MY WELLBEING PLAN

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

- Eat food that includes vegetables, fruit and wholegrains.
- Find a way to get moving (walk in the park, short run, yoga, dinosaur races in the garden).
- Turn my phone off for 2hrs.
- At least 5mins meditation.
- Have the courage to be honest about how I'm actually feeling and how things actually are.
- Be gentle with myself when I realise all the stuff I haven't done or haven't done the way I wanted to do it.

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

- Share the 3 things that have made each of us smile at dinner time with my family.
- Read stories with my daughter.
- Listen to music (and possibly sing along).
- Message friends to share things I appreciate and share appreciation with the people I'm with.
- Look at the sky.
- Cook or bake.

MY LUXURY TREAT FOR MYSELF:

The bag of Cadbury's Eclairs hidden in my sock drawer.

SIGNS I AM STARTING TO STRUGGLE ARE:

- Going quieter with the people around me but my mind getting a lot noiser.
- Volunteering for lots and lots and lots of things to do.
- Skipping lunch and not drinking enough water.
- Thinking about ways to avoid things I usually enjoy doing.

MY COPING STRATEGIES TO USE IF I'M STRUGGLING:

- The phrases, 'it's OK to struggle', 'you'll find a way through this, Claire' and 'we feel what we feel'.
- Belly breathing.
- Ground - what can I see, hear, touch, smell, taste? Feel my feet.
- Take a break, change place.
- Try to find the sensations in my body, stay with them and tune out my thinking.

THINGS THAT DRAIN MY ENERGY TO STOP OR REDUCE:

- Overthinking tasks.
- Worrying about situations that are beyond my control.
- Going to bed after 10.30pm.
- Letting my inner critic have say on what I'm doing (they're allowed to watch and have a cup of tea, that's it).
- Reading a lot of news without having an action I can take or way to use the info I take in.
- Setting unrealistic (or no) time limits for tasks.
- Struggling while also telling myself and others that I'm fine.

PEOPLE WHO CAN SUPPORT ME:

- Trusted colleauges on my team.
- My husband.
- Good pals on group chats.
- My mum.