



# My Wellbeing Plan

This Wellbeing Plan will help you and others understand what is important to keep you healthy, well and independent.

Name:

Date:



**Walsall Council**

# 8 Steps to Wellbeing

The sections in this plan have been adapted from the Five Ways To Wellbeing: be active, take notice, connect, give something to others, learn something new, hydration for wellbeing, sleep for wellbeing and hope for the future. These are shown to improve the health and wellbeing of everyone.



Be Active



Learn Something New



Take Notice



Hydration and Nutrition



Connect



Sleep for Wellbeing



Give Something to others



Hope for the Future

# Healthy Body Healthy Mind:

Being active is great for your health and wellbeing.



How much physical activity do you partake in per week?

I am happy with the amount of physical activity I am involved in?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, please state what physical activities you would be interested in such as walking, swimming, fitness class?

Is there anything that discourages you from being more active?  
If yes, please state what

# Taking notice of the good things in our life can improve health and wellbeing.



Taking notice means being *'present in the moment; observing what's beautiful or unusual in the world'*. It means being aware of our thoughts and feelings as they arise, without getting lost in them.

How much time do you spend relaxing per day?

I am happy with the amount of time I spend relaxing and enjoying things round me/in the world?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, what would help to increase the amount of time you spend enjoying the moment and the things around you and/or in the world?

Is something preventing you from relaxing and enjoying the moment?

## Relationships with others: Family, friends, neighbours and social groups



How much time do you have connected with friends/family per week?

I am happy with the amount of involvement I have with other people?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, what kinds of activities/social groups would interest you?

Is there anything that discourages you from being more involved with others? such as language barriers, mixed gender groups, distance from home. If yes, please state what

**Volunteering** in your local community can help improve your health and wellbeing.



How much time do you spend helping others per week/month?

I am happy with how much volunteering I do?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, what type of voluntary activities would you like to get involved with? e.g. visiting people who have ill health or projects such as litter picking, gardening or food donation banks.

Is there anything discouraging you from volunteering?  
If yes, please state what

**Keep learning:** new skills and hobbies can increase your confidence and give you a sense of achievement



How much time do you spend learning something new per week/ per month?

I am happy with the amount of skills and hobbies that I have?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, what new skills would you like to learn? e.g. musical instruments, cookery, computing, Social Media, Arts & Crafts

Is there anything that discourages you from learning new things?  
If yes, please state what

## Hydration and Nutrition: Drinking 6-8 glasses of water and eating a balanced diet can improve your wellbeing



Do you have 6-8 glasses of water and at least 5 portions of a variety of fruit and vegetable every day?

I am happy with how much water and nutritious food I consume?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, what would help to improve your water and food intake?

Is there anything that prevents you from eating nutritious food and drinking enough water? If yes, please state what



**Sleep For Wellbeing:** Having 7-9 hours of sleep is important for good health and wellbeing.



How much sleep do you have per night?

I am happy with the amount of sleep I have?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, what would help to improve the amount of sleep you have?

Is there anything that prevents you from sleeping?  
If yes, please state what

## Hope for the Future:

Having a good balance of hope and achievable aspiration can help improve your health and wellbeing.



How often do you focus on planned hopes for the future?

I am happy with the amount of hope and achievable aspiration I have?



Extremely/  
strongly agree



Somewhat  
agree



Moderately/  
uncertain



Slightly/  
disagree



Not at all/  
strongly disagree

If not, what would help to improve the amount of hope and achievable aspiration you have?

Is there anything preventing you from having hope for the future?  
If yes, please state what

# Useful Contact Numbers

## Black Country 24/7 Urgent Mental Health Helpline

Available 24 hours a day, 7 days a week.

Tel: 0800 008 6516 | text: 07860 025 281

**One Walsall – Volunteering:** Tel: 01922 619840

Website: [www.onewalsall.org/volunteer-registration](http://www.onewalsall.org/volunteer-registration)

**Be Well Walsall** – For health and wellbeing improvement support i.e, weight management, smoking cessation, and holistic wellbeing.

Tel: 01922 444044 | Website: **Be Well Walsall** ([bww.maximus.co.uk](http://bww.maximus.co.uk))

**Samaritans** – Offering emotional support 24 hours a day:

Tel: 116 123 | email: [jo@samaritans.org](mailto:jo@samaritans.org)

# My Action Plan

	<b>Action</b>	<b>Plan</b>
e.g.	I would like to be more active	Contact Be Well Walsall on 01922 444044 for support to improve wellbeing.

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# Notes

