# My wellness plan

## My strengths

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## How I stay well

<table>
<thead>
<tr>
<th>Things I can do alone</th>
<th>Things I can do with others</th>
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## Triggering situations/events

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## Who are my personal supports

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## Who are my professional/academic supports

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## Signs that I might not be ok

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## What can I do when I'm not ok

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Don’t forget Nurse and Midwife Support is a national 24/7 service and you can speak to us anytime on 1800 667 877