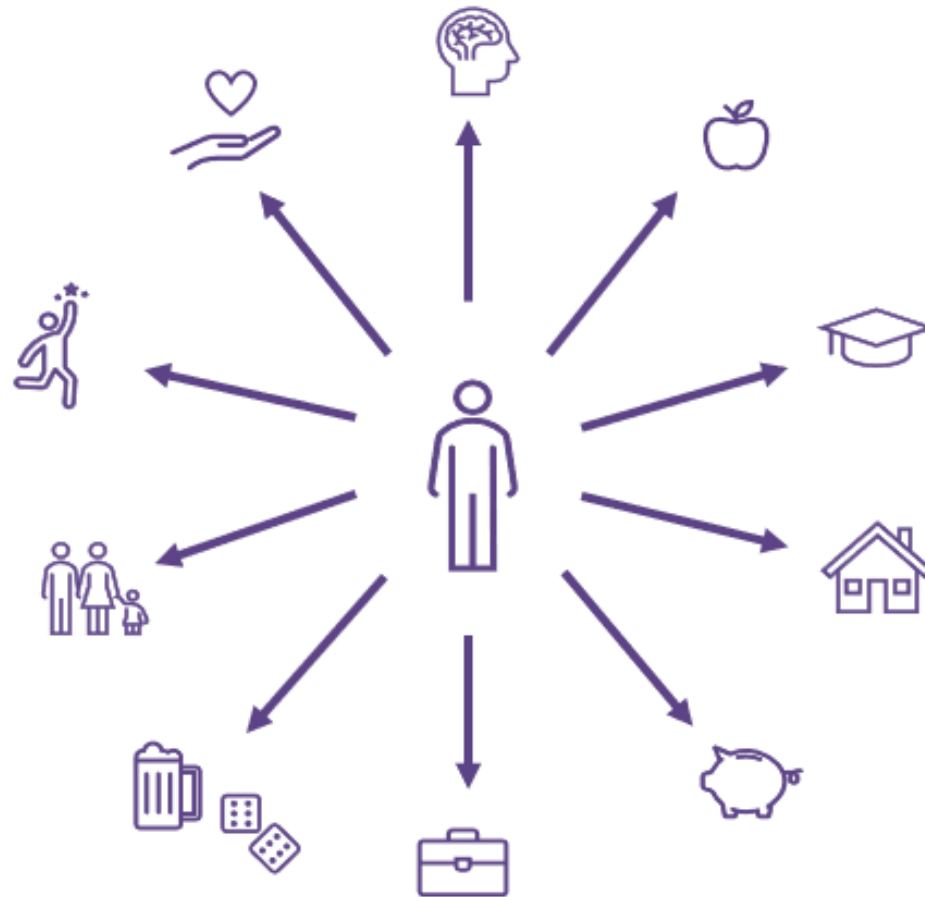




MY WELLBEING PLAN



Name: _____ **Service Name:** _____

Table of Contents

Welcome to your Wellbeing Plan!	3
A Whole-Person Approach to Wellbeing.....	4
Focusing on the Positives.....	4
Goal Setting	5
What is the process for filling out My Wellbeing Plan?	6
Mental Health and Wellbeing.....	7
Physical Health	8
Education, Training, and Personal Development	9
Housing and Accommodation.....	10
Finance and Money	11
Work and Occupation.....	12
Addictive Behaviour.....	13
Parenting/Caring Relationships, Responsibilities, and Affected Others	14
Social, Cultural, and Spiritual Wellbeing	15
Self-Care and Empowerment.....	16
Where else can I get help and support?.....	17
Notes	18

Welcome to your Wellbeing Plan!

This plan is for people who would like to **take back control** over their lives and **maximise wellbeing**. Because wellbeing is different for everybody, this plan is designed to be adaptable to your own set of personal circumstances. Depending on your situation and individual needs, improving wellbeing may include things like **learning how to better manage your mental health, improving your home environment, getting help with money problems, or learning new life skills.**

This Wellbeing Plan will help you to:

- ✓ Recognise specific areas of your life that you would like to improve
- ✓ Set achievable long-term goals
- ✓ Identify small steps in order to achieve your goals
- ✓ Develop a step-by-step action plan, tracking your progress as you go
- ✓ Find other useful sources of support available to you

Your Wellbeing Plan is for your own personal use and it will only be viewed by you and your key support worker. At the end of your session, please hand in your plan to your key support worker and they will keep it safe for you.

The next few pages explain a little bit about our approach to improving wellbeing and how to begin goal setting.

Before moving on, **please check that you have completed the following tasks:**



- I have written my name on the front page
- My key support worker has added the name of the service to the front page
- I have completed a copy of the Wellbeing Wheel

A Whole-Person Approach to Wellbeing

The Wellbeing Plan is based around a **whole-person approach** to wellbeing inspired by the '8 Areas of Life' outlined in the Mental Health (Wales) Measure 2010. We believe that a persons' overall sense of wellbeing is made up of several different elements, including **mental, physical, financial, and social** wellbeing to name a few.

The whole-person approach to wellbeing considers each element as equally important and rather than focusing on just one need in isolation, it allows individuals to address **multiple areas of need** at the same time.

Focusing on the Positives

Sometimes our challenges can feel so big that they seem to take over our whole lives. When this happens, it can become difficult to recognise the positive things in our lives.

