

# My wellbeing plan

## Section 1: Good wellbeing

### What good wellbeing looks 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**

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## Section 2: 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**

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## Section 3: Support

**If I start to experience stress/poor mental health I can...**

**In work**

**Outside of work**

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

**In work**

**Outside of work**

**I can get support from...**

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

**In work**

**Outside of work**