

Wellbeing plan

Fill in the boxes below.

| Things I can do to relax and calm myself down |
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| Things I can do to distract myself |
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| Fun activities I can do |
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| How I can socially connect with people, and who |
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| Things I can do to improve my sleep |
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| Things I can do to improve my diet |
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| Physical exercise I can complete |
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| Support contact if I feel overwhelmed (family, friends, helplines, professionals) |
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