

# MY WELLBEING PLAN

ACTIVITIES I'LL DO EACH DAY TO  
LOOK AFTER MY HEALTH:

ACTIVITIES I'LL DO EACH DAY  
THAT I ENJOY OR HELP ME  
RELAX

MY LUXURY TREAT  
FOR MYSELF:



SIGNS I AM STARTING  
TO STRUGGLE ARE:

MY COPING  
STRATEGIES TO USE  
IF I'M STRUGGLING:

THINGS THAT DRAIN MY  
ENERGY TO STOP OR  
REDUCE:

PEOPLE WHO CAN  
SUPPORT ME:

