

+ MY WELLBEING PLAN

For each wellbeing domain, write down what you currently do that maintains or improves your mental health. Try to add one or two other strategies that may work for you in building your mental wellness.

To prepare:

- Fill this out on a good day when you are in a positive and motivated space to think clearly and objectively about how you can support your mental health.
- Include supports that ensure you have a plan for a bad day. We call this Good Day / Bad Day Planning.
- List people who can support you with your strategies or people who might join you to make sure you stay accountable.
- List resources that will help you to fulfill your plan: memberships, apps, online services, phone lines, health professionals etc.
- Give specific measures and timeframes e.g. *I will increase my sleep to eight hours a night, I will practice meditation for ten minutes every morning.*

Physical:

Psychological:

Emotional:

Spiritual:

Relationships:

Professional:

Overall balance:

What might get in the way?

What unhelpful strategies do I need to avoid?

If I implement my plan, how might I feel?