



WELLBEING ACTION PLAN

A simple plan to keep yourself well and
help you through difficult times

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 become difficult. It's based on a well-tested model called 'Wellness Recovery Action Planning'.

We believe everyone can benefit from knowing how to look after themselves and where to seek help if they need it, whether they have experienced mental health issues or not. This easy-to-use resource is designed to encourage you to take responsibility for your own wellbeing.



We hope that completing this booklet will be informative and interesting. It can help you reflect on your emotional needs, how to look after yourself and where to seek 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.

Throughout, we've included a range of ideas shared by other students to get you started.

Good luck – be kind to yourself!

WE'VE STARTED
A DOODLE OFF FOR YOU...
WHY NOT CARRY IT ON?



MY WELLNESS TOOLKIT

Think about things that keep you well or help you to feel better when you're feeling low.

These things make up your 'wellness toolkit'. Nothing is too trivial or silly to go into your toolkit – if it lifts your mood or makes you smile, it should go in. Here are some suggestions to get you started...

GO OUTSIDE

Being outside is good for our mental health. Take a mindful walk and notice nature, clouds and sunsets, or go on a swing or a fairground ride.

GET ACTIVE

Get active and start your blood pumping; it's a great way to work out anger, frustration or worry and really takes your mind off things.

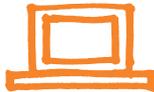
REACH OUT

Sometimes, if you can't really face being with people, you can still have a laugh with your mates online and it may help you feel better.



ENJOY YOUR OWN SPACE

Immerse yourself in things that make you happy like video games, listening to music, reading books, riding your bike, skateboarding, leisurely baths, watching your favourite TV shows and cooking.



PLAYLIST OF MY LIFE

Find songs to represent all the different things you are feeling and sing along. Try to allow yourself to feel a range of different things and end with something upbeat.



WORRY BALLOON

Write any worries you have on a balloon... then blow it up and pop it.



CONNECT

Spend time with friends, family or a pet. Take part in a team sport or group activity. Chat to others online, or to a counsellor.



QUIET TIME AND RELAXING

Clear your mind using relaxation and breathing techniques such as mindfulness, meditation yoga. Download an app.



POSITIVITY JOURNAL

Write down one thing you feel grateful for each day. Some days it's hard to think of something, but you'll probably feel better when you do.

THINGS TO SUPPORT MY WELLBEING...



THINGS TO CONSIDER

What makes you feel happy?

What stops you feeling bad?

What helps you relax
or feel calm?

What gives my life
meaning?

What makes you
feel energised?

What can act as a
distraction?

What has worked
well before?

NEW THINGS I COULD TRY...



THINGS TO CONSIDER

What new things would you like to try?

What haven't you got round to yet?

What have other people suggested?

What could you do more of?

A PLAN FOR EVERY DAY

Next, think about things you could try to do, or try to avoid doing each day to keep yourself feeling positive and well.

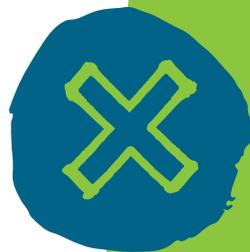
THINGS TO DO...

- Focus on positives
- Smile
- Believe in yourself
- Find a reason to get out of bed
- Try new things
- Exercise
- Contacting friends and important people
- Socialising
- Make time for yourself
- Shower
- 'Say "hello" to a neighbour
- Chill out
- Listen to music
- Talking to people in a positive way
- Get enough sleep
- Give yourself space
- Eat regular meals
- Positive use of phones and social media
- Wear something that makes you feel happy
- Do a good turn for someone



THINGS TO AVOID...

- Being hard on yourself
- Focusing on negatives
- Feeling guilty about spending time alone or about going out
- Taking things to heart
- Staying in bed all day
- Being alone all day
- Negative use of social media
- Comparing yourself to other people
- Worrying too much
- Keeping things to yourself
- Taking anger out on others
- Hurting yourself
- Smoking, drinking, drugs



DAILY MAINTENANCE PLAN



Things I can do for myself every day to keep myself feeling as well as possible...



Things I need to do, less often than every day, to keep my overall wellness and sense of wellbeing...

Things that I know would make me feel well, but that I don't currently do or could do a lot more...



Things I should actively avoid because they make me feel bad or worse...



MANAGING TRIGGERS AND CHALLENGES

Triggers are things that happen to us or situations we face that make it harder for us to stay well. Here we think about likely triggers and how we can manage them.

MY POTENTIAL TRIGGERS AND CHALLENGES...



THINGS TO CONSIDER

- Exams
- Relationship break-up
- Friendship issues
- Being bullied
- Family problems
- Moving house

- Moving to a new college or moving to a different course
- Physical or mental illness
- Not living up to expectations
- College holidays
- Any kind of change or failure

The most important thing is to say something to someone. As soon as you open up it's like a weight has been lifted from your shoulders.

THINGS I CAN DO TO TRY
AND MANAGE MY TRIGGERS AND
CHALLENGES...



WHAT
MIGHT HELP?

Talk

Let friends or family support you

Confide in someone at college or work

Ring a helpline

Make a plan

Use trusted social media support

Take time to look after yourself

Use art or music to express how you feel or help you relax

Admit there is a problem

EARLY WARNING SIGNS

It's useful 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 recognise when a friend or family member might need support too.



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
- Crying more than usual
- Feeling unusually tired
- Missing days at college or being late
- Changes in social media habits
- Uploading worrying content
- Not responding to calls or texts
- Neglecting appearance
- Self harm
- Feeling unable to cope

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.

WARNING SIGNS THAT THINGS ARE GOING LESS WELL FOR ME OR FOR SOMEONE I CARE ABOUT ARE...



WHAT NEXT?

If you spot warning signs that things are going less well for you, or for a friend, what could you do next? Here are three suggestions:

WRITE IT DOWN...

if you're not ready to talk to someone, write down what's wrong and commit to a next step towards seeking help, then do it!

CALL A HELPLINE...

or use a website for support, such as themix.org.uk or mind.org.uk

TALK TO SOMEONE YOU TRUST

maybe a friend or family member, a person at college, or your doctor.





WHAT ADVICE WOULD YOU
GIVE TO A FRIEND YOU WERE
CONCERNED ABOUT?



WHAT WOULD YOU DO IF YOU
SPOTTED THE WARNING SIGNS
IN YOURSELF?

MY NOTES...



ACKNOWLEDGEMENTS

This booklet is based on the Wellness Recovery Action Plan model by Dr Mary Ellen Copeland.

SOURCES OF HELP

SAMARITANS

116 123

For confidential emotional support 24/7
jo@samaritans.org

STUDENTS AGAINST DEPRESSION

studentsagainstdepression.org

For information and self-help material

THE MIX

themix.org.uk

Essential support for under 25s

PAPYRUS

papyrus-uk.org

Suicide prevention & support

HUB OF HOPE

hubofhope.co.uk

Enter your postcode to see mental health services available in your local area

THE CALM ZONE

thecalmzone.net

Resources and community for men

MIND

mind.org.uk

Support, information, chat

ANNA FREUD

annafreud.org/on-my-mind/self-care

Useful ideas for looking after yourself

FANCY A PRINTED COPY?

Please contact us to order printed copies of this booklet

hello@charliewaller.org

01635 869754



Remembering Charlie

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie took his own life. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around depression, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

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

The Charlie Waller Trust

First Floor • Rear Office • 32 High Street • Thatcham • Berkshire RG19 3JD

Registered Charity No. 1109984

**Charlie
Waller**

charliewaller.org