



6. Mental Well-Being: Action Plan Example

Define your main mental well-being goal. What specific outcome do you want to achieve? Remain flexible to adjusting your plan as needed as circumstances and priorities may change. *Here's an example to inspire you on your path.*

EXAMPLE

I will start next Monday, March 20

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to reduce my feelings of depression

(Main goal: Reduce the anxiety I feel and cope with the stress at work)

If I need a counsellor, it will be: I'll see my local GP first

(Consult with your regular doctor first to keep him in the loop)

I will learn yoga at the local studio

*(Type and location of activity that will help in my main goal:
E.g. Yoga, meet with supportive friends, go to the gym)*

I will do this for 45 **minutes** 2 **days per week**

*(Frequency: Decide on the duration of the activity session.
E.g. 30 minutes, 3 days per week)*

My support buddy is veronica

(Support system: Choose a close friend or family member you feel comfortable to share your feelings with)

My Milestone Reward is a shiatsu massage after 6 weeks of yoga

(Reward: E.g. After 2 weeks of sticking to my plan I'll treat myself to a relaxing massage, a new book or exercise gear)

Not ready for a big change yet? Start off with a tiny habit.

My tiny habit: Deep breathing exercises before bed

(Small changes over time will have a big impact.)



6. Mental Well-Being: Your Action Plan

Why do you want to focus on your mental well-being?

I will start _____
(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to _____
(Main goal: Reduce the anxiety I feel and cope with the stress at work)

If I need a counsellor, it will be: _____
(Consult with your regular doctor first to keep him in the loop)

I will _____
*(Type and location of activity that will help in my main goal:
E.g. Yoga, meet with supportive friends, go to the gym)*

I will do this for _____ **minutes** _____ **days per week**
*(Frequency: Decide on the duration of the activity session.
E.g. 30 minutes, 3 days per week)*

My support buddy is _____
(Support system: Choose a close friend or family member you feel comfortable to share your feelings with)

My Milestone Reward is _____
(Reward: E.g. After 2 weeks of sticking to my plan I'll treat myself to a relaxing massage, a new book or exercise gear)

Not ready for a big change yet? Start off with a tiny habit.

My tiny habit: _____
(Small changes over time will have a big impact.)