



# WELLBEING ACTION PLAN

A simple plan to help you  
support your wellbeing

# We're talking mental health.

We hope you find this booklet useful to help you think about your own wellbeing and feel able to cope if things get difficult.

Everyone can benefit from knowing how to look after themselves and where to seek help if they need it – whether or not they have experienced mental health issues. This easy-to-use booklet is designed to encourage you to look after your own wellbeing.

We hope you'll find completing it interesting and informative. It can help you reflect on your emotional needs, how to look after yourself and where to look for 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.


We've included lots of ideas shared by other students to help get you started.

**Remember** – be kind to yourself!

## Who am I?

Use these pages to think about who you are and the things you find enjoyable and fulfilling when you're feeling good.

See if you can list a few things in each of the boxes below:



Qualities I value in myself like kindness, creativity, sense of humour.

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Things I like doing by myself – maybe hobbies, fixing things, singing or cycling.

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Things I like doing with other people such as chatting over coffee, watching films or playing games or sports.

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More about me, such as any special skills or achievement

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# My wellbeing toolkit

Research shows that following the Five Ways to Wellbeing can improve our mental health. Think about things that **keep you well or help you to feel better when you're feeling low.**

These things make up your 'wellbeing toolkit'. Anything you want can go in your toolkit – if it lifts your mood or makes you smile, it should go in. Here are some suggestions to get you started...



## Connecting

Connecting with other people can make us feel good – perhaps chatting with friends or hanging out with our families. Playing games with others can be good too, or being with pets.



## Getting active

Being active and doing exercise can lift our mood. Find something you enjoy – it could be playing your favourite sport, dancing or going for a walk. Try doing stretches while boiling the kettle! Or simply sitting less by getting up at least once an hour is good way to add activity to your day.



## Keep learning

Learning new things can boost your wellbeing. Are there any new skills you'd like to learn, such as making or fixing things, learning the lyrics to a song or playing a new game?



## Give to others

Helping others can make us feel good about ourselves. You could make lunch for friends or family, or do something nice for a friend; Or you could volunteer or raise money for a charity you think does important work. Even the smallest act can boost your sense of fulfilment and reward.



## Take notice

Sometimes we worry about things that have happened in the past or we think are going to happen. It can be helpful to notice how we feel right now. You could do this sitting quietly in your favourite spot and using all your senses to be aware of the world around you.

Turn the page to help you put together your wellbeing toolkit.





# Create your wellbeing toolkit



Use these pages to write down things you could put in your wellbeing toolkit. Think about what has worked well before or maybe things that you've considered but not got around to doing yet.

## CONNECTING



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

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## GETTING ACTIVE



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

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## 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?

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## 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?

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## TAKE NOTICE



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

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# A plan for every day

It's good to have a plan each day to look after our mental health.

Think about things you could try to do – or avoid doing – each day to keep yourself feeling positive and well:

## 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



There are lots of different things you can do – find what works for you and add your own ideas 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



## LONGER TERM PLANS

Plan things you can look forward to next week, next month or even next year!

# Daily maintenance plan

Think about your wellbeing toolkit and what you can add here to your daily plan to help you look after yourself.



Things I currently do every day to help keep myself feeling well



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Things **not** to do



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New things I could try



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## 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.



# Recognising and managing stressors and challenges

It's normal to face challenges. We can't always control what they are but we can usually control how we respond to them.



## THINGS TO CONSIDER

Changes in routine  
Exams  
Relationship break-ups  
Friendship issues  
Being bullied  
Family problems  
Moving house  
Issues with your identity

Moving to a new school or college or moving to a different course  
Moving house  
Physical or mental illness  
Not living up to expectations  
School or college holidays  
Significant dates such as birthdays or anniversaries

My potential stressors ...

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## WHAT MIGHT HELP?

Talk to someone you trust  
Let friends or family support you  
Confide in someone at school or college  
Call or message a helpline  
Make a support plan

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

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

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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?

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# Early warning signs



It's helpful to recognise changes in our thoughts, feelings, appearance or behaviour which might indicate we are feeling less able to cope. Thinking about what these signs are might also help us spot when a friend or family member may need support.



We are often good at spotting warning signs in other people, but it can be harder to spot them in ourselves. Looking out for each other's wellbeing is a helpful thing for friends to do.

## 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 school or college, or being late
- 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

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



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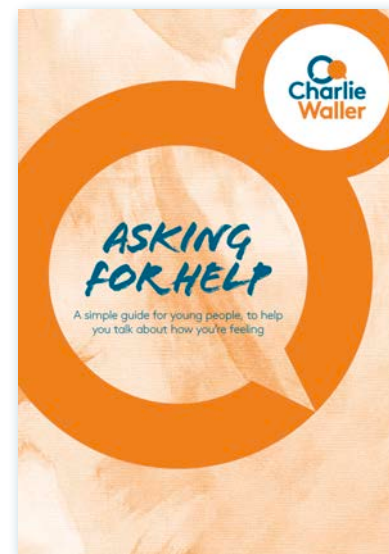
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# What next?



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



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 download our booklet:



## Write it down...

if you're not ready to talk to someone, write down what's wrong and make plans for next steps.



## Call or message a helpline...

or use a website for support, such as [themix.org.uk](http://themix.org.uk) or [youngminds.org.uk](http://youngminds.org.uk)



## Talk to someone you trust

maybe a friend or family member, a person at school or college, or a youth leader.



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

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Try to tell yourself the same.

# My notes...



## Acknowledgements

Based on the Wellness Recovery Action Plan model by Dr Mary Ellen Copeland.

## Looking for further help?

Here are some organisations which offer direct advice and support.

### CHILDLINE

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

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

Phone or chat any time 24/7. Confidential listening, 1-2-1 chat, online message boards for under 19s.

### KOOTH

**Online: [kooth.com](https://kooth.com)**

Free, safe and anonymous online community of peers and a team of experienced, accredited counsellors.

### MEIC

**Call: 080880 23456**

**Text: 84001**

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

Phone, text or webchat, 8am to midnight, seven days a week.

Free confidential listening for under 25s in Wales, available in Welsh or English.

### MUSLIM YOUTH HELPLINE

**Call: 0808 808 2008**

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

Phone 4pm-10pm every day.

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

### THE MIX

**Call: 0808 808 4994**

**Text: THEMIX to 85258**

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

Phone Mon-Fri 4pm-11pm or text any time.

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://youngminds.org.uk)**

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

### YOUTH ACCESS

**Online: [youthaccess.org.uk](https://youthaccess.org.uk)**

A directory of free and confidential counselling, advice and information services for young people based on your postcode.

## More resources

To view our other guides and resources please visit

**[charliewaller.org/resources](https://charliewaller.org/resources)**

To order hard copies of this booklet please go to

**[shop.charliewaller.org](https://shop.charliewaller.org)**



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. We also work directly with children and young people, and our youth ambassadors help us ensure that young people's voices are central to all we do.

**Learn more about us at [charliewaller.org](https://charliewaller.org)**

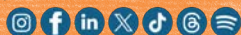
### GET IN TOUCH

[hello@charliewaller.org](mailto:hello@charliewaller.org)  
01635 869754

### FIND OUT MORE

[charliewaller.org](https://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](https://charliewaller.org/donate)



### The Charlie Waller Trust

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