

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

My wellbeing plan

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