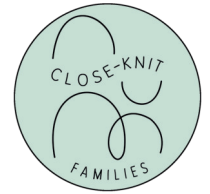
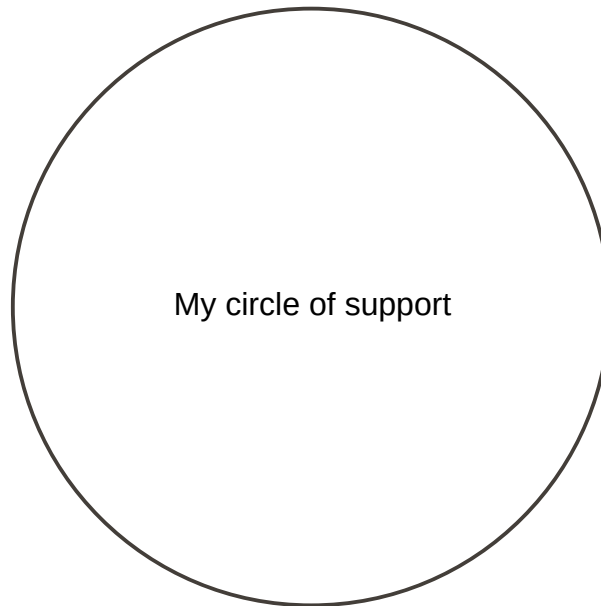


# MY WELL-BEING PLAN



NAME: \_\_\_\_\_



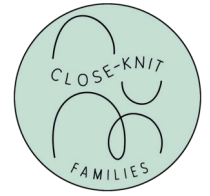
What helps me feel well?  
*(What do I enjoy? What makes me smile?  
What helps me feel calm?)*

When I am OK I...  
*How do I feel?  
How do I act?*

When I am not OK I...  
*How do I feel?  
How do I act?*

How might others recognise that I am  
struggling?

# MY WELL-BEING PLAN



What I can do to help me to feel and stay well

Who might help me and how might they help me?

## Helpful Contacts

- **Samaritans** free helpline and 24/7 hour support for everyone - 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)
- **Pandas** - 08081961776 - free helpline for parents struggling with their mental health
- **Iconcope.org.uk** - support for parents if struggling with baby crying

# WHAT HELPS ME FEEL WELL?



brain dump



having a cuppa  
or sipping a drink



hug someone I like



movement- dancing, running,  
walking, sport, swimming



texting/voice noting/calling  
seeing a friend or family member  
who makes me feel safe



sharing your feeling with  
someone who makes me  
feel safe



invite someone over



going to a social event



slow down, sleep or rest



singing



getting outside- garden, walk  
round block/shops/park,  
seaside...



therapy



sensory break-  
switch off sound and dim bright lights



special bonding time with  
baby- skin to skin, sing or  
share a story



get creative-  
arts/crafts/music/designing/  
planning/writing/cooking



taking medication



make or cancel plans



listen to a good playlist



watch something funny,  
heartwarming or nostalgic



play boardgames or  
spend some time gaming



make a note of 'glimmers'

## WHAT DO I ENJOY?

## WHAT HELPS ME SMILE?

## WHAT DID I ENJOY WHEN I WAS YOUNGER?

# HOW MIGHT SOMEONE HELP ME?



make me a drink



chat with me about my feelings



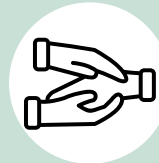
chat with me about anything



hug me



cook with/for me



reassure me



food shopping



hoover through the house



clean the bathroom



help me with planning or organisation



hold the baby while I...



take a pet for a walk



take the baby out for a walk



help sort through washing or ironing



help sort through old baby clothes



help sort through new baby clothes



pick other children up from school



spend time with older children



play with the baby