

# My Wellbeing Plan

What sorts of events/situations cause me stress (make me feel anxious or overwhelmed)?

Are certain emotions particularly unpleasant to me?



Is there anything I can do to prevent stress and/or limit its impact?



What are the signs I may be starting to experience stress/poor mental health?

How does it impact me physically/emotionally/behaviourally and mentally?



# My Wellbeing Plan

What are the signs that I have become overwhelmed and need help now?

What might others notice?



If I start to experience stress, I can:



If others notice I am feeling stressed, they can:

I can get support from:

