

WELLBEING ACTION PLAN

A simple plan to help you feel well and
support you through difficult times



This Wellbeing Action Plan belongs to you:

You can decide how to use it and who to show it to.

You decide who you would like to be involved or help you write it.

You decide whether you want someone to work with you.

You decide how much time to spend on it and when to do it.

It is your guide to help you feel good about yourself, and to cope when facing difficult situations. It's based on something called 'Wellness Recovery Action Planning'.

Mary Ellen Copeland, who invented the model, explained that *"When you are young, it's a great time to learn how to take care of yourself and how to help yourself feel better. WRAP can become a tool to be used throughout life to stay well, to recover if needed, and to meet life's goals and dreams"*.

We've simplified the idea and included a range of ideas from young people to create this easy-to-use resource. It's designed to help you promote your wellbeing, regardless of whether you've experienced mental health issues or not.

Remember – **BE KIND TO YOURSELF!**



Who am I?

Use this space to think about who you are, and what things you enjoy when you are feeling well. You could draw a picture of yourself to show who you are when you are feeling well, or you could write a list.



I'M JESS.

I like playing football with my friends.

I'm kind and thoughtful.

I enjoy playing board games with my family on Saturday nights.

My favourite food is lasagne – and my favourite fruit is bananas.

I am funny and I can be quite loud sometimes!



A large white rectangular area with a thick blue border, tilted slightly. It contains four horizontal dotted lines for writing.

My wellness toolbox

The first thing we need to do is to think about all the different things that help to make us or keep us well. These things make up our 'wellness toolbox' which can be a mixture of all different things. Nothing is too silly to put in your wellness toolbox – if it helps you feel good, it can go in your toolbox.

These 'Five Ways to Wellbeing' have been shown to help people feel better about themselves, and help them cope during difficult times.





CONNECTING

Connecting with others can make us feel happy, whether this is spending time with family, chatting with friends, playing games or sports with others or spending time with our pets. It is also important to think of a trusted adult in your life who you would feel comfortable speaking to if you are struggling – this could be a family member, someone at school or sports coach.



GETTING ACTIVE

Scientists have proved that being active and doing exercise increases our happiness. This could be playing your favourite sport, dancing or even just getting outside for a walk. The important thing is to do something you enjoy.



KEEP LEARNING

The world is full of opportunities to learn new things and develop new skills, which will also help you learn more about yourself. You could learn a language or how to code, develop your artistic skills or read books about something that interests you. It's up to you.



GIVE TO OTHERS

Helping others can make us feel good about ourselves. Why not offer to cook a meal for your family, or do something nice for a friend? You might like to raise money for a charity that is important to you, or do a litter pick or a beach clean.



TAKE NOTICE

Life can be busy, and if we are not careful we can worry about things that have happened or that are going to happen. Taking time to live in the moment, and take notice of how we feel, is an important skill to develop. You might like to try mindfulness, or just take time to sit quietly in your favourite spot and do some deep breathing. Some people like to keep a positivity journal, writing down three things each day that made them feel good that day.

Things to consider

- What makes you feel happy?
- What helps when you are feeling bad?
- What helps you relax or feel calm?
- Who or what helps you feel better?
- What has worked well before?
- What new things would you like to try?
- What have others suggested?



CONNECT

Three horizontal dotted lines for writing notes.



GET ACTIVE

Three horizontal dotted lines for writing notes.



KEEP LEARNING

Three horizontal dotted lines for writing.



GIVE TO OTHERS

Three horizontal dotted lines for writing.



TAKE NOTICE

Three horizontal dotted lines for writing.

A plan for every day

We need to do things every day to keep ourselves physically healthy, such as eating five pieces of fruit or veg, brushing our teeth and doing some exercise. It is important to try and have a plan for every day to look after our mental health. We might sometimes forget to do these things, and that's ok, but if we keep trying to stick to our plan we will begin to develop healthy habits.

We asked some young people about what their daily plan looked like:



SEREN

I make sure to eat breakfast every morning before school, so I don't feel hungry and grumpy during lessons. My mum and I take time to chat about anything that has upset me on the drive home, and when I get home, I like to play with my cat.



KAHIM

I have started to take a water bottle to school because I noticed that I wasn't drinking enough and was getting headaches. During morning break I like to find a quiet place and read my book, because it helps me feel calm before going back into a busy classroom.



ALI

Every evening I check what lessons I have the next day and make sure my school bag is packed. It helps me feel less stressed about not feeling ready. I have also started turning my phone off two hours before bedtime, because I was finding it difficult to get to sleep.

My daily plan



What could you do to help yourself feel happy and calm throughout the day? You can include things you already do, and also include ideas you want to try. Remember, you can always change your plan if things aren't working or if you think of something new.

BEFORE SCHOOL:

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DURING SCHOOL:

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AFTERSCHOOL:

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NON SCHOOL DAY:

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Managing triggers and challenges



Triggers are things that happen to us or situations we face that make it harder for us to stay well. Here we think about likely triggers and how we can manage them.

MY POTENTIAL TRIGGERS AND CHALLENGES:



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THINGS TO CONSIDER:

- Exams.
- A break-up.
- Friendship issues.
- Moving to a new school or class.
- Change.

