Personal Wellbeing Plan

A Wellbeing Plan is tool to help you understand yourself and your wellbeing. The more you learn about yourself the better equipped you become at dealing with challenging situations. It will help you to build resilience, develop your strengths and empower you to take charge of your health. It will also help you to identify areas in your life where you can make positive changes. It will help you to explore and signs for concern, and to take action early. It will help you to develop a support plan that can be used in challenging times.

### Who am I?

It is easy to lose our identity and what makes us who we are through changes in our life. You have aspirations, interests, roles and responsibilities, which give you meaning and purpose in life. This section will help you to remind yourself that you are a special and unique person and think about what gives you purpose and meaning in your life.

#### Who am I when I am well?

Examples could include funny, confident, passionate, introverted/extroverted etc.

#### What are my daily needs to keep well?

Examples could include sleep, staying healthy, drinking enough water, spending time outdoors, meditation, exercise, helping others, walking, cooking dinner, meditation, calling a friend etc.

#### What things make me feel good?

#### Who are the people I value?

Anything that we care about deeply reflects our values. Use this space to discover what things you value. Examples could include parents, children, partner, grandparents etc.

#### What things do I enjoy doing?

There are some things that we all do daily like eating and sleeping, but we also have personal preferences. We might not feel like ourselves until we have had a shower or ate breakfast, or we might like to wind down in the evening by watching your favourite TV show. We are all unique.

#### What things do I need to do less often?

Examples could include smoking, drinking alcohol, sleeping less than 8 hours etc.

#### What first steps could I take?

Examples could include attending employment workshops, researching, getting a trainer etc.

### My Plans

#### What are my personal goals, hopes and dreams?

Examples could include having a full-time job, losing weight, learning Spanish, travel

#### What can get in the way of achieving my goals?

Examples could include addiction, anxiety, fear, low self-esteem, physical health etc.

**Being Kind to me**

It can be hard sometimes to want to take care of ourselves. However, it is important to remember that kindness starts within yourself, and without kindness for yourself self it is very hard to be kind to others. Examples could include taking a long hot bath, eating your favourite meal, taking a nap etc.

#### What can I do to treat myself?

**Getting Through Tough Times**

There are some things we have control over, and other things we do not. It is important to focus your attention on things you have control over and to accept those things you have no control over. By being open to self-discovery, we can really get to know our self and learn about the things that impact us. At the point of acceptance, comes change.

#### What are the things that might affect how I am feeling?

Examples could include anniversary dates, particular time periods, being disorganised etc. Use this space to identify events or circumstances that affect how you feel generally.

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#### What signals might I notice when things are not okay?

Examples could include trouble sleeping, lost appetite, mood swings, over-eating, being withdrawn, unkempt, crying more often, drinking and smoking more.

#### What things help me through a difficult situation?

Examples could include eating well, exercise, meditation, me time, rest, listening to music, talking to friends and family, swimming etc.

#### Useful Contact Numbers And Details