

Wellness Plan

Filling Your Wellness Toolkit



Fill this toolbox with tools, skills and strategies that could help you when you feel like you need a little help. Keep this list somewhere you'll remember for the future.

TOOLS/SKILLS/STRATEGIES I'VE TRIED

TOOLS/SKILLS/STRATEGIES I HAVEN'T TRIED YET

CONSIDER THE VARIOUS FACETS OF WELLNESS (PHYSICAL, MENTAL, EMOTIONAL, SOCIAL, SPIRITUAL)

Maintaining Daily Wellness

EVERY DAY needs to ensure you feel as well as possible.

REGULAR needs to ensure wellness (weekly/monthly).

AVOID people/places/ triggers that inhibit your wellness.

Wellness Plan

Wellness Recovery Action Plans



STRESSORS/TRIGGERS (External events or factors outside of your control that can lead to unease/unwellness).

ACTION PLAN (What tools/strategies/supports can help address the challenge?).

WARNING SIGNS (Internal indicators that you feel unwell, like changes to appetite, sleep, socializing, etc.).

ACTION PLAN (What tools/strategies/supports can help address the challenge?).

When Things Are Getting Harder

Consider these questions in advance	Complete this section in advance
How do you know when you're in emotional distress or a crisis?	
How can you help yourself immediately? What are at least 3 coping strategies you can use?	
What should you avoid whilst in distress/crisis?	
Who do you need to call/talk to/go to? (E.G. family, an elder, a friend, etc)	
List 2 professionals/agencies that can provide you crisis support	I.M. Well: www.imwell.ca
In an emergency	Emergency services: 911 Suicide crisis line: 988