

My Wellbeing Plan

Wellbeing is about feeling good, both physically and mentally and being able to manage everyday stresses of life. Good wellbeing is having a sense of purpose, happiness, and overall satisfaction with life.

Good Wellbeing - What this means to me

- How I feel / behave?
- What does a good day look like?

How I maintain good wellbeing?

- What is important to me?
- What do I enjoy doing?

Difficult times that affect my wellbeing

- What events or situations make me feel stressed or anxious?
- What can I do help myself?

My early warning signs that I’m feeling stressed or anxious

- How do I start to feel or behave?
- What do my family, friends or colleagues notice?

Mind - Signs and symptoms of stress



NHS - 5 Ways to Wellbeing



Things I can do to help myself

- If I feel stressed or low in mood I can think about things like:
 - Hobbies
 - Relaxation
 - Exercise

People who can support me

- I can get help from:
 - Think about important people in your life you can talk to
 - Think about services that can help

NHS Better Health, Every Mind Matters



Kind to your Mind



Any other information / notes