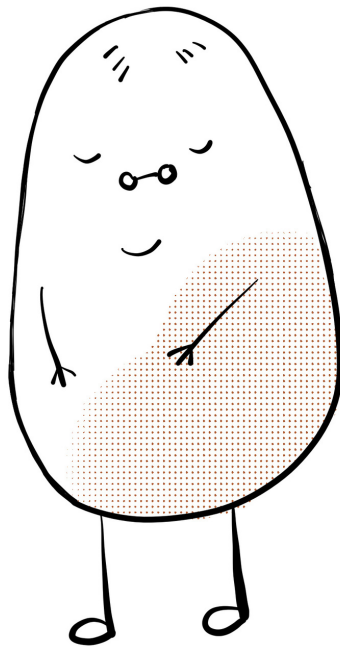
**I appreciate**

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# Mantra

Write "I am loved" 108 times.

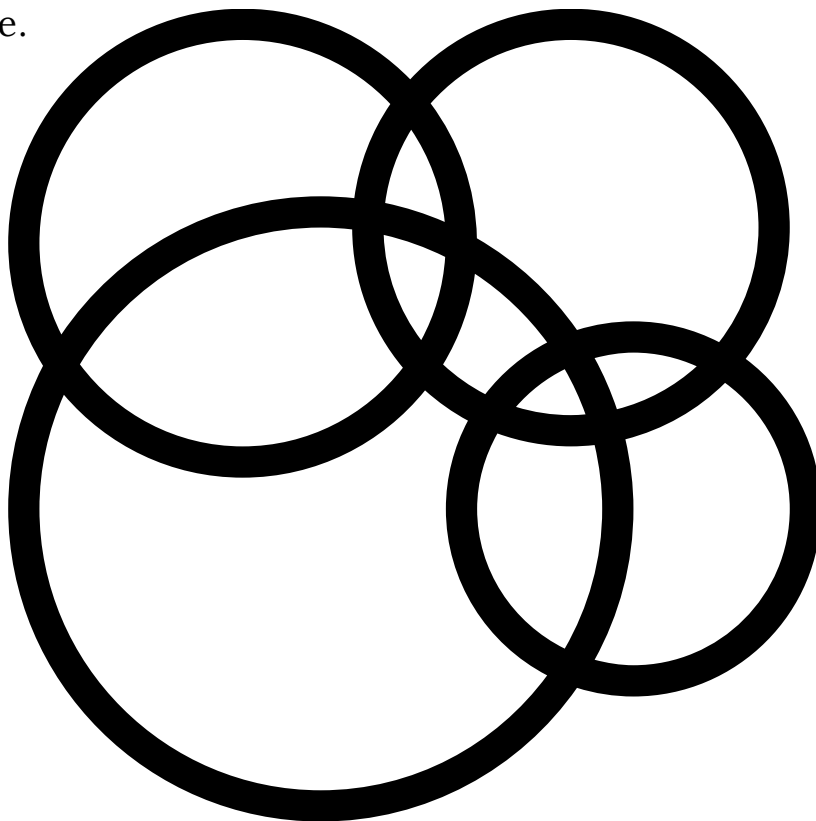


I AM  
LOVED

# Color my Feels

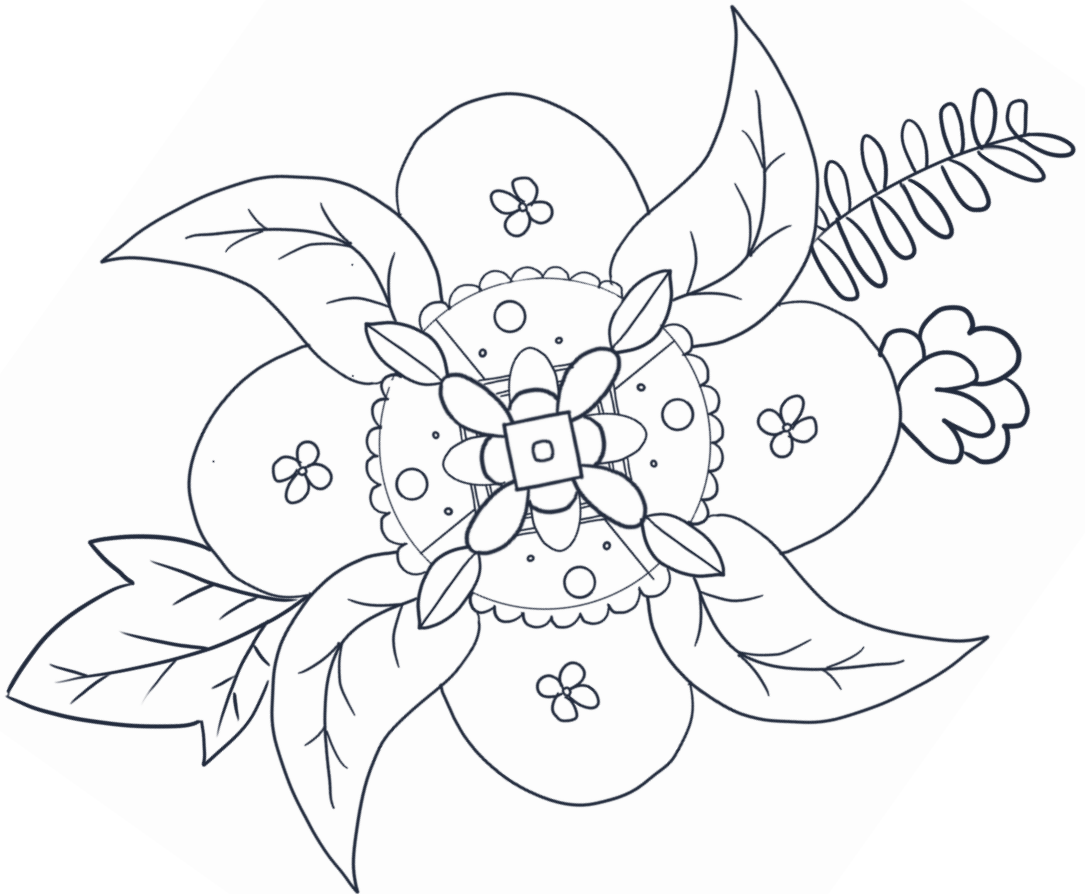
Add a word that  
describe how you  
feel in each bubble.

Then color in the  
relationship  
between  
each emotion.

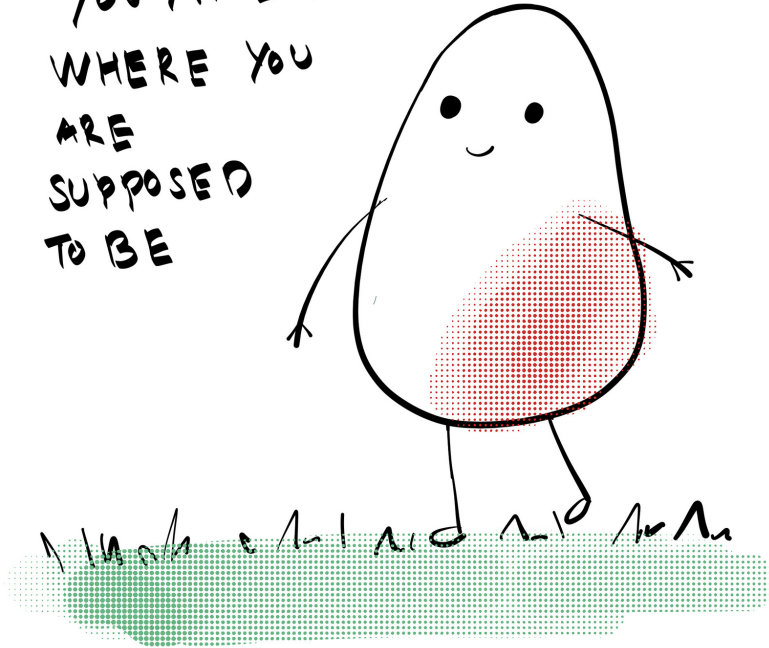


# Beauty is everywhere

Color using your favorite markers or color pencils.



YOU ARE RIGHT  
WHERE YOU  
ARE  
SUPPOSED  
TO BE



**Right here now.**

Everybody feels discomfort. There is power in the present moment. Lean in.



## our story

we believe in a world where everyone matters, where everyone has access to the wisdom to live life to its fullest. To be well, feel good and do good for ourselves, our community and for our environment.

Be Well,  
Healthero Team



**Healthero.io**

Healthero personalizes mental  
wellness experiences that reframe...

[healthero.io](https://healthero.io)

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