



My Progress Plan

Everyone can benefit from knowing how to look after themselves and where to seek help if they need it.

When someone in the family home is experiencing physical or mental ill health, living with a disability or has a difficulty with drugs or alcohol it can sometimes cause extra worries and things to think about.

This progress plan will help you think about how to look after your own wellbeing.

About me

My name is:

Date this Progress Plan was completed:



My Support Network

We all have the right to be feel safe and there is nothing so awful we cannot talk to someone about it. My support network will listen to me, believe me and do something to help me.

Family

Safe places I can go

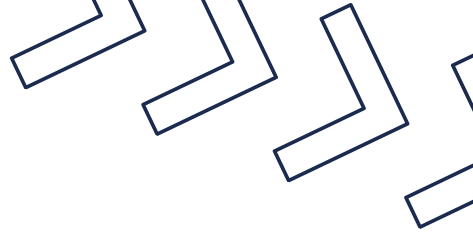


School/college

Friends

Wellness Tools

Things you can do that will help when things are not going so well or you're not feeling great – i.e., speak to someone in your support network.



Daily Wellness Tasks

Things you can do on a daily basis to keep you well, i.e., what you eat, how much you sleep.

Triggers

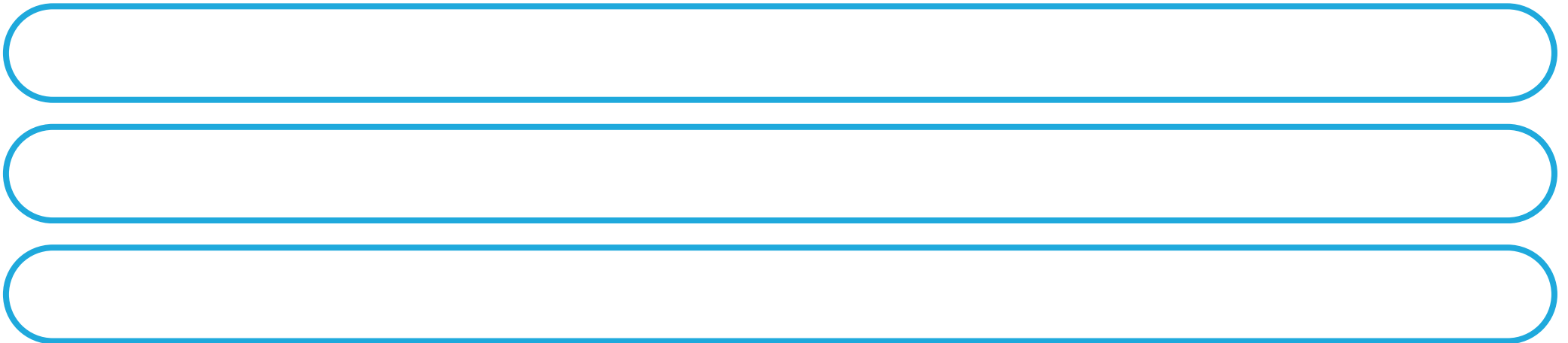
Is there a person, place or situation that could cause you to experience a negative feeling or behave in a certain way? E.g. an anniversary of a loved one passing?



Three empty rounded rectangular boxes with purple borders, stacked vertically, for writing triggers.

Trigger Action Plan

What actions can you take to help reduce the likelihood of a trigger happening? Or, if it does happen, what can you do to reduce the impact it has on you?



Three empty rounded rectangular boxes with blue borders, stacked vertically, for writing the trigger action plan.



Early Warning Signs (EWS)

Early warning signs are a way of our body telling us we feel unsafe/unsure. An example might be butterflies in our tummies. Early warning signs could also be what we see/observe in others that makes us feel unsafe/unsure, i.e., Mum sleeping more.

What early warning signs do you have?

