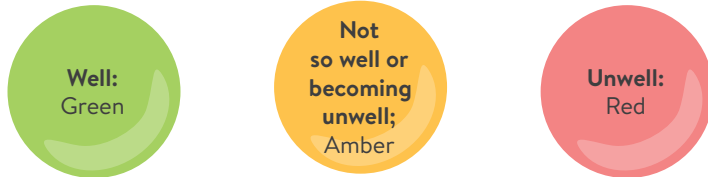


# Traffic Light Wellness Planning Tool

This tool can be used to reflect on and plan for periods of unwellness. It can be for your own private use, to share with friends, family or colleagues and your manager if this would support your wellbeing at work. It can be used in conjunction with the *Managing your health at work plan* or as an independent tool.

This is a shorter version of the *Optimal Health Programme Wellness Plans* and uses the same traffic light system to look at your signs and strategies when you're feeling:



## How you can use it

Start in the zone you feel most comfortable, there's not set place to start. Some people start where you feel you are at now, then reflect on times when you've felt more or less well. A useful reflection is what others might notice about you when you're in that zone.

The first row of traffic lights (on the right of the first page) invites you to jot down what specific thoughts, feelings, behaviours and symptoms you experience when you're in each stage of wellness.

The second row is where you put what helps you stay there or get back on track. Here you can reflect on the things that support your wellbeing, e.g. self-care rituals. These can be global strategies like exercise, seeing a counsellor, booking annual leave, or immediate strategies such as taking a walk or deep breathing, listening to music or speaking to someone you trust.

The second page is an opportunity to list what can impact your wellness (triggers), more instant calming strategies as well as support people you can call on in whichever stage you're at. Once complete, you can keep a copy in an easily accessible place as a personal reminder, or you can share with those that you feel would benefit from its wisdom.

## Symptoms, Behaviours, Feelings, Thoughts

### When I'm very unwell it looks like

- Strong mood swings
- Prone to tears
- Very low mood, feeling hopeless
- No energy
- Indecisive

### When I'm starting to feel unwell it looks like

- Feeling panicky, overwhelmed, stressed
- Difficulty getting up in morning
- Intrusive thoughts
- Flat mood

### When I'm well, it looks like

- Moderate energy
- Not binge-watching tv
- Feeling content/ that I'm managing things
- Uninterrupted, restful sleep

## Strategies, supports, self-care activities

### What helps me to get back on track

- Have a friend round for cuppa
- Speak to professional
- Try to be active (10min yoga, short walks & rides)
- Limit binge-watching tv
- Sensory strategies

### What helps me get back on track

- Keeping to healthy routine
- Earlier bed-time and gentle on self in morning
- Starting later at work if possible, or leave early if need
- Reach out to friends & partner

### What helps me stay well

- Regular meals
- 8-9 hours sleep
- Going for a walk each day
- Patting/cuddling my dog
- Breathing exercises
- Listening to podcasts

# Traffic Light Wellness Planning Tool

**Symptoms, Behaviours,  
Feelings, Thoughts**

**Strategies, supports,  
self-care activities**

**When  
I'm very unwell  
it looks like**

**What  
helps me to  
get back on track**

**When  
I'm starting to  
feel unwell it  
looks like**

**What  
helps me get  
back on track**

**When  
I'm well, it  
looks like**

**What  
helps me stay  
well**

# Traffic Light Wellness Planning Tool

## Positive Distractions & Calming/Self-Care Activities

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## Triggers that might make me unwell

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### Important contacts

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Ph: \_\_\_\_\_

How they can support me: \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Ph: \_\_\_\_\_

How they can support me: \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

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How they can support me: \_\_\_\_\_

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