My Personal Wellbeing Plan

A practical guide to understanding what supports your wellbeing

Wellbeing is not about feeling positive all the time. It includes physical comfort, emotional needs, connection, meaningful activity and opportunities for rest. Your needs may change from day to day.

Use this guide to notice what helps, recognise early changes and build a realistic plan. Start with one small step. There is no perfect routine.

My wellbeing foundations

BODY	MIND	CONNECTION
Sleep, food, movement	Feelings, pressure, rest	People, belonging

Your plan can include sensory needs, accessibility, medication routines or professional support where relevant.

Inside this guide

1. Understanding personal wellbeing and the things that sustain it
2. Checking in with current needs and energy
3. Recognising early signs of strain
4. Choosing realistic daily and weekly supports
5. Making a flexible wellbeing plan and identifying support

Worksheet 1 | My Wellbeing Check-In

Consider what your body and mind are telling you. There are no right answers. You may feel differently tomorrow.

What is going well or helping me feel steady?

How are my energy, sleep, stress and emotional needs?

What feels difficult or is taking more effort lately?

What do I need more of, or less of, right now?

Worksheet 2 | My Early Warning Signs

Noticing changes early may help you adjust expectations and ask for support. Your signs might be physical, emotional, social or practical.

Changes I notice when pressure is building

Situations or demands that tend to drain me

What usually helps me recover or feel grounded?

A sign that I should seek extra support

Worksheet 3 | My Supportive Habits

Choose small actions that suit your actual capacity. Rest counts. A helpful routine is flexible, not another list of demands.

A gentle daily action for my physical wellbeing

A gentle daily action for my emotional wellbeing

A way to connect or spend meaningful time

How I can make these steps accessible and realistic

Examples: a short stretch, a predictable meal, quiet time, a message to a friend, time outdoors or a sensory break.

Worksheet 4 | My Personal Wellbeing Plan

Use this page as a living plan. Change it when circumstances or capacity change.

My top two wellbeing priorities

One small step I will try this week

A barrier I may meet and a gentler alternative

People, services or adjustments that can support me

When and how I will check in with this plan

A gentle reminder

You do not need to earn rest or manage everything independently. If distress is persistent, worsening or affecting safety, consider speaking with a healthcare professional or trusted support person.