

Planning for wellbeing



NHS five ways to wellbeing (2008)



What are you already doing?

- Be active
- Connect
- Take notice
- Have fun
- Take time for yourself



Why is it so hard?

We are often ambivalent about prioritising our own wellbeing

“I want to and I need to ...

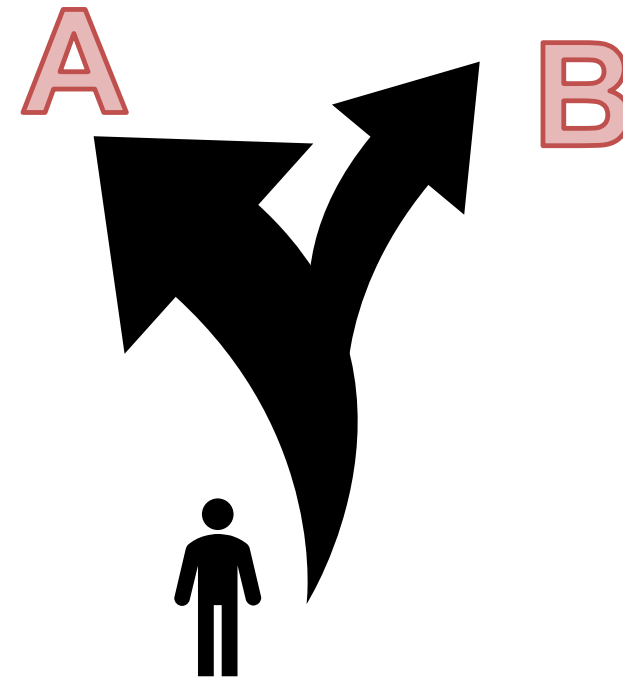
AND...

I am too busy, too tired, don't know where to start, I don't want to, I can't find the energy, I am afraid to fail at it, there is too much to do, others are depending on me....



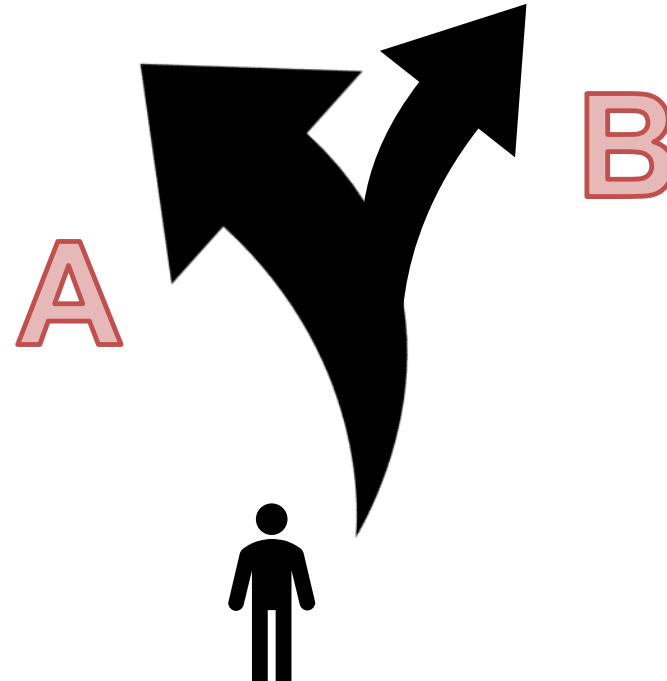
A path to greater wellbeing

- 2 wellbeing paths: *A* and *B*
- *A* is the wellbeing path you are on at the moment. You are taking some steps to look after your wellbeing and that of others, even when it is hard.
- *B* is a wellbeing path where you have made a slight change, so that you give a bit more focus on wellbeing, taking a little more action on this each week.



Write down

- What is keeping you on the path *A*?
- What are the downsides of *A*?
- What might make you hesitate to turn, just a little, towards *B*?
- Why might you want to go down path *B*?
- Do you feel ready to take a slight fork in the road – what is your first small step?



Wellbeing plan

- The changes I want to make to support my wellbeing are:
- Some things that could make it hard are:
- The first small steps I can take for my wellbeing are:
- Things, actions or people which can help me are:
- I will know that my plan is on track one week from now if.....



Planning for wellbeing - together

