

# Wellbeing Plan

A wellbeing plan helps identify ahead of time what goes on for you when things are going really well and when they are challenging, to figure out what works best to get you through. The Lifehack crew reviews these plans as a team before each major event we run and periodically throughout the year.

We invite you fill one out for yourself and consider if this approach could work in your team. Only put down things you are comfortable sharing with others and if you have found this activity challenging, there are numbers on the bottom of the page of people who can help.

**My support peeps are (include their names and phone numbers)**

**What things are like for me when I'm doing great**

**When things are like when I'm losing myself and things aren't so great**

**Triggers - things that I know if they are present can sometimes lead me to a challenging place.**

**What helps me cope when times are challenging**

**What's not helpful for others to do**

**When I'm visibly stressed I look like (consider a person observing you from the other side of a table, what would they see, how would you be behaving?)**

If this exercise has brought stuff up for you, there is support available  
Youthline **0800 376 633** // Lifeline **0800 543 354** // Depression Helpline **0800 111 757**

<http://bit.ly/getsupportnow>

