



Worksheet – Activity 8 – Minding myself in challenging times

Worksheet: Creating my action plan for challenging times

My action plan for challenging times

A step-by-step plan to help me use what I know about wellbeing when I'm facing a challenge.

1

Personal strengths - *What strength can I use right away?*

In this moment, I will use my strength of...

2

Connection - *Who can I connect with? How would this support me?*

I can reach out to...

This will support me by...

3

Self-care and kindness - *How will I look after myself kindly?*

I will take care of myself by...

4

Helpful thoughts - *What thought will guide or ground me?*

A helpful thought I'll remember is...

5

Supports Available to Me - *Where or who can I go to if I need more help?*

If I need extra support, I will...

