

Ideas for a Well-Being Plan in Difficult Times

A well-being plan doesn't have to be complicated but can be useful to create when you're going through a difficult time. Take a moment to consider the following, print it off if that helps, and give a copy to a friend to remind you of what you need, if that might be useful.

Early Warning Signs...

Take a moment to list early warning signs that you're not ok. These might be eating less or more, not sleeping or being 'snappy'. These will help you recognise that you may need some help, or time to reset. Then complete the section underneath this one, to think about what healthy actions you can take.

Action Plan

Write a list of activities that help you feel better. Think particularly about what you'll do if your thoughts are beating you up. e.g. "I will call my friend (include their phone number)/watch a comedy/listen to uplifting music/do some mindful colouring".

You might also find [this Crisis Plan](#) via [The Blurt Foundation](#) helpful.

The links to which this document refers may only be of entertainment value. Content to an external site may not be endorsed, but offered in case of interest. Always decide what works best for you and speak to your health care team if you're worried. Include your doctor's number in your well-being plan and the number for Samaritans on 116 123, available 24/7.

