



WELLNESS PLAN

Version 1.0



Good Wellbeing

what good wellbeing look like for me

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

In Work

Outside of Work

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!

In Work

Outside of Work



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?

In Work

Outside of Work

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?

In Work

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?

In Work

Outside of Work



Support

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

At Work

Outside of Work

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

At Work

Outside of Work

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

At Work

Outside of Work