

5 Ways to Wellbeing Action Plan

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Examples | What’s going well? | What could be better? | What needs to happen?(Actions!) | Any barriers?  | Rating ☹1 – 10 😊 |
| Connect | Spending time with friends and family, trying out a new club |  |  |  |  |  |
| Be Active | Going for a walk, being part of a sports team  |  |  |  |  |  |
| Take Notice | Doing a mindfulness exercise, taking a walk in nature and noticing what you find |  |  |  |  |  |
| Keep Learning | Trying a new hobby, learning healthy coping mechanisms  |  |  |  |  |  |
| Give  | Volunteering, telling someone how much you appreciate them |  |  |  |  |  |