



My wellbeing plan



An easy read workbook
to help you plan ahead



What is in this plan

- **What is good Mental Health**
- **What is a Mental Health problem**
- **5 ways to Wellbeing**
- **Hand of support**
- **Star Fish Breathing**
- **Top Tips to good Mental Health**
- **My check list**
- **Poem**
- **Numbers for help**



What is good mental health



Being able to look after yourself and keep safe



Feeling confident and able to try and be independent



Being able to trust people. This could be family, friends or supporters.



Being able to show your feelings to other people.



Feeling positive and confident about life.



Being able to accept good days and bad days.



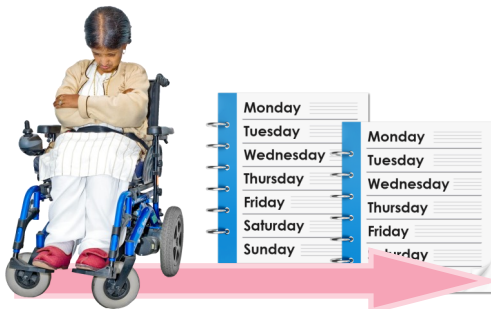
What is a mental health problem



Feeling hopeless or stressed and like you cannot cope



When your feelings stop you taking part or doing things you enjoy



Feeling sad and low for longer than 2 weeks



Having sad and worried feelings that do not go away



When your feelings affect how you think and behave



Feeling worthless and not wanted all the time



5 ways to wellbeing



Connect



Take notice



5 ways to wellbeing



Be active



Keep learning



5 ways to wellbeing



Other ideas



Poem

Wellbeing

Wellbeing is how it makes us feel
We pinch ourselves because its real

Wellbeing is the place to be
Not sounding I but you and me

Wellbeing is so different but not indifferent

Wellbeing is what we seek
It is for the poor and the weak

Wellbeing makes you happy
and so so chatty
and not so snappy

Wellbeing, wellbeing, wellbeing it is true
And does not make us feel blue

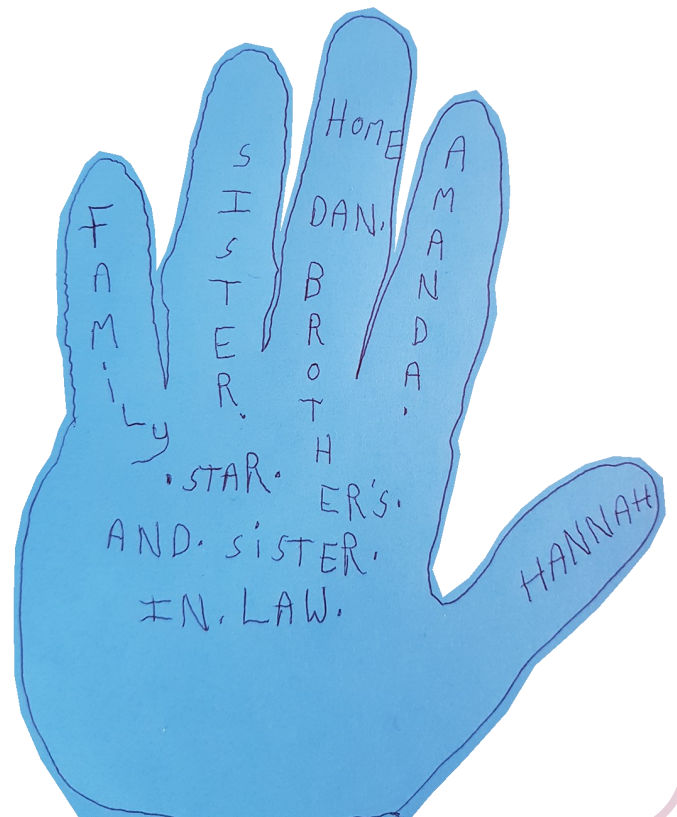
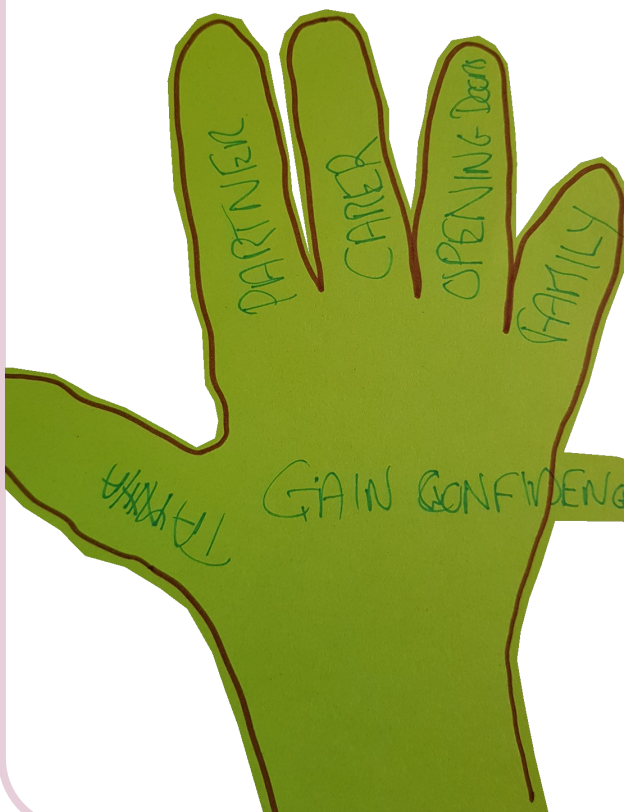
Wellbeing, wellbeing, wellbeing
It is kind and so refined
And makes us think twice

