

Action Plan Considerations



WELLBEING

You are often the expert when it comes to identifying the support or changes you need and how to manage your triggers for poor mental health.

The plan can include all the things that are important to you and your wellbeing.

Think about:

- What are you like when you are feeling well and doing well?
- What does your environment look like when it is supporting your wellbeing?
- What are the things you need to do to maintain good health and wellbeing?
- Which coping strategies do you already use?
- What makes these coping strategies effective?
- How have you managed to work through challenges in the past?
- What did you do differently with these challenges?
- What worked and what did not work?
- What did you find you did to make it work?
- When are you feeling the most well?

The plan will work better if it is written by you; expressing your own personal choice, reflecting your voice and your personal experience, needs and wants.



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What next? You have explored your thinking, what is going on for you, what you want to happen and what you might like to change, you can now put together an action plan.

ACTION PLAN

Objectives <i>(What do you want to achieve)</i>	Tasks <i>(what will you need to do)</i>	Achievement <i>(how will you know you have succeeded)</i>	Timeframe <i>(when do you want to do this by)</i>	Resources <i>(what will need, and who will you need to help you)</i>