

MY PERSONAL WELLBEING ACTION PLAN

SUPPORT: What can you do to support your mental wellbeing?

- ★ What makes you feel happy?
- ★ What helps you relax or feel calm?
- ★ What has worked well before?
- ★ What stops you feeling bad?
- ★ What can act as a distraction?
- ★ What new skills would you like to learn?

CONNECT

• Who can you spend time with?

BE ACTIVE

• What can you do to stay active? How can you get outside? (You don't have to go to the gym.)

KEEP LEARNING

• What new skills would you like to learn? (This can give you a sense of achievement and new confidence.)

GIVE TO OTHERS

• What can you do to make someone else's day better? (The smallest act can count.)

BE MINDFUL

• Are you aware of your own thoughts and feelings? What signs do you have that you are: angry; in shock; feeling guilty; in denial?

AVOID: What can you avoid to support your mental wellbeing?

- Being alone all day
- Taking things to heart
- Being hard on yourself
- Negative use of social media
- Comparing yourself to others
- Taking your anger out on others
- Focusing on negatives
- Being anti-social
- Worrying too much
- Keeping things to yourself
- Staying in bed all day
- Feeling guilty

My potential triggers or challenges are:

If you need support:

1. Write down what is bothering you and show it to someone
 2. Talk to an adult you trust: your Head of House; tutor; a teacher; parent; friend; doctor
 3. Email, call a helpline or use a website if you are not ready to talk
- ❖ Email: earlyhelp@dhsb.org for advice
 - ❖ www.KOOTH.com
 - ❖ Childline: 0800 1111
 - ❖ NSPCC Helpline: 0808 800 5000
 - ❖ help@nspcc.org.uk