

WELLBEING

ACTION PLAN



Complete this wellbeing plan to remind you of what you need to do to stay well.

Things that cause me to feel stressed or low:

The people I can talk to at my club:

Signs that I am becoming stressed or low:

Helpful and positive things to tell myself:

Things that can help me when I am stressed or low:

Things that keep me mentally and physically healthy:

Practical support I can get from others/my club: