

# My Wellbeing Plan



This plan is designed to support you and your well-being by recognising the things that help to maintain it, and the things that help to manage it when life hits a bump in the road.

Who can I reach out to when I need some extra support? What can I do to support myself in those times? These are some questions you'll answer so that you can proactively nurture your mental health.

You can use this plan as a helping hand when your well-being takes a dip, but you can also use it as a reminder of all the things that help you feel your best, even in the more cruisy times.



# When I need a little support from someone



We have a bunch of different needs, ones that ebb and flow depending on where we're at. We might go to different people for different situations. So it's worth taking stock of our main support people, the role they play in our lives and how they support us.

<b>Who is the first person I want to talk to...</b>	<b>Who can I reach out to if I need to have a laugh?</b>
When I wake up:  When I want to share good news:  When I want to share bad news:  When I want to send a dumb meme:	
<b>Who helps me feel motivated, inspired and energised?</b>	<b>Who has my back?</b>
<b>Who can I reach out to if I need advice?</b>	<b>Who can I reach out to if I need to have a rant and I just want them to listen?</b>
<b>Who can I reach out to to feel safe and validated?</b>	<b>Who can I reach out to if I'm feeling upset?</b>



# When I need a little support from someone:



How can I make sure I'm reaching out for support when I need it	How can I let someone know if I need some support?
<b>How else can people support me...</b>	
...To feel my best	...When my mental health takes a dip
<b>Contact details of my professional supports:</b> (this could be a GP, online counselling service like LYSN, or psychologist! Include where they are from and any other deets so you can find them easily if you need them)	
<b>If I need immediate support, or I feel like I'm in a crisis, I can:</b> (Lifeline: 13 11 14) (13Yarn: 13 92 76)	





# When I want to support myself



There's so much power in leaning on others to help us through challenging times. Where we can add value is learning how we can empower ourselves through our own self-care techniques. "Self-care" might sound like a little bit of a buzzword, but what it boils down to is the implementation of personal strategies that have a positive impact on our well-being. And it looks different for everyone! There's no right or wrong, so long as we are taking charge by doing things that make us feel our best.

<b>What are my hobbies or interests?</b>	<b>What's one of my biggest strengths?</b>
<b>What physical activities make me feel good?</b>	<b>What is something new I have always wanted to try doing but haven't had the time to do?</b>



# When I want to support myself

<b>What do I know how to do that I can teach others?</b>	<b>To take charge on a regular basis I can do the following things for self-care:</b>
<b>How do I know when I'm becoming stressed or overwhelmed?</b>	<b>What helps me feel grounded when I'm overwhelmed?</b>
<b>What are some other warning signs when my mental health is taking a dip?</b>	<b>When my mental health has been negatively impacted, what are some other coping strategies I can use?</b>

If you ever begin to notice some of those warning signs that your mental health isn't doing too well, don't forget you have all the skills to look after yourself and have people to support you.