

# Wellbeing check-in. How are you doing?

Day / Date

What's Happening for you right now?


(E.g. doing exams or fell out with a friend)

Where are you on the wellbeing scale today?



**Think** about why you're feeling good and what strategies you're using to support your wellbeing. It'll be a good reminder if things get a bit a harder

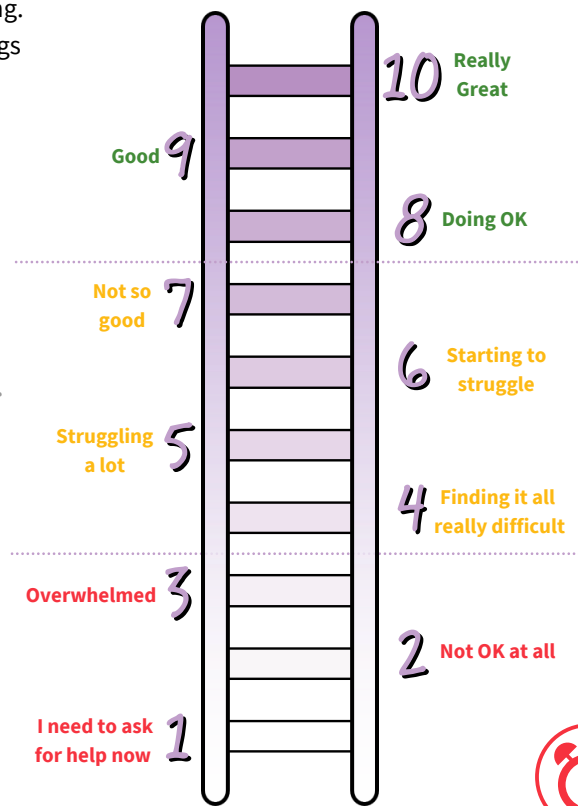
Good to hear!  
Sounds like you've got this!



OK, maybe you need to take some time for some self-care?



**Think** what might be happening to make you feel this way? Are you safe? (are you getting "Early Warning Signs" - ways your body tells you when you're not?) Who can you ask for help? (helplines; websites; someone at school?)



**Think** what might be happening to make you feel this way? Is it something you can control? Is it a something you can 'problem solve'? Do you need to talk it through with a trusted adult? Do you need to take some time for you? Go for a walk, get some exercise; relax; play with the dog or...?



Now it is time to act.  
You are not alone and it is OK to ask for help.

What are you going to do to keep yourself feeling great or help you feel better?

## Ideas

[www.startnowcornwall.org.uk/wellbeing-action-plan](http://www.startnowcornwall.org.uk/wellbeing-action-plan) has tools and resources to help you look after your wellbeing including a personalised Wellbeing Action Plan; a one-minute safety plan and great self-care ideas

## Get Help

[www.startnowcornwall.org.uk/get-help/](http://www.startnowcornwall.org.uk/get-help/)  
[www.yourway.org.uk](http://www.yourway.org.uk) -  
Childline on 0800 1111  
The Samaritans on 116 123