



THE CONNECT HUT  
*Making Mental Health Simple*

# My Wellbeing Plan

**1**

**What are 3 things I do that tell me i am stressed, upset or overwhelmed?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**2**

**What are 3 things that help me calm down?  
(Excluding sleep, social media, and Netflix)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**3**

**Who are the 3 people and resources ( helpline or counsellors) I will reach out to when sad?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_