

My Personal Wellbeing Plan

Bring together what you have noticed and create a plan that works for you rather than an idea of what wellbeing 'should' look like.

My signs that I am doing well

My early warning signs that I am struggling

My biggest current stressors

Things that help me regulate and reset

People I can talk to

Boundaries that protect my wellbeing

Things I want more of in my life

If I notice myself struggling, my first step will be...