



WELLBEING ACTION PLAN

A plan to help adults support
and maintain their wellbeing

We're talking mental health.

We hope you find this booklet a useful resource

It is a personalised, practical tool that you can use whether or not you have a mental health issue. It is inspired by Mary Ellen Copeland's Wellness Recovery Action Plan; an evidenced based system used worldwide by people to manage their mental health.

Wellbeing

Our wellbeing is important!

Everyday life can be really busy and can come with lots of amazing experiences and also some challenges that can demand our time, energy and motivation. Those challenges are different for everyone but might include managing family life, work, caring responsibilities, financial pressures, social pressures or unexpected life changes.

Our mental and physical health and wellbeing are equally important. Evidence suggests that if we actively take steps to support our mental health, it can help us to maintain our overall wellbeing.

Gaining a better understanding of mental health and how it influences our overall wellbeing can also help us to identify when we may need to take time out for self-care and when it would be beneficial to reach out to others for support.

This booklet is designed to help you reflect on your emotional needs, how to look after yourself and where to seek help if you ever need it. Keep it safe and return to it often – to alter or add to it as you learn more about yourself and what works for you.

Remember – be kind to yourself!



What is mental health?

Mental health is about the way you think and feel and your ability to deal with life's ups and downs.

Being mentally healthy doesn't just mean you don't have poor mental health. Good mental health means being able to:

- Learn, work and engage in the world around you
- Feel, express and manage a range of positive and negative emotions
- Form and maintain good relationships with others
- Cope with and manage change and uncertainty

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages in your life. It can also be impacted by the amount of sleep we have, a healthy diet and exercise.

There are many simple ways to look after your mental health on a daily basis. We are all different and what works for one of us may not work for another. It may be helpful to develop a wellbeing action plan.



What can affect my mental health and wellbeing?

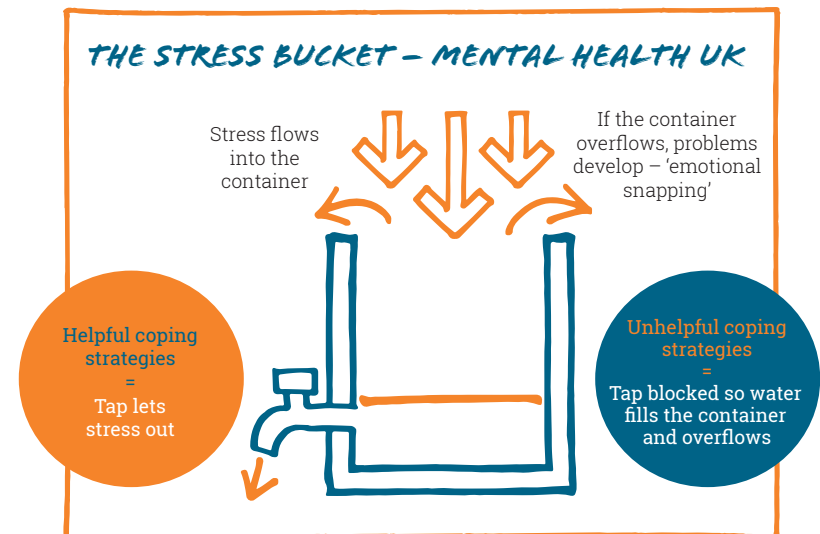
Different things will affect how each of us thinks, feels and behaves. Understanding our personal stressors can be the first step to supporting our mental health and wellbeing.

Imagine we each have a container, or bucket, for stress. The container will be larger if we have had positive experiences and good support, giving us more capacity to manage incoming stressors. Factors such as isolation and negative past experiences mean the container will be smaller, increasing our vulnerability to stress.

Everyday stressors flow into the container and if we don't look after our wellbeing, this could cause the container to overflow and negatively affect our mental health and wellbeing.

The good news is that, by increasing our helpful coping strategies, we can release some of that pressure through a stress release tap, and over time, increase the size of our stress container.

However, be careful: sometimes we go for a quick fix – an unhelpful coping strategy – and this can block the tap.



Recognising and managing stressors and challenges

Building awareness of personal stressors and recognising if there are particular challenges that impact on our wellbeing can be helpful.



THINGS TO CONSIDER

Changes in routine
Relationship break-ups
Family problems
Moving house
Issues with your identity

New job or life change
Physical or mental illness
Not living up to expectations
Significant dates such as birthdays or anniversaries

WHAT MIGHT HELP?

