

Personal Wellness Plan

Section 1. When I am in Quadrant One, I feel:

Section 2. What do I need to do every day to keep myself in Quadrant One?

Section 3. What do I need to do, not necessarily every day, to keep my overall wellness and sense of wellbeing?

Section 4: What are the subtle signs of change that indicate that I may need to take action to avoid moving into Quadrant 2? Is my Stress signature showing?

Section 5: What action can I take when I recognise the early warning signs?

Section 6: Who can I ask for help?

TOOLBOX of ideas to help you stay in Quadrant One

- Talk to a friend,
- Relaxation and stress reduction exercises,
- Journaling – write your feelings in a notebook,
- Exercise,
- Diet – what you eat affects how you feel,
- Light,
- Extra rest,
- Take time for yourself,
- Surround yourself with people who are positive, affirming and loving,
- Do things that boost your self-esteem,
- Make a list of your accomplishments,
- Do something that makes you laugh,
- Get some little things done,
- be in the moment as much as possible,
- Listen to music, make music or sing.