



# My Personal Wellbeing Action Plan

Name.....



What can you do to support your physical, mental, social and emotional wellbeing?

<b>Connect</b>	<p><i>Who can you spend time with?</i></p> <p><i>Ask a friend about their weekend and pay attention and listen when they tell you</i></p>
<b>Be Active</b>	<p><i>What can you do to stay active? How can you get outside? (You don't have to go to the gym.)</i></p> <p><i>Try a new sport / activity</i></p>
<b>Take Notice/Be Mindful</b>	<p><i>Are you aware of your own thoughts and feelings? What signs do you have that you are: angry; in shock; feeling guilty; in denial?</i></p> <p><i>Remember the things that make you smile</i></p>
<b>Keep Learning</b>	<p><i>What new skills would you like to learn? (This can give you a sense of achievement and new confidence.)</i></p> <p><i>Pick up a hobby / activity you enjoy but haven't done for a while</i></p>
<b>Give to Others</b>	<p><i>What can you do to make someone else's day better? (The smallest act can count.)</i></p> <p><i>Give unwanted items to a local charity shop</i></p>

What can you avoid to support your mental wellbeing?	My potential triggers or challenges are:
E.g. Being alone all day, being hard on yourself, negative use of social media, comparing yourself to others, keeping things to yourself, staying in bed all day.	
	<p><b>If you need support:</b></p> <ol style="list-style-type: none"> <li>1. Write down what is bothering you and show it to someone</li> <li>2. Talk to an adult you trust: your Head of House; tutor; a teacher; parent; friend; doctor</li> <li>3. Email, call a helpline or use a website if you are not ready to talk</li> </ol> <p>Email: <a href="mailto:earlyhelp@dhsb.org">earlyhelp@dhsb.org</a> for advice Other useful contacts <a href="http://www.KOOTH.com">www.KOOTH.com</a> ❖ Childline:0800 1111 ❖ NSPCC Helpline: 0808 800 5000 ❖ <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></p>

## My one minute safety plan

Your one minute safety plan is something to keep close at hand for those times when things seem really hard and you feel completely overwhelmed. It is something you can get to really quickly and can help you begin to feel safer in a very short time.







































**My favourite calming activity:**

**People who can help me:**

**Something to distract me?**

## How am I feeling?

Each time you open your wellbeing action plan, record the date and your current emotion in the table below.

 Angry	 Annoyed	 Anxious	 Ashamed	 Bored	 Calm	 Cheerful
 Confused	 Disappointed	 Embarrassed	 Enthusiastic	 Excited	 Flat	 Frustrated
 Happy	 Hopeful	 In pain	 Jealous	 Lost	 Loved	 Optimistic
 Overwhelmed	 Proud	 Quiet	 Relaxed	 Sad	 Scared	 Sick
 Silly	 Stressed	 Surprised	 Thankful	 Tired	 Trustful	 Unhappy
 Upset	 Vulnerable	 Worried				

Date	Emotion?	Date	Emotion?