**Wellbeing Action Plan**

**What are your triggers? (What makes you feel stressed/overwhelmed?)**

* *Example ‘lots of meetings at work’, ‘taking care of a family member’ etc*

**What are your symptoms/indictors of becoming overwhelmed?**

* *Example ‘binge eating’, ‘mood swings’, ‘not sleeping properly’*

**What self-care methods could you use to minimise this?**

* *Example ‘a creative activity’, ‘taking a bath’, ‘going for a walk’, ‘speaking to a friend’*