



_____ 's Individual Wellbeing Plan

Date of Plan:	Review Date:	Completed: Independently/With support
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1. Identifying your Strengths

<i>What are my strengths?</i>	<i>How do my strengths help me to do my job well?</i>	<i>What can I, or my workplace, do to build on these?</i>

2. Recognising the Challenges

<i>What situations are challenging for me, or cause me stress?</i>	<i>What strategies, resources, or support may help to alleviate these?</i>



3. Warning Signs

What signs do I display that may indicate that I am overwhelmed, stressed, or need some extra support?

What can I do when I notice these signs? What can my workplace or my colleagues do if they notice these signs?

4. Actions

What actions can I take, both at work and outside of work, to increase my wellbeing?

*What can my workplace do to support my wellbeing?
(Resources, procedures, training, skill development, incentives, support etc.)*