

# MY WELLBEING PLAN

Helping me stay safe and well in the good and tricky times

Name:

Date:

**WHAT MAKES ME HAPPY?**



**WHAT CALMS AND RELAXES ME?**



**HOW CAN I LOOK AFTER MY BODY?**



**MY SAFE PLACES AND PEOPLE**



**HOW WILL PEOPLE KNOW I AM NOT FEELING SAFE?**



**WHO CAN HELP ME?**

School:

Home:

Friends:

# If things get really tricky for me...

## Reach out for help...

My SOS Person is:

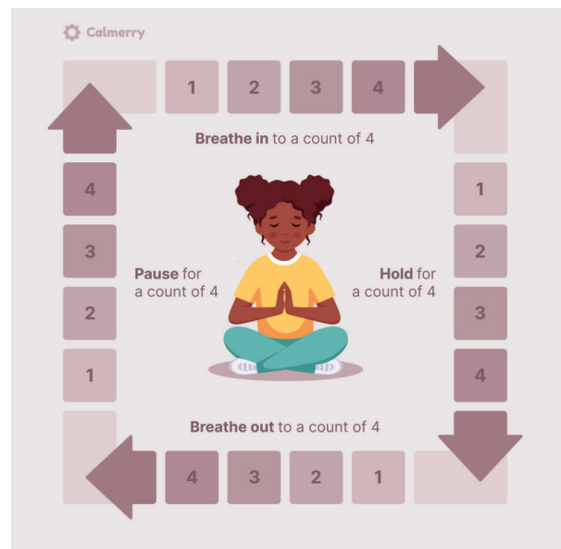
- CAMHS Emergency Line - 0300 5555 000
- Young Minds Crisis Messenger - Text 'Ym' to 85258
- Samaritans - 116 123, available 24/7
- NHS - 111 or 999 in an emergency



# MY CALMING TOOLKIT

## My 5 steps to a calmer me

- 5 things I can see. 
- 4 things I can touch. 
- 3 things I can hear. 
- 2 things I can smell. 
- 1 thing I can taste. 



## POSITIVE SELF-TALK WHEEL



## APPS TO TRY:

- Clarity CBT Thought Diary
- Imaginator
- Chill Panda
- Calm Harm
- HappyMaps