

# BASIC WELLNESS PLANNING

MAINTAINING YOUR WELLNESS  
THROUGH INTENTIONAL  
PLANNING

*Adapted from Kentucky Partnership for Families and Children, Inc.*

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# WHAT IS A WELLNESS PLAN?

A wellness plan is an intentional way to stay on top of your mental and emotional wellness, especially during periods of high stress, transition, or uncertainty.





# **PAINTING A WELLNESS PICTURE**

It is important to start a wellness planning process by thinking about what things look like when you are at your best. Answer the following questions about what life looks like when you are well in the 5 following pieces of your life. Try to stray away from ideals, rather think about how you have done in the past when you are well.

**1.) What does my life look like when I am in good emotional/mental health?**

**2.) What does life look like when I have my personal best physical health?**

**3.) What does my work life look like when I am in my best health?**

**4.) What does nutritional wellness look like for my own life?**

**5.) What is life like when I am doing well socially?**

# PLANNING FOR PREVENTION:

Good wellness planning should take a whole health approach, as mental health is tied directly to other pieces of all of our lives. Answer the following questions about activities that help maintain wellness in 5 areas in your life.

**1.) What are activities that I can do to help me maintain my emotional/mental wellness?**

**2.) What are activities I can do to maintain my physical wellness?**

**3.) What are activities I can do to maintain my intellectual/work wellness?**

**4.) What are activities I can do to maintain my nutritional wellness?**

**5.) What are activities I can do to maintain my social wellness?**

# SIGNS AND SYMPTOMS

Answer the following questions for yourself. Share your answer and plan with support people in your life that you are comfortable with. Check in with your supports to update this plan periodically. You can do this weekly or monthly depending on your needs.

**1.) What are things that trigger mental and emotional unwellness in my life?** (If it is hard to answer this off the top of your head, think of things in the past that have increased stress in your life).

**2.) What symptoms do I experience on a regular basis?** (This question only applies if you have a pre-existing behavioral health challenge that has symptoms that you live with daily)

**3.) What symptoms do I experience in times of unwellness?** (These types of symptoms usually show up as signs of something being wrong. Think back to symptoms you have experienced in the past when you have struggled with your mental health and wellbeing.

**Physical Symptoms:**

**Mental/Emotional symptoms:**



**4.) What are the signs that I need to reach out for help?** (When it comes to planning for wellness, it is important to draw a line in the sand, indicating which point your mental health is out of hand and you need external, professional help. Examples can include thoughts of suicide, inability to get out of bed, and irrational thoughts, or increased amounts of arguments with loved ones.

**5) Who are at least 3 people I trust to reach out to for help?** (Think of the people who should be made aware of this plan in your life, given that they need to jump in and support you during a crisis or another part of your wellness plan.

**Person's Name:**

**Person's Phone Number:**

**How will I reach out to them? (Circle One)**   Text   Call   Other

**Person's Name:**

**Person's Phone Number:**

**How will I reach out to them? (Circle One)**   Text   Call   Other

**Person's Name:**

**Person's Phone Number:**

**How will I reach out to them? (Circle One)**   Text   Call   Other



## 6.) What will I ask my support system to help me with in this plan?

**Prevention steps:** (Examples can be checking in with you regularly, being available for "vent" sessions, or being an accountability partner.)

**Crisis Steps:** (List the steps someone needs to take to help you if they feel you are in a crisis. A crisis is when your symptoms reach the points you listed in question #4)



# **CONGRATULATIONS!!!**

**YOU HAVE NOW COMPLETED YOUR  
WELLNESS PLAN. BE SURE TO SHARE  
THIS PLAN WITH THOSE LISTED AS  
YOUR SUPPORTS. DON'T FORGET TO  
UPDATE THIS PERIODICALLY AND  
CHECK IN WITH AN ACCOUNTABILITY  
PARTNER TO MAINTAIN YOUR PLANS.**