**PERSONAL WELLBEING PLAN**

**Use this plan as a tool to manage your health and wellbeing needs in a way that works for you. Knowing what helps us stay well, benefits our overall wellbeing and ensures you have practical steps in place to help when times are difficult.**

**Use the drop down menus for some ideas on how to manage your wellbeing and build your own Wellbeing Plan using the template. Remember this is your personal plan so pick as many or as few as you need.**

**Practical things I can do to improve my wellbeing?**

Choose an item.

**What activities can you embed into your daily routine to maintain good wellbeing?**

Choose an item.

**How can I socially connect with people?**

Choose an item.

**Things I can do to improve my sleep**

Choose an item.

If you need further help, support or guidance go to https://www.nhsgrampian.org/

Use this template to manage your own wellbeing your way.

Everyone’s wellbeing is unique and how you improve or maintain good wellbeing will be individual to you.

Your wellbeing will be different each day or each week, so have a variety of tools and techniques that you can put in place when you need them. And each week try something new to see if that works for you.

Think about your triggers or early warning signs and put a plan in place to manage your wellbeing.

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| **What I need to focus on** | **What I can do** |
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