



My Wellbeing Plan

My Wellbeing Plan

Date:

The following questions are designed to help you think about how you can carve out more time for yourself, plan activities that you enjoy and spend time with people that support your wellbeing. Complete the questions first, then move on to complete a personalised 'My Wellbeing Action Plan' overleaf to help you enact some strategies to benefit your own wellbeing.

Time that is Mine

How balanced is the time for me and time for others? What can help give me more time? What do I need to do, say or be to enable this? What do I want from the time for myself?

Positive Others

How balanced are my relationships with others. Who has a positive effect on me? How can I connect to the positives more? How can I connect more with likeminded others?

Replenish and Re-calibrate

Do I engage in activities that replenish and re-calibrate me? What helps when? Is there anything new I want to try? How do I feel after these activities? Is it helpful in the long term? (NB some activities help in the short term but not the long term – i.e. withdrawing from social activities)

Awareness of emotions

How do I feel right now? What can help me when I feel like this? Do I need to sit with this feeling or take action? Do certain physical sensations help me notice how I am feeling or what I need to do?

Short bursts of self care and longer term values-led action

Committing to acts of self-care, either by writing them down or telling someone else about your plans, can make it more likely you'll stick to them. You can use the space below.

Examples

3 short bursts of self-care:

1. Call a friend or meet up for a coffee
2. Focus on something absorbing – yoga, colouring in, nature, reading or a jigsaw puzzle
3. Do something for your senses – have a bath with a face mask, enjoy a delicious chocolate bar, hug your child

1 longer term values led action

Sign up for an online training course on something of interest that you've been meaning to do for a while or join a campaign that you feel passionately about.

For you to complete:

3 short bursts of self-care:

1.

2.

3.

1 longer term values led action:

My Wellbeing Action Plan

You can use some of the information and resources in the Cerebra wellbeing guide to help you develop ideas for your action plan and note anything you are already aware of that you think would have a positive impact on your wellbeing. You may have identified some of these in your answers to the questions above. Think about any barriers to focussing on these things and then decide and record what you can do to help to make space for it to happen. It is likely to take some time to develop your plan and implement it. It can help to think of small steps that you are more likely to stick to rather than life-changing events. You may need to prioritise certain things (*) to focus on first.

Note: Remember that if you don't manage to achieve all of your plan treat yourself with kindness and compassion rather than giving yourself a hard time. Treat it as a learning curve and recognise that future tasks need to be more manageable within your day to day life. Being kind and talking to ourselves in the way we would to a good friend can help our wellbeing even in the most stressful of times.

	Activity	Is this a priority? (*)	When will I do it? (e.g. daytime, evening, weekend?)	What do I need to do to make it happen? (e.g. arrange childcare, contact someone/set up the activity)
Physical wellbeing See page 6 in the guide to explore ideas (e.g. complete the caregiver e-learning training, getting some support with family sleep, planning more exercise activities and batch cooking to support healthy eating etc)				

	Activity	Is this a priority? (*)	When will I do it? (e.g. daytime, evening, weekend?)	What do I need to do to make it happen? (e.g. arrange childcare, contact someone/set up the activity)
Emotional wellbeing See page 8 in the guide to explore ideas (consider things such as organising a break from caring, doing some mindfulness/meditation activities and getting out into nature more often)				

	Activity	Is this a priority? (*)	When will I do it? (e.g. daytime, evening, weekend?)	What do I need to do to make it happen? (e.g. arrange childcare, contact someone/set up the activity)
Finding your community See page 12 in the guide to explore ideas (consider things such as joining a local support group and attend days out in the community to meet other families)				

Extract key tasks from this plan and place them at the top your to do list!

Is anything going on for your family that is significantly impacting upon your wellbeing?
Identify the best place to seek support.

Acknowledgements

Some strategies included in this Wellbeing Plan have been taken from a Wellbeing Worksheet, that's included in the book Day by Day: Emotional Wellbeing in Parents of Disabled Children that was published in 2021. The book can be ordered [here](#) or [here](#).

Further wellbeing skill building resources

If you would like a free copy of the full comprehensive Wellbeing Worksheet from the book please email hello@affinityhub.uk. The worksheet encourages you to work through issues such as bringing balance to your life, writing to offload, noticing positives, challenging negative thoughts and self-compassion.

This will undoubtedly be really good exercise to continue to work through issues relating to your own wellbeing. You can also complete the wellbeing worksheet as well as this action plan at different time points to review how things are going and to refocus.



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Postal Address

Cerebra
The MacGregor Office Suite
Jolly Tar Lane
Carmarthen
SA31 3LW

Tel: 01267 244200

Freephone: 0800 328 1159

www.cerebra.org.uk

Registered Charity no. 1089812 Company no. 4336208