By Andrea Watson



Hand of support

These are some examples of some hands of support





Hand of support

Use this space to draw around your hand



Starfish breathing



Use your finger from your other hand to feel around the outside of your hand. Breathe in as you are going up the fingers.



Then breathe out as your go down your fingers.



Top tips for good mental health



Talk to people you trust like your doctor, nurses, friends, family or work people



Keep taking your medication from your doctor



Ask for information you can understand so you are clear



Spend time doing things you enjoy like art, music or whatever you find relaxing



Spend time with pets if you give them love they give it right back



Top tips for good mental health



Exercise and eat well as this will help you feel well and be healthy



Have a good sleep routine so you are well rested as much as possible



Try not to isolate yourself as this can make things seem worse



Have a crisis plan and numbers you might need ready just in case



My checklist for good mental health





Poem

5 Ways to Wellbeing

Connecting to a person is sometimes hard
To often we text, email, or write a card
Try to talk to each other when walking, bus or car
peaking and listening is better by far

Being active helps the brain and body to work Happily,
No need to sweat just be gentle and free
Take more walks and use up some energy
Lets use less of the TV and other technology

Take the time to notice the world that we share
Enjoying the sights and starting to care
Instead we don't notice it all seems to bare
Lets try a different route and see what's out there

Learning is good we learn everyday
It helps keep depression and anxiety away
Different ideas from what we do or may say
Resources are there to find a new way

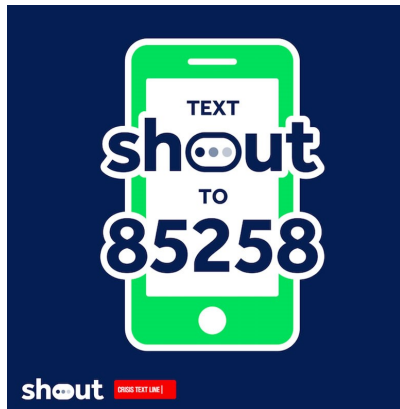
Giving time and help to people that's here
Making them happy with nothing to fear
It's a joy to give, it feels great and so dear
To friends, family and others who's near

All these things are an act of wellbeing
and some examples for you we have given communication,
exercise and stop your kidding
Get good health in this life that we're living

By Hayley Burwood.



Numbers for help



If you are having a crisis

This is a text service.

You type your message in a text and a trained worker will reply to you.

This is free to use.



If you are having a crisis

This is an NHS number you can call.

You need to choose **option 2** to talk to a worker.

It is free to use.



You can call the Samaritans anytime on any day.

If you do not want to talk on the phone you can email.

It is free to contact the Samaritans they will always listen