Talk to someone you trust
Let friends or family support you
Call or message a helpline
Make an appointment to see your GP
Make a support plan

Use trusted social media support
Take time to look after yourself
Use art or music to express how you feel or help you relax
Acknowledge there is a problem

Things I can do to try and manage my stressors ...

My potential stressors ...

The most important thing is to share what's on your mind with someone. When you open up it can feel like a weight has been lifted from your shoulders.

Who can you message or talk to?

Create a wellbeing toolkit



Research shows that following the Five Ways to Wellbeing can improve our mental health.

Things that keep you well or help you to feel better when you are feeling low make up your 'wellbeing toolkit.' Anything you want can go in your toolkit. Think about what has worked well before or maybe things that you're considering but not got around to doing yet.

CONNECTING



Who do you like to spend time with? What do you like to do together?

GETTING ACTIVE



What sort of exercise and sports do you enjoy? How can you include more movement in your day? Taking the stairs counts!

KEEP LEARNING



What things would you like to learn to do? Are there subjects you'd like to know more about or new activities you'd like to try?

GIVE TO OTHERS



Is there someone you'd like to give a helping hand to? Do you have a skill you could teach someone else?

TAKE NOTICE



What are your favourite things to see and hear? Is there something you do or see every day that you could consider in a new way?

A plan for every day

Next, think about things you could try to do, and/or things you could try to avoid doing each day to keep yourself feeling positive and well. Even small things can make a big difference.

THINGS TO TRY AND DO...



- Contact friends and people who are important to you
- Make time for yourself
- Focus on positives
- Believe in yourself
- Find a reason to get out of bed
- Try new things
- Exercise
- Socialising
- Take care of personal hygiene
- 'Say "hi" to a neighbour
- Talk to people in a positive way
- Chill out
- Listen to music
- Get enough sleep
- Give yourself space
- Eat regular meals
- Use phones and social media in a positive way
- Wear something that makes you feel good
- Give someone a compliment
- Set one achievable goal for the day
- Do something you enjoy
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There are lots of different things you can do - find what works for you and add your own to the lists.

THINGS TO TRY AND AVOID...



- Fitting too much into your day
- Being hard on yourself
- Focusing on negatives
- Feeling guilty about spending time alone or about going out
- Staying in bed all day
- Negative use of social media
- Saying yes to doing something if you're already busy
- Comparing yourself to other people
- Worrying too much
- Keeping things to yourself
- Taking anger out on others
- Unhelpful behaviour
- Smoking, taking drugs or drinking excessively
- Being alone all day
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LONGER TERM PLANS

- Plan things you can look forward to
- Look after your physical health: e.g. routine appointments with your dentist, doctor and optician

Daily maintenance plan

Think about your wellbeing toolkit and what you can add here to your daily plan to help you look after yourself. Consider things you already do and maybe things that have worked well before.



THINGS I CURRENTLY DO

What makes you feel happy? What makes you feel energised?



NEW THINGS I COULD TRY

What have other people suggested? What's something you've been meaning to try?



THINGS TO TRY AND AVOID

What hasn't worked well before? What has a negative impact on your mood?

'On a Sunday I plan in moments of self kindness for every day the following week for myself.'



REMEMBER...

In addition to the Five Ways to Wellbeing, remember the importance of nutrition, rest and sleep. Drinking enough water, having moments of downtime and regular sleep routines are all important to keep you physically and mentally well.

Early warning signs

It's helpful to recognise the warning signs that might indicate we're feeling less able to cope. That could be changes in our thoughts, feelings, appearance or behaviour.

THINGS TO LOOK OUT FOR...



- Unusual behaviour – acting different from normal
- Changes in body language or eye contact
- Losing interest in things
- Saying 'yes' to things but really meaning 'no'
- Avoiding friends or social situations
- Mood swings
- Feeling low, angry or stressed
- Changes in appetite or diet
- Crying more than usual
- Feeling unusually tired
- Missing days at work or other commitments
- Changes in social media habits
- Uploading worrying content
- Not responding to calls or texts
- Neglecting appearance or personal hygiene
- Self-harm
- Feeling unable to cope

We're often good at spotting those signs in other people, which can help us recognise when a friend or family member might need support..

Warning signs that things are going less well for me or a friend are...





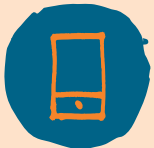
What next?

