

# WELLBEING AWARENESS PLAN

Use the questions below as a way of summarising what helps your wellbeing. Identifying how you are feeling can help you to manage triggers and keep your mental wellbeing in a positive place.

1. What do I notice in myself when my wellbeing is good?

2. What changes do I notice when my wellbeing is not good?

3. What do I need to do if my wellbeing is not good?

4. What can I do to prevent deterioration in my wellbeing?

5. What support is helpful/unhelpful?