My Wellbeing Plan 🎄 🕉 🦷 💃 💥

My 30 second activities:

Choose several different ones so they're ready for when you need them

My 3 minute activities:

Choose a range of calming, connecting, distraction and movement activities

My daily 30 minute activity:

Try to do at least one relaxing or fun thing a day, more if you can

My weekly luxury 30 minute activity:

Try to do this at least once a week or more often if you can

Looking after myself:

Include different ways to help you stay healthy: sleep, diet and exercise

People I can contact:

Include helplines and professional support if needed. Write their name, number and times you can phone them such as 'any time' or '9-5'





















