

## Worksheet - Activity 8 - Minding myself in challenging times

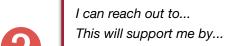
Worksheet: Creating my action plan for challenging times

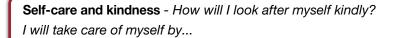
## My action plan for challenging times

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



**Personal strengths** - What strength can I use right away? In this moment, I will use my strength of...





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

3

**Helpful thoughts** - What thought will guide or ground me? A helpful thought I'll remember is...



**Supports Available to Me** - Where or who can I go to if I need more help? If I need extra support, I will...



