



# My Wellness Plan



## 1. Triggers

Triggers that are more likely to cause me to slip back wards;

- Feeling ignored by my partner
- Work stress
- Physical pain
- Children arguing
- Noisy environment
- Spending too much time at home

## 2. Exercise & Diet

- Exercise I enjoy e.g. yoga
- Gardening
- Be organised with meals. Plan e.g. shop one day & cook the next
- Go out for meal once a week.
- Eat at least 5 portions of fruit & veg a day
- Eat breakfast

## 3. Activities with my partner

- Brainstorm ideas and places you can explore together
- Each of us build a grounding box
- Practice guided meditation together
- Have friends over for dinner more regularly

## 4. Social support

What I need from others when I am struggling?

- I need to feel heard
- I need to not feel judged
- I need to feel safe

Who do I need to talk to?

- People with shared experiences
- Helpline
- Professional or therapist
- Friends or family I can trust

## 5. Looking after yourself

When I am looking after myself;

- Visit friends regularly
- Attend yoga classes
- Write my gratitude log

Not looking after myself I:

- Do not respond to messages quickly
- Snappy/Irritable
- Skip meals
- Exercise less

## 5. Balanced thinking

Unhelpful thinking styles I am likely to use;

- Catastrophising, e.g. I am back to square one.
- Personalisation, e.g. "I am to blame for why he got angry".

Helpful coping strategies;

- Its normal to have down days and good days
- I've survived other situations like this one and I will survive this

## 6. Goals

Personal...

- Say yes only when I mean it
- Protect time for me every week
- Use the I script more often with my partner

Relationship...

- Use Time out strategy more regularly
- Catch up with each other properly after work
- Be more open about how we feel

ACTION FOR WELLNESS

