



My Wellbeing Plan



Specialising in Personality Disorder
and Complex Trauma

When we support others who are unwell and/or experiencing high levels of emotional distress our own levels of stress also increase. Unless we have strategies to minimise this stress it affects our own wellbeing. As the airlines tell us we must put on our own oxygen masks before putting on someone else's. It is often easy to feel we 'just need to do' something for the other person and ignore our own needs. However we all have our physical and emotional limits. It is hard to think clearly when we are feeling stressed and overwhelmed.

Developing a Wellbeing Plan ahead of time to refer to, can be helpful when you are caught up in the chaos.

Ways I maintain my wellbeing

Emotions

Eg: Talk to a trusted friend about how I am feeling

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Mind

Eg. Do a mindfulness practice before bed

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Financial

Eg: Set aside a small budget for treats/pleasure

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Physical Health

Eg: Take regular breaks, get plenty of sleep

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Purpose/Spiritual

Eg: Connect with nature, introduce a gratitude

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Relationships

Eg: Go out with a friend once a week, set clear boundaries.

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People who support me include:...

Eg friends, family members, GP, mental/health professionals,
support group, carer support service

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My top five coping strategies are...

Eg: Deep breathing, listening to music, exercising, mindfulness, time out,
connecting with others, engaging in a hobby, resting, yoga



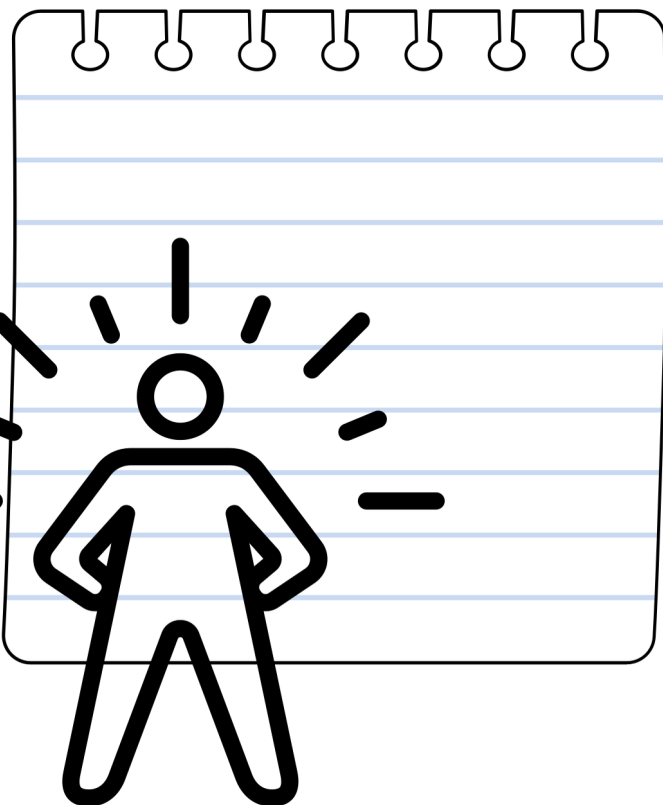
Early warning signs that may indicate that I am becoming overwhelmed or stressed

Eg sleeping difficulties, changes in appetite, changes in mood, lack of interest in things I normally enjoy, difficulty concentrating, avoidance, heightened emotions, isolate myself, lower energy levels

My plan to improve my level of wellbeing

Consider ways to maintain your wellbeing and coping strategies

Helpful things for me to try:



Things to preferably avoid:

