

Wellbeing Plan

A wellbeing plan can help identify ahead of time what goes on for individuals when things are going really well, and when they are challenging. It can help people figure out what works best to get them to a better place. This work has been influenced by the Five Ways to Wellbeing (New Economics Foundation, 2008) and Wellness Recovery Action Plan (Copeland, 2002).

Remember: It's completely up to you to decide what information you'd like others to know, you're in control of this!

Important people to me are:

(write down the names of the people who you know support you, that you can call on when times are tough and to celebrate when things are great!)

When I'm at my best I feel like ...

(consider how you physically feel, what thoughts you might have, how you react in tricky situations)

When I'm visibly stressed I look like:

(consider a person observing you from the other side of a table, what behaviours might they see?)...

What will close people to you notice (eg. friend or whānau member) about you when you are flourishing or life is amazing?



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Under each heading below, write down a few things you can do to take care of your own wellbeing, to find out more about the 5 Ways head to <http://goo.gl/EgCpPI>.

Connect, Me Whakawhanaunga: *Talk and listen – me k rero, me whakarongo, be there – me whakaw tea i a koe, feel connected – me rongoi te whanaungatanga*
Examples: host a pot luck dinner **or** smile at a stranger.

Give, Tukua: *Your time – te w ki a koe, your words – kupu, your presence – ko koe tonu.*
Examples: While driving stop to let a car in traffic **or** offer to help an older neighbour

Take Notice, Me aro tonu: *Remember the simple things that give you joy – me aro tonu ki ng mea m m noa i ng kau harikoa ai koe.*
Examples: Have a mirimiri (massage) to sooth and relax your body **or** climb your maunga.

Keep Learning, Me ako tonu. *Embrace new experiences – awhitia te wheako hou, see opportunities – kimihia ng ara hou, surprise yourself – me ohore koe i a koe an .*
Example: Visit the local public library and see what new books, mags and talks they have.

Be Active, Me kori tonu. *Do what you can – wh ia te mea ka taea e koe, enjoy what you do – kia p rekareka t u i whai ai, move your mood – kia pai ake piropiro.*
Example: Take a family walk after dinner.

If this has raised stuff for you, consider chatting with people close to you or you can make contact with one of these great organisations:

Youthline **0800 376 633** // Lifeline **0800 543 354** // Depression Helpline **0800 111 757**
<http://bit.ly/getsupportnow>

