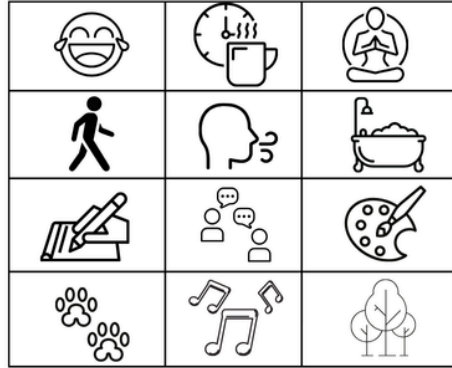


Useful numbers:

Stress Relief Ideas



Laughter, a break, meditation, a walk, deep breaths, warm bath, writing it down, a chat, creative hobby, time with pets, music and nature

What Do I Need Right Now?



Rest, time, a drink, company, a chat, fresh air, quiet or help

MY
WELLBEING
PLAN



Health Conditions/concerns

Allergies:

Space to doodle

Name:

DOB:

NHS Number:

Prefered name:

Pronouns:

Emergency Contact

Name:

Contact number/s:

Relationship:

My Wellbeing Plan

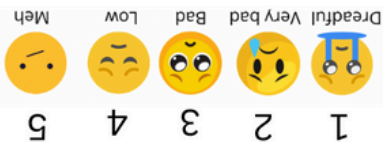
Things that bring me joy:

Things that bring me peace:

Tough times

Warning signs:

What others can do to assist me:



How I'm Feeling

Medication/supplements
I take regularly:

Name:

Contact:

My Support Network

Name:

Contact: