

# Wellbeing Action Plan



## IDENTIFY

What is in my stress bucket?

- What are my current stressors?
- What is taking up my time and energy?
- Is there anything coming up that is likely to add to my bucket?



## RECOGNISE

How 'full' is my bucket?

- When my bucket has space, I notice...
- When my bucket is filling up, I notice...
- When my bucket is very full, I notice...
- When my bucket has overflowed, I notice...



## ACT

How can I maintain my bucket?

- What can I do that helps me when my bucket is filling up/full/overflowed? (my "taps")
- Who else can help me? How?
- What can I plan ahead for/be proactive with?
- What do I want to commit to (self-care assessment)? What might stop me?



## REFLECT

How is my balance at the moment?

- Draw how 'big' each circle/system is for you.
- How is this balance working for you?
- Is this balance sustainable?
- What might you want to change?