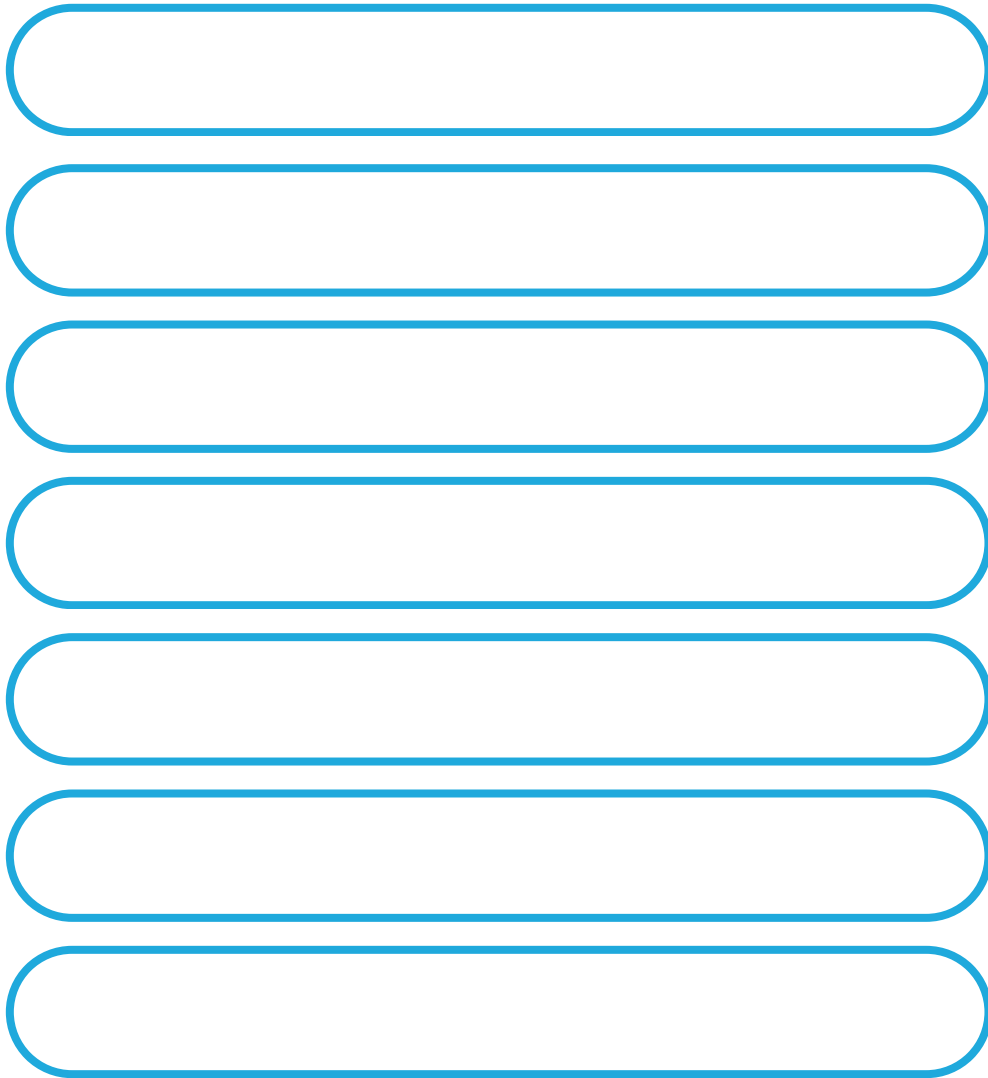


EWS Action Plan

What actions could you take if you experience early warning signs?

