

Wellbeing Planner

Fill out this wellbeing toolkit planner and pop it somewhere you see it each day.

My everyday boosters:

The small things that help me feel my best e.g. set bedtime, morning shower

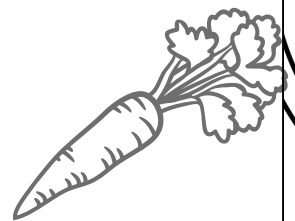


Things that make me feel good:

e.g. listening to music, spending time in the garden

How I'll nourish my body

e.g. cook a healthy meal, drink more water



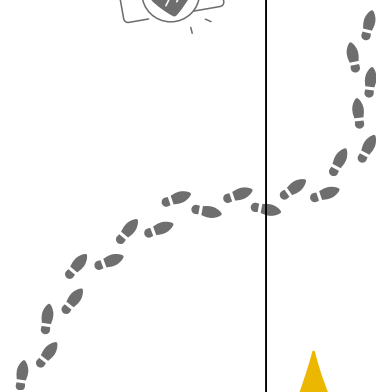
Ways I'll move my body:

e.g. a morning walk, stretching before bed



Emotional care I'll follow:

e.g. time to myself, talking to someone I trust



Social connections I'll make:

e.g. call a friend, attend my club meeting

Things I'll avoid (my wellbeing drainers):

e.g. late night screen time, skipping meals



Sometimes we need support from others to help keep our wellbeing positive.
Visit alwf.org.au/support for some suggested services and helplines.