- Making a mistake.
- Difficulties at home.
- Physical or mental health problems.
- Being bullied.
- School holidays.
- Getting into trouble.
- Comparing yourself with others.

THINGS I CAN DO TO TRY AND MANAGE MY TRIGGERS AND CHALLENGES:



IDEAS



Take time for yourself.



Do something artistic or listen to your favourite song.



Count to ten before saying or doing something in the heat of the moment.



Admit there is a problem and reach out to someone who can help – this could be a trusted adult, or you might like to check out the 'Sources of support' page at the back of this workbook.



Make a plan.



Call a helpline.



Talk to someone at home or school.

WE ASKED SOME YOUNG PEOPLE ABOUT HOW THEY MANAGE THEIR TRIGGERS:

JADE

Last year I was being bullied by a group of girls in my class, and I would shout at them and even hit them. I ended up being the one who got in trouble. Now, if anyone says something that hurts or upsets me, I walk away and go and speak to my favourite teacher.



LUCA

I like to play on my games console, but when I lose a game I sometimes throw my controller. I even broke one last year, and my dad was really cross with me – told me if it happened again he would take away my console. I don't want that to happen, so if I notice I am starting to get wound up, I pause the game and calm myself down before restarting.

SHAWN

Things at home are really busy and stressful at the moment, and I don't feel as though I can talk to anyone. I had heard about Childline at school, and decided to ring them. It really helped to speak to someone, and the lady on the phone was really kind.



Early warning signs

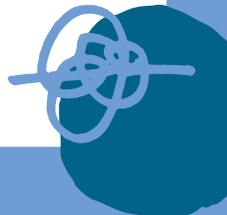
It's useful to learn to recognise the signs in our thoughts, feelings, appearance or behaviour which might help us or those who care about us to recognise when we need help.

Thinking about this can also help us recognise when a friend might need our support too. We are all different, so it's important to notice if things start to change.

Here are some examples.

THINGS TO LOOK OUT FOR:

- Having a low mood for a long time.
- Losing motivation at school.
- Not enjoying things you used to like doing.
- Becoming withdrawn and spending less time with friends and family.
- Experiencing low self-esteem or feeling like you are worthless.
- Changes in eating or sleeping habits.
- Avoiding spending times with friends or family.
- Feeling nervous or 'on edge' a lot of the time.
- Feeling tearful, upset or angry.





You might be pretty good at spotting the warning signs in your friends, but it can be harder to see them in yourself. Can you team up with one or more friends to look out for each other, and spot the signs if anyone needs support or help?



WARNING SIGNS THAT THINGS ARE GOING LESS WELL FOR ME OR A FRIEND:

A series of ten horizontal dotted lines on a white background, intended for writing notes.

What next?

If you spot the warning signs that things are going less well for yourself or a friend, what should you do next? The young people we worked with had three main suggestions:



TALK TO AN ADULT YOU TRUST
– maybe a parent or carer, teacher or doctor.



WRITE IT DOWN
– if you're not ready to talk to someone, write down what's wrong and commit to a next step
– it might be helpful showing someone what you've written.



CALL A HELPLINE OR USE A WEBSITE
– if you're not ready to talk – for example:

Childline

Call **free** on **0800 1111**.
childline.org.uk

Young Minds

Text YM to **85258** for free advice and support.
youngminds.org.uk



WHAT WOULD YOU ADVISE A FRIEND
IF THEY WERE GOING THROUGH A
DIFFICULT TIME?



Four horizontal dotted lines for writing.



WHAT COULD YOU TRY YOURSELF?



Five horizontal dotted lines for writing.

MY NOTES



A series of horizontal dotted lines for writing notes, spanning the width of the page.

Sources of support

CHILDLINE

Call: **0800 1111** (free 24hr)

Online: [childline.org.uk](https://www.childline.org.uk)

Confidential listening, 1-2-1 chat, online message boards.

MEIC

Call: **080880 23456**

Text: **84001**

Online: [meiccymru.org](https://www.meiccymru.org)

Free confidential listening for under 25s in Wales, 8am to midnight 7 days a week.

MUSLIM YOUTH HELPLINE

Call: **0808 808 2008** (4pm - 10pm)

every day

Email: help@myh.org.uk

Online: [myh.org.uk](https://www.myh.org.uk)

Faith and culturally sensitive confidential support by phone, live chat, WhatsApp or email for young Muslims in the UK.

THE MIX

Call: **0808 808 4994**

Text: **THEMIX to 85258**

Online: [themix.org.uk](https://www.themix.org.uk)

Free confidential support and advice for under 25s in the UK, including a helpline, crisis messenger service and webchat.

YOUNGMINDS

Text: **YM to 85258**

Online: [youngminds.org.uk](https://www.youngminds.org.uk)

Free, 24/7 text support for young people across the UK experiencing a mental health crisis.

YOUTH ACCESS

[youthaccess.org.uk](https://www.youthaccess.org.uk)

Find local free and confidential counselling, advice and information services.

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The Charlie Waller Trust was set up by the Waller family in 1997 to remember Charlie. We now work with thousands of parents, carers and teachers to help children and young people look after their mental health.

Learn more about us at charliewaller.org

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hello@charliewaller.org
01635 869754

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charliewaller.org

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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

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