If you notice a drop in your wellbeing, or the wellbeing of a friend, that's starting to impact on daily life, what could you do next? Here are three suggestions...



Write it down

If you're not ready to talk to someone, write down what's wrong and make plans for next steps. Giving yourself dates by which to take these steps may help ensure you take them.



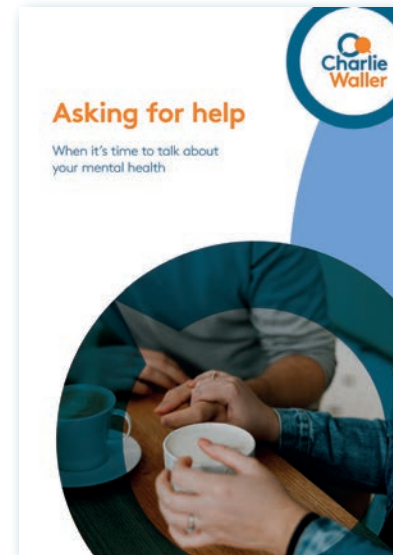
Call or message a helpline

Confidential services are available 24/7 Samaritans offer phone support on 116 123 and SHOUT offer a text message service by texting 'SHOUT' to 85258



Talk to someone you trust

Maybe a friend or family member, a person in your community, someone you work with, or your doctor.



Most people at some point feel worried, stressed or down about things in their lives and it's ok to ask for help.

Our booklet 'Asking for Help' offers advice on how to take those first steps and gives information about organisations that can offer further support.

Scan the QR code to read more about asking for help:



What advice would you give to a friend you were concerned about?

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Try to tell yourself the same.

My notes...



Looking for further help?

Here are some organisations which offer direct advice and support.

ANXIETY UK

Call: 03444 775 774

Text support: 07537 416905

Phone Mon-Fri 9.30am-5.30pm;
Text Mon-Fri 10.30am-4.30pm

Online: anxietyuk.org.uk

Webchat: Ask Anxia button at the bottom right corner of the website

Support, advice and information on all anxiety, stress and anxiety-based depression conditions.

BEAT EATING DISORDERS

Call: England 0808 801 0677

Scotland 0808 801 0432

Wales 0808 801 0433

Northern Ireland 0808 801 0434

Online: beateatingdisorders.org.uk

Phone or webchat 1pm-9pm weekdays,
5pm-9pm weekends and bank holidays.

Information and support for anybody affected by eating disorders. Includes a support hub for carers with resources, learning and forums, plus peer support and online development.

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

Call: 0800 58 58 58

Online: thecalmzone.net

Phone or webchat 5pm-midnight, 365 days a year.

Support, information and signposting for anyone who is struggling, with a particular focus on preventing male suicide.

HUB OF HOPE

Online: hubofhope.co.uk

A comprehensive directory of mental health support and services local to you based on your postcode.

MIND INFOLINE

Call: 0300 123 3393

Phone Mon-Fri excluding bank holidays 9am-6pm.

Email: info@mind.org.uk

Online: mind.org.uk

Information and signposting services about mental health problems, where to get help near you, treatment options and advocacy services.

NATIONAL DEBTLINE

Call: 0808 808 4000

Online: nationaldebtline.org

Phone or webchat Mon-Fri 9am-8pm,
Sat 9.30am-1pm.

Free and confidential debt advice service for people in England, Wales and Scotland.

NHS EVERY MIND MATTERS

Online: nhs.uk/every-mind-matters

Advice to help improve your wellbeing, as well as practical tips on sleep, coping with money worries and self-care.

QWELL

Online: qwell.io

Free and anonymous digital mental wellbeing support for adults across the UK. Including peer support communities, access to self-help materials and online chat sessions with experienced counsellors.

SAMARITANS

Call: 116 123

Online: samaritans.org

Confidential and emotional support 24/7 if you're having a difficult time or worried about someone else. Self-help app and webchat available via website.

SHOUT

Text: SHOUT to 85258

24/7 confidential text service, for anyone in crisis anytime, anywhere.

More resources at
charliewaller.org/resources



Remembering Charlie

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie took his own life. He was suffering from depression.

In response to this tragedy, his family founded the Charlie Waller Trust, to open up the conversation around depression, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



SUPPORTING US

If you have found this resource useful please consider donating to help us continue our work.



Text

To donate £10 Text 'CWT' to 70085

This costs £10 plus the cost of a standard rate message.



Online

Visit charliewaller.org/donate



The Charlie Waller Trust

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