

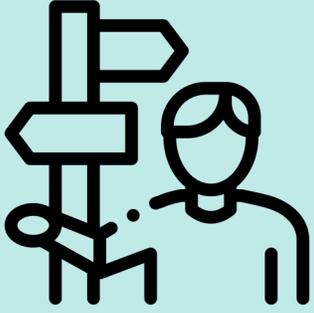


Wellness & Resilience Framework™

Developed by Tonya Hotchkin

Personal Wellness Plan

Personal Wellness Plan



You are important and worthy of taking care of your personal wellbeing. There are likely many ways you take care of your mental wellbeing, but having it all in a plan can help you focus on daily practices as well as how to reach out for support during difficult times. Use the following pages to make your own plan to maintain & enhance your wellbeing mind, body, and spirit.

When I am my BEST Self, here is what I look like:

Mental Health:

Physical Health:

Spiritual Health:

Things others notice about me when I am at my best:

Things I do to take care of my WHOLE Self:

Mind:

Body:

Spirit:

Personal Wellness Plan

Things I want to do to support my WHOLE SELF:

Mind:

Body:

Spirit:

People who are important/supportive of me when I am at my BEST:

Things I tell myself or beliefs I hold when I am my BEST:

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List events, situations, experiences, etc. that can be triggers causing me to struggle:

Signs that tell me I am struggling:

Mind:

Body:

Spirit:

Things others notice about me when I am struggling:

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These are my activities I know help me when I am struggling:

Mind:

Body:

Spirit:

Supportive people I feel safe with when I am struggling & how they can help:

Places & Environments that help me when I am struggling:

Personal Wellness Plan

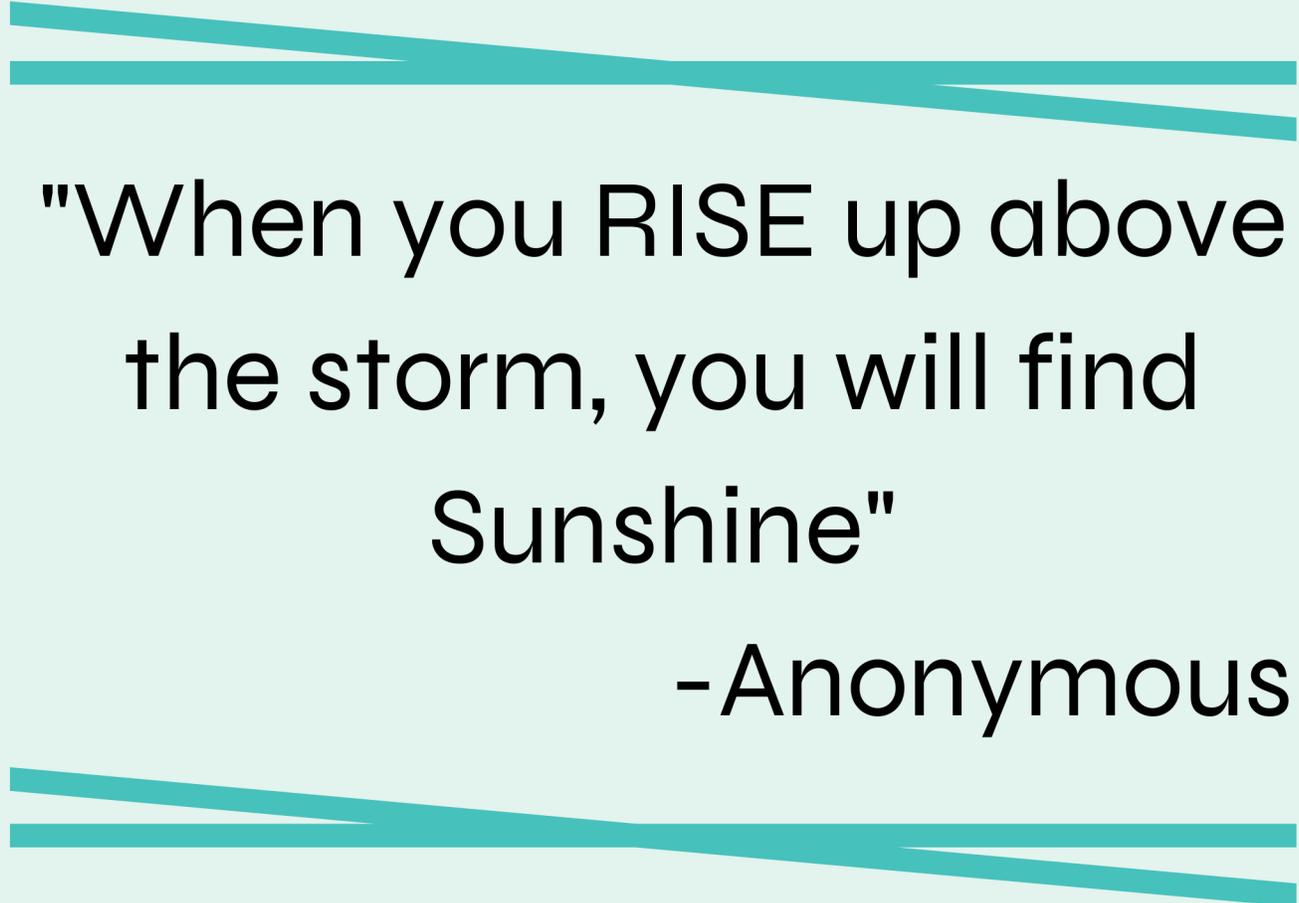
You are incredible! When you feel lost, remember you are not. It may feel that way at the time, but the time will pass and great things will continue to come your way. You are stronger than you think, and you still have so much you will accomplish in your life. Don't give up. You matter and You are not alone.

Here is a letter to myself to help me remember my strengths, values, purpose, hopes, dreams, and love from others.

Dear _____,



You Can
RISE



"When you RISE up above
the storm, you will find
Sunshine"

-Anonymous