



My wellness plan - (Sample)

My strengths

- *I try to look at things in a positive nature most of the time*
- *I have positive friendships and people in my life who understand the stress of work and study*
- *I have a good self-awareness and know when I've pushed my mind and body too far*
- *I'm not addicted to social media and technology (I enjoy feeling connected to the world)*

How I stay well

Things I can do alone

- *Sit on the couch and watch a TV series to distract me*
- *Bikram Yoga*
- *Journal and reflect on what I'm grateful for*
- *Plan a holiday which gives me something to look forward to*

Things I can do with others

- *Have coffee and laugh*
- *Talk about the challenging things I'm experiencing and asking for the advice and support from those I trust*
- *Try interesting restaurants and socialise regularly*
- *Hiking*

Triggering situations/events

- *Aggression in my workplace*
- *When I'm rushed and not prepared (cramming)*
- *When I feel unsupported by my manager and not listened to*
- *When I am not treated the way I treat others*

Who are my personal supports

- *My best friend - 0400 400 400*
- *My mum - 0400 300 300*
- *My housemate - 0400 200 200*
- *My GP - 0400 100 100*

Who are my professional/academic supports

- *Employee assistance program EAP - 1800 400 400*
- *The student support centre at my university - 1800 300 300*
- *My lecturer from subject NURST23 - 0400 200 200*
- *Nurse & Midwife Support - 1800 667 877*

Signs that I might not be ok

- *Not sleeping well*
- *I can't sit still*
- *Skipping the gym/yoga*
- *Eating junk food*

What can I do when I'm not ok

- *Take a mental health day and spend the day resting in bed or on the couch*
- *Write down how I'm feeling and reflect on when its affecting me*
- *Spend time with my sister and her kids (they always make me happy)*
- *Contact one of my key supports and debrief*