

WELLNESS PLAN

1 **Warning signs** (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress

- 1) _____
- 2) _____
- 3) _____

2 **Three coping strategies** - things I can do myself to take my mind off my problems

- 1) _____
- 2) _____
- 3) _____

3 **Three people I can call** (just to hang out or talk to) or social settings where I can go for distraction

- | | |
|----------------|--------------|
| 1) NAME: _____ | PHONE: _____ |
| 2) NAME: _____ | PHONE: _____ |
| 3) NAME: _____ | PHONE: _____ |

4 **Three people I can ask for help**

- | | |
|----------------|--------------|
| 1) NAME: _____ | PHONE: _____ |
| 2) NAME: _____ | PHONE: _____ |
| 3) NAME: _____ | PHONE: _____ |

5 **Professionals I can contact** if I need more help

1) Name _____

Phone _____

2) Mobile Crisis Unit
204-940-1781

3) Crisis Response Centre
817 Bannatyne Avenue
(24/7 walk-in crisis support)

4) Work resources:

