

My Wellbeing Action Plan



Get enough sleep, avoid mood depressants and take medications as prescribed

Step 1 - Be Wise...

- Get the right amount of sleep (7 - 8 hours per night).
- Set yourself a regular bedtime and getting up routine
- Take care to avoid highs and lows due to coffee, sugar, alcohol or social drugs.
- Talk things over with someone who cares
- For moderate to severe distress, some medications can help.
- Take your medications every day as prescribed. If you have any questions, keep taking them and talk with your doctor or pharmacist.

My Plan: Take tablet(s) of/ (name of medication) at (state time of day).
I will also

Step 2 - Be Active...



- Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.
- Even if you do not feel like it, do something! Discover a physical activity you enjoy and that suits your level of mobility and fitness.
- Build up to 30 minutes or more every day. Studies show exercise at this level improves wellbeing and reduces depression and anxiety.
- Sunlight also helps. (Avoid hottest parts of the day unless well covered).

My Plan: I will...

Step 3 - Eat Well...



- Refuel yourself with healthy food such as 5+ fruit and vegetables per day, water rather than juice, less packet food or junk food.
- Make time to plan and enjoy cooking a special meal at home with friends or family
- Eat a healthy breakfast every day. Eating fish or taking fish oils may help.

My Plan: To eat better, I will
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Step 4 - Connect...



- Connect with family, friends, colleagues and neighbours, at home, work or in your local community. Social relationships are critical to our wellbeing.
- Talking therapies (with a counsellor or psychologist) are proven to help and can be quite short – 4 to 6 sessions may be all you need to learn skills that help you for life.
- Like medicines, we need to give them time to work.

My Plan:

Step 5 - Take Notice...



- Be curious. Catch sight of the beauty around you. Remark on the unusual. Notice the changing seasons. Savour the moment. Be aware of the world around you.
- Be grateful. Write these down. This helps us appreciate what matters to us most.

My Plan:

Step 6 – Keep Learning...



- Try something new. Rediscover an old interest or hobby. Sign up for that course.
- Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food.
- Set a challenge for yourself you will enjoy achieving. Learning new things will make you more confident as well as being fun.

My Plan:

Step 7 – Give...



- Do something nice for a friend, or a stranger. Thank someone. Smile.
- Practice "random acts of kindness."
- Volunteer your time. Join a community group. Look out, as well as in.
- Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

My Plan:

Step 8: Plan ahead



- Develop a crisis plan - a list of people to ring, ideas that have helped in the past and an action plan of what to do when things get tough.
- Identify your red flags (early warning signs) if you are starting to spiral downwards (such as your thoughts, feelings, reactions)

My Plan: When I feel down, things that have helped before are:

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If I feel that I am at risk of hurting myself, I will:

- Contact my doctor/healthcare worker or counsellor right away
- Call the following people for support:
 - Name: Phone:
 - Name: Phone:
 - Phone the Crisis Team:
 - Phone LifeLine **0800 543 354** or **Depression Helpline 0800 111 757** (8am-12am)

Phone: **LifeLine**
0800 543 354

Depression Helpline
0800 111 757
(8am – midnight)

Nga Kiwai o te kete
'Great strength comes from working together'