Wellbeing Plan

Things I can do to relax and calm myself down

Type or fill in the boxes below.

Things I can do to distract myself

Fun activities I can do

Who and how I can socially connect with people?

Things I can do to improve my sleep

Things I can do to improve my diet

Physical exercise I can complete

Support contacts if I feel overwhelmed (family, friends, helplines and professional support)

#nowweretalking

Keep-your-head.com/now