

# Wellness Plan

For: \_\_\_\_\_

Date: \_\_\_\_\_

## Develop your Everyday Self-Care Plan

Acknowledging the activities you do, or would like to do more of every day to promote your overall physical health and resilience. Examples are sleep, drinking water, exercise, laughter, etc. Identify three activities and measurements that you already do or are willing to do more of:

- Example: Getting enough sleep as measured by going to bed at 10:30 pm
- \_\_\_\_\_ as measured by \_\_\_\_\_
- \_\_\_\_\_ as measured by \_\_\_\_\_
- \_\_\_\_\_ as measured by \_\_\_\_\_



## Practice Mindfulness - Being in the Moment

Mindfulness allows us to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Activities may include: saying positive statements such as "I got this", tensing and relaxing your muscles, or journaling. Anything that helps you feel present and at the moment. Identify three mindfulness practices that you already do or are wanting to do more of:

- Example: walking in nature, stretching, creative activities, practicing gratitude
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Develop your Stress Safety Plan

What are your triggers (i.e., situations that are stressful or overwhelming and remind you of past traumatic experiences)?

\_\_\_\_\_

What are some ways you show that you are stressed or overwhelmed (e.g., types of behaviors, emotions, ways of responding to stress/triggers)?

\_\_\_\_\_

## Identify 3 Things that help you manage stress at the moment.

A natural human response to stress is the fight or flight response, which causes tension and chemical changes in the body. Some examples of coping skills are: placing your feet firmly on the ground in order to feel a sense of security, placing your hand on your heart to bring awareness to emotions, or drinking a glass of water to stimulate other senses. Identify 3 strategies that you can use at the moment anytime, and anywhere, if you do not have a plan what are the 3 things that would help you when you experience a stress response:

- Example: Verbalize you are feeling stressed, pushing your feet into the ground, 3/6 breathing
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Resources:** Identify materials, or community resources to support your wellness plan:

\_\_\_\_\_

**Support:** Identify a person and make a mutual agreement with them to check in with you about your plan, and who can be a support when needed: \_\_\_\_\_