Not only can the Wellbeing Plan help to identify areas where you may need support, but it can also help to highlight areas where things are going well!






Our approach to wellbeing is about making **positive progression** towards goals whilst **highlighting existing skills** and **celebrating successes** along the way!





Goal Setting

Your key support worker will work with you to help identify your long-term goals and the steps you can take to get there. When it comes to setting goals, it might be useful to consider using the **SMART** technique. Ask yourself:


-  **Specific** Is the goal clear and can it be easily explained?
-  **Measurable** Will it be clear when you have achieved the goal?
-  **Achievable** Is the goal realistic and achievable?
-  **Relevant** Is the goal desirable and useful to you?
-  **Time-bound** Does the goal have a clear time frame?

Top Tip

- Try to write each of your goals as a **positive statement**. Consider the two examples below:
 - ✓ *“I want to pass my driving test!”* – this is a **positive outcome** that a person wants to **achieve**
 - ✗ *“I don’t want to fail my driving test!”* – this is a **negative outcome** that a person wants to **avoid**
- Research has shown that the way we frame our goals can have an impact on our wellbeing. One study found that people who had a greater number of positively framed goals had higher self-esteem, were more optimistic, and had lower levels of depression than people who used negatively framed goals.

What is the process for filling out My Wellbeing Plan?

This box provides some examples of what is included under each particular life area. Please note that this is not a full list and your own examples may be different.

 **Mental Health and Wellbeing**

Examples

- Managing common mental disorders
- Getting a mental health diagnosis
- Help accessing psychological therapies
- Accessing counselling services
- Help with medications

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved

This box is where you can write your long-term goal. Remember to write your long-term goals as positive statements.

These boxes are where you can write your short steps towards achieving your goals.

In these boxes, you can document any progress made towards achieving your short steps. Please be specific and make a note of all progress, however small it may be.

In these boxes, you can set target dates for your progress and you can record the actual date that progress is made. This can help you keep track of your progress and is useful to look back on to see how far you have come on your journey.



When identifying small steps towards your goals, it may be useful to consider other people that could offer you advice or support. You can find a handy list of sources for of the key life areas on page 17.



Mental Health and Wellbeing

Examples

- Managing common mental disorders
- Getting a mental health diagnosis
- Help accessing psychological therapies
- Accessing counselling services
- Help with medications

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Physical Health

Examples

- Accessing healthcare services
- Help with physical disabilities
- Coping with chronic illness/palliative care
- Help with medications
- Improving health-related quality of life



My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Education, Training, and Personal Development

Examples

- Gaining qualifications
- Going back into education
- Support with distance learning
- Open access courses/adult learning classes
- Enhancing skills and training



My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Housing and Accommodation

Examples

- Housing support services
- Help with independent living
- Domiciliary care
- Housing safety and adaptations
- Help for the homeless

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Finance and Money

Examples

- Managing finances and debts
- Help with paying bills
- Accessing benefits
- Applying for student grants or loans

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Work and Occupation

Examples

- Careers advice
- CV and application writing
- Organising work experience
- Volunteering opportunities
- Finding work after the forces

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Addictive Behaviour

Examples

- Help with substance addiction
- Accessing rehab and detox services
- Gambling and behavioural addiction help
- Relapse prevention and staying on track
- Help for ex-offenders

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Parenting/Caring Relationships, Responsibilities, and Affected Others

Examples

- Requesting a carer's assessment
- Respite services for unpaid carers
- Access to children
- Relationship counselling
- Accessing legal advice

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Social, Cultural, and Spiritual Wellbeing

Examples

- Finding local activities and clubs
- Building connections and friendships
- Community involvement and volunteering
- Religious activities
- Hobbies, sports, and creative projects

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved



Self-Care and Empowerment

Examples

- Advice on diet, exercise, and sleep
- Basic living skills (e.g., cooking, cleaning)
- Leaving home for the first time
- Relaxation and mindfulness skills
- Sexuality and coming out

My Long-Term Goal

Short steps	Progress made	Target date	Date achieved

Where else can I get help and support?

LIFE AREA	SUPPORT	LIFE AREA	SUPPORT
<i>Mental Health & Wellbeing</i>	Psychiatrist; Counsellor; Community psychiatric nurse; Psychotherapist; Self-help group	<i>Work & Occupation</i>	Jobcentre; Volunteer bureau; Employer; Work colleagues; Specialist employment support service
<i>Physical Health</i>	General Practitioner; Nutritionist; Physiotherapist; Dentist; Practice nurse; Health promotion service	<i>Addictive Behaviour</i>	General Practitioner; Addiction specialists; Detox centres; Online; Rehabilitation services; Self-help group; Police; Probation services;
<i>Education, Training, & Personal Development</i>	Local Education Authority; Local college; Open University; Open College Network	<i>Parenting/Caring Relationships, Responsibilities, & Affected Others</i>	Social worker; Parent & Child club; Carer; Relatives; Friends; Teachers; Legal teams
<i>Housing & Accommodation</i>	Carer; Housing officer; Housing Association; Social worker; Landlord	<i>Social, Cultural, & Spiritual Wellbeing</i>	Friends; Family; Carer; Work colleagues; Religious group
<i>Finance & Money</i>	Benefits advisor; Citizens Advice Bureau; Debt counsellor; Bank manager	<i>Self-Care & Empowerment</i>	General Practitioner; Friends; Family; Carer; Work colleagues; Religious group

Notes



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