When things get worse

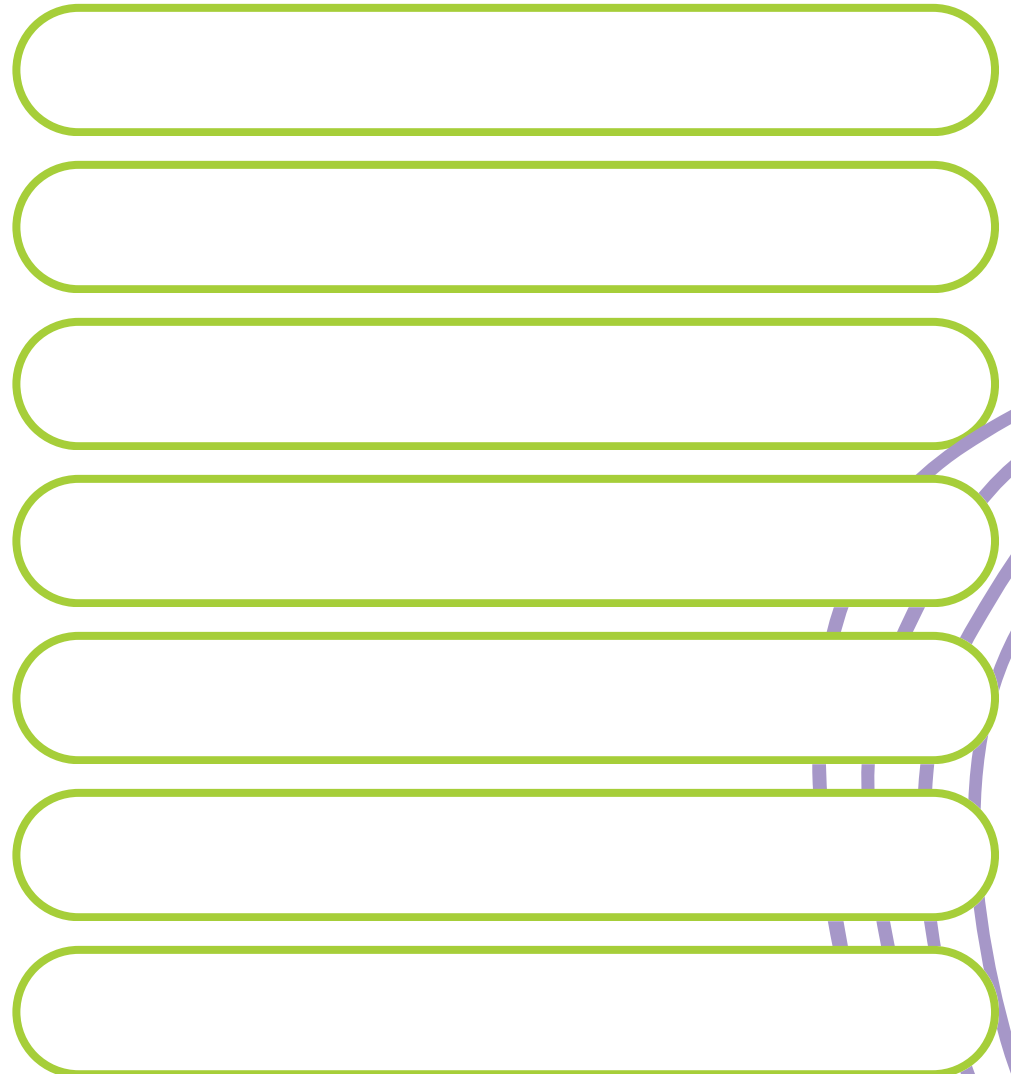
What would life look like and feel for you if things became worse?



A vertical stack of seven blue-outlined rounded rectangular boxes, intended for writing responses to the question 'What would life look like and feel for you if things became worse?'. The boxes are empty and arranged one above the other.

Action Plan

What actions could you take if things became worse?



A vertical stack of seven green-outlined rounded rectangular boxes, intended for writing responses to the question 'What actions could you take if things became worse?'. The boxes are empty and arranged one above the other.





Numbers and helplines that may be useful:



Four horizontal orange rounded rectangles, stacked vertically, intended for writing numbers and helplines.

