



# Mental Health Champions Training

2022  
Skills Handbook

Issue 1  
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 **CHANGING  
MINDS**<sup>UK</sup>  
Enabling people to Perform **Well**

# 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?

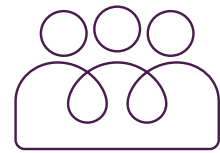


## REFLECT

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?

 <b>GOOD DAY</b>	 <b>BAD DAY</b>	 <b>BOOSTERS</b>	 <b>ZAPPERS</b>	 <b>SUPPORT</b>	 <b>ACTIONS</b>
When things are 'good' I know because...	Things that can challenge or stress me...	Things that give me energy are...	Things that take energy from me are...	My go-to people as my closest support are...	I will commit to...
When things are 'good' others will see...	When things are 'bad' others will see...	My motivations / things that get me out of bed in the morning are...	Things that can make it worse are...	Others I could go to for support are...	I will ask for help when...
When things are 'good' others might not see...	When things are 'bad' others might not see...	My favourite activities to do are...	The first sign of my energy changing is...	Who might I share my energy plan with?	Who I might ask for help is...



Mental Health  
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# KEEP IN TOUCH

Changing Minds provide comprehensive psychological services to enable people to Perform Well<sup>®</sup>. We work with individuals, teams, and systems to both enhance performance and support mental health & wellbeing.



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#MentalHealthChampions

Investing in People,  
Sustaining Performance