

My mental health and wellbeing plan

Ideas	My plan
Things I like to do to keep well <ul style="list-style-type: none">• Catch up with family/friends• Take the dog for a walk.• Do some gardening.	
Things I must do to keep well <ul style="list-style-type: none">• Establish a regular sleep routine.• Open up to my partner/family/friends about how I am feeling.• Eat properly.	
Mental health and wellbeing goals <ul style="list-style-type: none">• Talk to my GP about finding a counsellor.• Take one day at a time.• Exercise at least two times this week.	
My triggers and ideal response <ul style="list-style-type: none">• Financial concerns: speak to a financial counsellor.• Feeling overwhelmed: have one day a week to relax at my own leisure and stop taking on too many projects at work.	
Things I notice about myself when I am becoming unwell <ul style="list-style-type: none">• I want to sleep all the time.• I fight with my partner/family/friends constantly.• I get worked up over small things.	
Things others notice about me when I am becoming unwell <ul style="list-style-type: none">• I stop socialising.• I am more irritable.	