

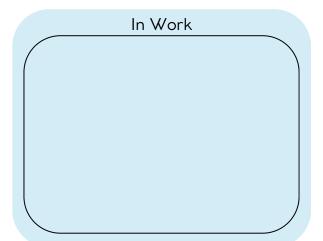
# **WELLNESS PLAN**

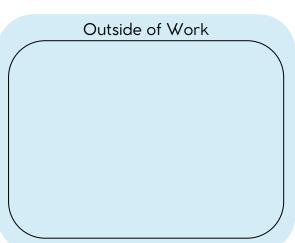


## Good Wellbeing

## what good wellbeing look like for me

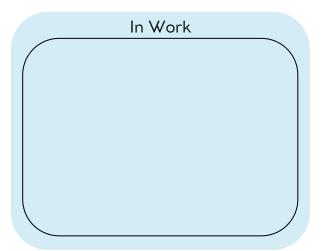
How do you feel? How do you behave? What would others notice?

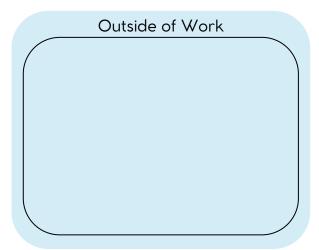




## How do I achieve/maintain good wellbeing

This could include activities, people, a way of thinking etc. Don't forget the day-to-day things - they're easy to take for granted!



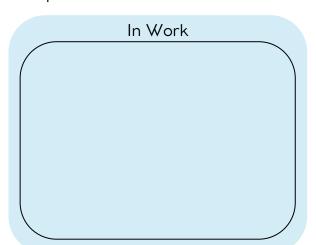


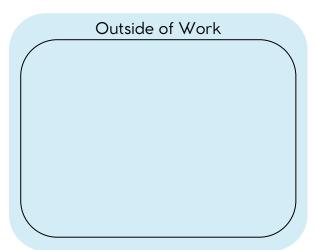


#### **Challenging Times**

#### What causes me stress/ poor mental health

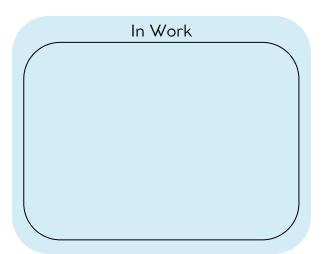
What sorts of events/situations cause you stress? Are certain emotions particularly unpleasant to you? Is there anything you can do to prevent stressors and/or limit their impact?





### What are my early warning signs?

What are the signs you may be starting to experience stress/poor mental health? Think about how it impacts you physically/emotionally/behaviourally and cognitively. What might others notice?

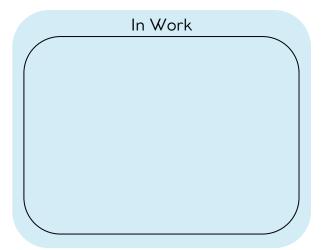


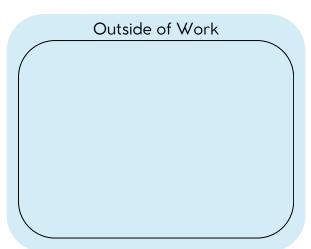
Outside of Work	



## When it all gets too much

What are the signs that you have become overwhelmed and are now experiencing stress/poor mental health? What might others notice?

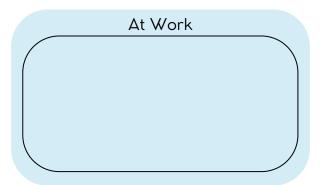


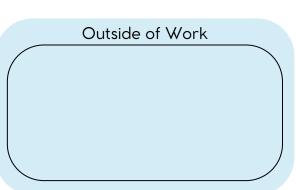




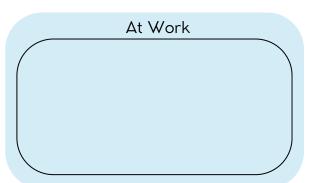
## Support

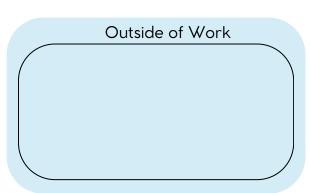
When i start to experience stress/poor mental health I can...





If others notice I am experiencing stress/poor mental health they can...





List all of the different places you can get support - this might be people's names/numbers, organisations, charities etc.

