


# Wellness Action Plan

## My wellbeing kitbag

 Throughout your Get Set to Go journey it's important to look after your own mental health. Your Wellbeing Kitbag<sup>1</sup> is a space for you to write down the things you do to stay well and the type of support you might like. It may help to share this information with Get Set to Go staff and your Peer Navigator, so they have a better understanding of how they can help you get the most out of the programme.

How do I feel when I am well?  
What do I look like?  
For example: relaxed; talkative



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What are the signs I am not feeling well?  
For example: tend to be quiet;  
not wanting to socialise



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What steps can I take if I start  
to feel unwell?  
For example: talk to a Peer Navigator  
or a member of staff; take a break from  
the session



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What support would I like to help  
me stay well?  
For example: regular encouragement;  
helping me to find activities that interest me



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<sup>1</sup> The Wellbeing Kitbag is based the Wellness Action Plan developed by Mind, which was inspired by Mary Ellen Copeland's Wellness Recovery Action Plan<sup>®</sup> – an evidence-based system used worldwide by people to manage their mental health.

What support I may need to stay well



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If we notice early warning signs that you are feeling unwell - what should we do?

For example: talk to me discreetly about it; provide access to a quiet area



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Tip

Being active is one of many ways you can look after your mental health. Other examples include mindfulness, ecotherapy, art therapy and more traditional forms of peer support.

There may be times where you find it difficult to be active, so it's important to have other options in your kitbag that will help to lift your mood. Consider joining Elefriends and look at the other services your local Mind offers to see if any of them are right for you.

**I think exercise is important for all round health. It's certainly a great way to clear your mind and boost those feel good vibes.**

