



WELLBEING ACTION PLAN

A simple plan to help you feel well and
support you through difficult times



We're talking mental health.

We hope you find this booklet useful to help you think about your own wellbeing and feel able to cope if things become difficult. It's based on a well-tested model called 'Wellness Recovery Action Planning'.

We believe everyone can benefit from knowing how to look after themselves and where to seek help if they need it, whether they have experienced mental health issues or not. This easy-to-use resource is designed to encourage you to take responsibility for your own wellbeing.

We hope that completing this booklet will be informative and interesting. It can help you reflect on your emotional needs, how to look after yourself and where to seek help if you ever need it. Keep it safe and return to it often – to alter or add to it, as you learn more about yourself and what works for you.

Throughout, we've included a range of ideas shared by other students to get you started.

Remember – be kind to yourself!

My wellness toolkit

Think about things that keep you well or help you to feel better when you're feeling low.

These things make up your 'wellness toolkit'. Nothing is too trivial or silly to go into your toolkit – if it lifts your mood or makes you smile, it should go in. Here are some suggestions to get you started...



Go outside

Being outside is good for our mental health. Take a mindful walk and notice nature, clouds and sunsets, or take your dog for a walk.



Get active

Get active and start your blood pumping; it's a great way to work out anger, frustration or worry and really takes your mind off things.



Reach out

Sometimes, if you can't really face being with people, you can still have a laugh with your mates online and it may help you feel better.



Enjoy your own space

Immerse yourself in things that make you happy like video games, listening to music, reading books, riding your bike, skateboarding, leisurely baths, watching your favourite TV shows and cooking.



Connect

Spend time with friends, family or a pet. Take part in a team sport or group activity. Chat to others online, or to a counsellor.



Quiet time and relaxing

Clear your mind using relaxation and breathing techniques such as mindfulness, meditation yoga. Download an app.



Playlist of my life

Find songs to represent all the different things you are feeling and sing along. Try to allow yourself to feel a range of different things and end with something upbeat.

Things to support my wellbeing...



New things I could try...



THINGS TO CONSIDER

What new things would you like to try?

What haven't you got round to yet?

What have other people suggested?

What could you do more of?

THINGS TO CONSIDER

What makes you feel happy?

What stops you feeling bad?

What helps you relax or feel calm?

What gives your life meaning?

What makes you feel energised?

What has worked well before?



A plan for every day

Next, think about things you could try to do, or try to avoid doing each day to keep yourself feeling positive and well.



THINGS TO DO...



- Focus on positives
- Smile
- Believe in yourself
- Find a reason to get out of bed
- Try new things
- Exercise
- Contacting friends and important people
- Socialising
- Make time for yourself
- Shower
- 'Say "hello" to a neighbour
- Chill out
- Listen to music
- Talking to people in a positive way
- Get enough sleep
- Give yourself space
- Eat regular meals
- Positive use of phones and social media
- Wear something that makes you feel happy
- Pay somebody a compliment

THINGS TO AVOID...



- Being hard on yourself
- Focusing on negatives
- Feeling guilty about spending time alone or about going out
- Taking things to heart
- Staying in bed all day
- Being alone all day
- Negative use of social media
- Comparing yourself to other people
- Worrying too much
- Keeping things to yourself
- Taking anger out on others
- Hurting yourself
- Smoking, drinking, drugs

Daily maintenance plan



Things I can do for myself **every day** to keep myself feeling as well as possible...



Things I need to do, **less often than every day**, to keep my overall wellness and sense of wellbeing...



Things that I know **would make me feel well**, but that I don't currently do or could do a lot more...



Things I should **actively avoid** because they make me feel bad or worse...



Managing triggers and challenges

Triggers are things that happen to us or situations we face that make it harder for us to stay well. Here we think about likely triggers and how we can manage them.

My potential triggers and challenges...



Handwriting practice lines for 'My potential triggers and challenges...'.



WHAT MIGHT HELP?

