

My Mind-Body Wellbeing Plan

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

My signs that my body is doing okay

My early signs of overload or fatigue

Body signals I want to listen to

Things that help me regulate

Things that restore my energy

People or professionals who can support me

Adjustments that make daily life easier

When I am struggling, my first step is...

Something I want to remember about respecting my body...