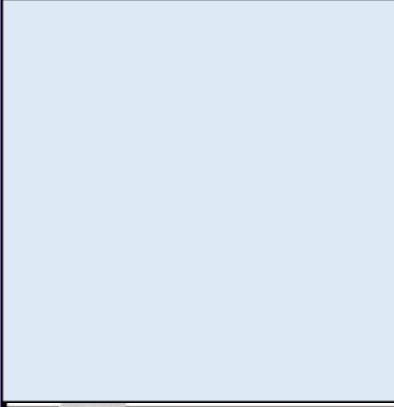
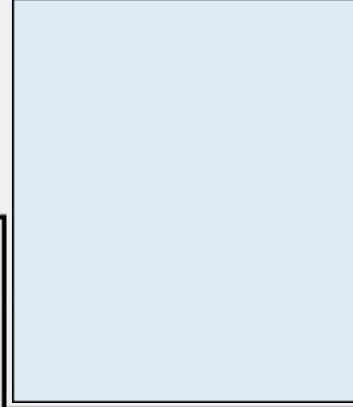


MY WELLBEING PLAN

ACTIVITIES I'LL DO EACH DAY TO
LOOK AFTER MY HEALTH:



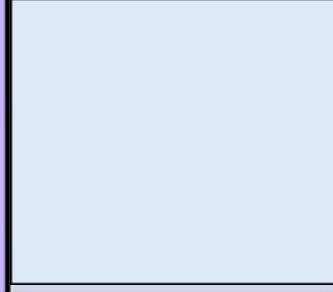
ACTIVITIES I'LL DO EACH DAY
THAT I ENJOY OR HELP ME
RELAX



MY LUXURY TREAT
FOR MYSELF:



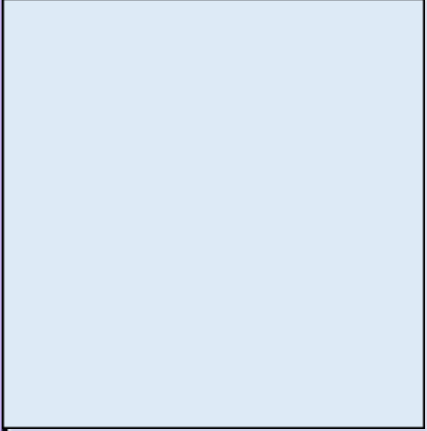
SIGNS I AM STARTING
TO STRUGGLE ARE:



MY COPING
STRATEGIES TO USE
IF I'M STRUGGLING:



THINGS THAT DRAIN MY
ENERGY TO STOP OR
REDUCE:



PEOPLE WHO CAN
SUPPORT ME:

