

Personal Wellbeing Plan

Creating a *Wellness Action Plan* can help you stay mentally healthy during your placement. This section is adapted from [Mind's Wellness Action Plan](#).

1. What helps you stay mentally healthy at placement?
2. How can your supervisor(s) support your mental health?
3. Are there specific aspects of your learning style or temperament your supervisor should know about?
4. What situations might trigger poor mental health for you?
5. How could poor mental health impact your practice?
6. What early warning signs might your supervisor(s) notice if your mental health is declining?
7. If they notice these signs, what actions would you like them to take?
8. What measures can be put in place to minimize risks or manage the impact of poor mental health?
9. What steps will you take if you start to experience poor mental health during placement?