

WELLBEING PLAN

Are you planning on discussing sensitive topics with young people? Is there a possibility that participants may be at risk of feeling distressed or experiencing a trauma response? Encouraging the young people you are working with to reflect on the below questions to come up with their own Wellbeing Plan can help them to feel safe. They can keep this private, they don't need to share it with you (unless it is appropriate to do so, and they want to).

Are there situations, topics or thoughts that might cause me to feel worried, stressed or anxious?

Who can I talk to if I'm feeling distressed or overwhelmed?

What can I do to feel better in the moment? (E.g. taking a break, getting some fresh air, listening to my favourite song, slow deep breathes, playing a game).

Who can I reach out to for further support?