



# My Wellness Plan

## Things I need to do every day to maintain my wellness:

What are the things that help you feel good that are important for you to remember to do every day?

*Examples: Go to bed & wake up at the same time, get dressed, get outside, talk to someone, take breaks, eat regularly, ...*

## Things I should think about doing once in a while:

What are the things that you don't need to do every day, but you should remember to do more regularly?

*Examples: Call a friend or family member, hobbies, exercise, ...*

## Things I should avoid doing:

What are some things you tend to do to when experiencing difficult emotions that are not really that helpful?

*Examples: Alcohol/substances, isolating from social connection, focusing on negative thoughts, ...*

## My Early Warning Signs:

What are some signs that you are experiencing elevated levels of distress and may need to pay more attention to your wellness?

*Examples: Difficulty sleeping, irritable, lack of energy, snapping at people, drinking more alcohol, eating more unhealthy foods, ...*

## Improving Distress Action Plan:

What are some specific things I can do when I am feeling distressed? Is there a specific order in which I should do these things?

*Examples: Make sure I am sticking to my daily wellness activities, take a break, relaxation exercises, call a friend, ...*

## Crisis Action Plan:

What are some specific things I should do if I'm experiencing a mental health crisis?

*Examples: Call a friend, call a crisis line (include specific number), call a Mobile Crisis Service, go to a Crisis Response Centre, ...*