Talk

Let friends or family support you

Confide in someone at school or college

Ring a helpline

Make a plan

Use trusted social media support

Take time to look after yourself

Use art or music to express how you feel or help you relax

Admit there is a problem

The most important thing is to say something to someone. As soon as you open up it's like a weight has been lifted from your shoulders.

Things I can do to try and manage my triggers and challenges...



Handwriting practice lines for 'Things I can do to try and manage my triggers and challenges...'.

THINGS TO CONSIDER

Exams
Relationship break-up
Friendship issues
Being bullied
Family problems
Moving house

Moving to a new college or moving to a different course
Physical or mental illness
Not living up to expectations
College holidays
Any kind of change or failure

Early warning signs



It's useful to recognise changes in our thoughts, feelings, appearance or behaviour which might indicate we are feeling less able to cope. Thinking about what these signs are might also help us recognise when a friend or family member might need support too.



We are often good at spotting warning signs in other people, but it can be harder to spot them in ourselves. Looking out for each other's wellbeing is a helpful thing for friends to do.

THINGS TO LOOK OUT FOR...



- Unusual behaviour – acting different from normal
- Changes in body language or eye contact
- Losing interest in things
- Saying 'yes' to things but really meaning 'no'
- Avoiding friends or social situations
- Mood swings
- Feeling low, angry or stressed
- Crying more than usual
- Feeling unusually tired
- Missing days at school or college or being late
- Changes in social media habits
- Uploading worrying content
- Not responding to calls or texts
- Neglecting appearance
- Self harm
- Feeling unable to cope

Warning signs that things are going less well for me or a friend are...





What next?



If you spot warning signs that things are going less well for you, or for a friend, what could you do next? Here are three suggestions:



Write it down...

if you're not ready to talk to someone, write down what's wrong and commit to a next step towards seeking help, then do it!



Call a helpline...

or use a website for support, such as **themix.org.uk** or **youngminds.org.uk**



Talk to someone you trust

maybe a friend or family member, a person at school or college, or your doctor.



What advice would you give to a friend you were concerned about?

What would you do if you spotted the warning signs **in yourself**?

My notes...



Acknowledgements

Based on the Wellness Recovery Action Plan model by Dr Mary Ellen Copeland.

Sources of support

CHILDLINE

Call: **0800 1111** (free 24hr)
Online: **childline.org.uk**

Confidential listening, 1-2-1 chat,
online message boards for under 19s.

MEIC

Call: **080880 23456**
Text: **84001**
Online: **meiccymru.org**

Free confidential listening for under 25s
in Wales, 8am to midnight 7 days a week.

MUSLIM YOUTH HELPLINE

Call: **0808 808 2008** (4pm - 10pm)
every day
Email: **help@myh.org.uk**
Online: **myh.org.uk**

Faith and culturally sensitive confidential
support by phone, live chat, WhatsApp or
email for young Muslims in the UK.

THE MIX

Call: **0808 808 4994**
Text: **THEMIX to 85258**
Online: **themix.org.uk**

Free confidential support and advice for
under 25s in the UK, including a helpline,
crisis messenger service and webchat.

YOUNGMINDS

Text: **YM to 85258**
Online: **youngminds.org.uk**

Free, 24/7 text support for young people
across the UK experiencing a mental
health crisis.

YOUTH ACCESS

youthaccess.org.uk

Find local free and confidential counselling,
advice and information services.

More resources

We have a number of other guides that might be of interest to you.
To view these and all our other resources please visit

charliewaller.org/resources

To order hard copies of this booklet please go to

shop.charliewaller.org

The Charlie Waller Trust was set up by the Waller family in 1997 to remember Charlie. We now work with thousands of parents, carers and teachers to help children and young people look after their mental health.

Learn more about us at charliewaller.org

GET IN TOUCH

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FIND OUT MORE

charliewaller.org

FOLLOW US



SUPPORTING US

If you have found this resource useful please consider donating to help us continue our work.



Text

To donate £10 Text 'CWT' to 70085

This costs £10 plus the cost of a standard rate message.



Online

Visit charliewaller.org/donate

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