

CREATING A PERSONAL WELLBEING PLAN

Sometimes life events take us by surprise and all we can do is react. However, doing some wellbeing planning when we have time and energy can be an invaluable exercise and help us when we struggle.



At Space to Breathe we believe our wellbeing and flourishing is always a balance. What are the elements that make you tick and that help you to grow? We think particularly that the three elements of our wellbeing triangle are important – that we have a good sense of self-awareness, that we have authentic connection to others and that we foster a sense of awe and wonder if the way we view the world. Do these elements connect with you? How would you enable them to take shape in your own life?

This sheet is all about creating a Personal Wellbeing Plan. It gives us hints about daily processes, triggers and signs, warning lights and forward planning.

Each section has some questions and a plan to make. It's the sort of thing that is helpful to think through and plan when you have time, and then refer to when you need it. Follow through the steps below and let us know how you get on.

First Steps

Get hold of some paper and pen, make yourself a drink and give yourself some time to reflect on how you're doing. . Start with the question "what does being well look like?" Then ask what helps that and what hinders that health.

Then follow the four stages on the following sheets.



What does being well look like?

1. Daily Process

“What we know matters but who we are matters more.” Brene Brown

This section aims to create a daily process you can follow which helps your wellbeing. Have a look at the questions below:

- What things help me feel positive about life? (I come alive when I am ...)
- What inspires me?
- What gives me a sense of purpose?
- What activities give me joy?

MY PLAN

Each day I’m going to try and make sure I ...

1.	
2.	
3.	

2. Triggers and Signs

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”
Fred Rogers

We often have triggers which develop negative behaviour and signs that we are becoming stressed or unwell. This section aims to list them so we can become aware of them.

- What are the things that trigger negative behaviour in me?
- What are the tell-tale signs that I'm becoming anxious?
- What are the signs that I'm low and struggling?

MY PLAN

What are the triggers and signs that I need to look out for?

1.	
2.	
3.	

3. Warning Lights

“Some of the most comforting words in history are *me too*” Unknown

This section is to clarify what struggling with mental health looks like and what helps. Use the questions below to help you reflect.

- What are the emotional or physical things which cause me concern?
- When I’m unwell what does it normally look like?
- When I see these signs, what normally helps?

MY PLAN

My warning lights are:

1.	
2.	
3.	

When I see these warning lights I will:

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4. Planning

This last section gives you the opportunity to list things that will help you when you need support. Use the questions below to help you reflect.

- Who are the people who are supportive to me?
- What treatments and professional help can I access that is helpful?
- What are my safe places?
- When I've struggled before, what's helped me?

MY PLAN

When I'm struggling, I'll ask these people to help:

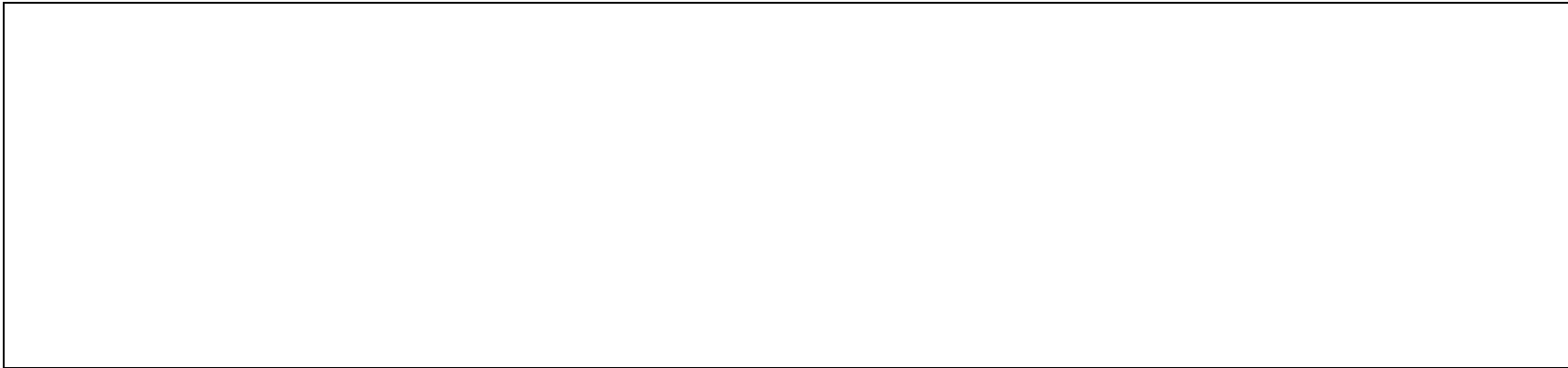
1.	
2.	
3.	

When I'm struggling, I remember that these things helped me:

--

When I need a safe or calming place, I know I can go to:

•



When you've finished this plan ...

- Keep it in a safe place so you can refer to it when you need it
- If you feel able to, share it with a friend or colleague.
- Revisit it again in three months. Is there anything you'd add or change ?

For more info, ideas and resources to help support your plan visit www.spacetobreatheuk.com