



# Wellbeing Plan

Thistle is committed to supporting wellbeing throughout the organisation. The Wellbeing Plan is a tool to support you to think about what wellbeing means to you and can be used as an aid for learning about yourself. It can help you identify what helps and what doesn't, what you may have to do on a regular basis to maintain your wellbeing and what you need to do if you or others notice that things are beginning to slip a bit. As you develop the plan it can become a practical support which you may refer to daily and also as a reminder and guide that you can turn to in times of difficulty. The plan belongs to you and you decide how to use it.

***'Life isn't about finding yourself, It's about creating yourself' - George Bernard Shaw***

## Who am I?

What Matters to me? What inspires me? What are my passions? What energises me?

## Where does work fit in?

What matters to me about working at Thistle? What am I hoping to get from working here?  
What contribution do I want to make to my team/service?

## Staying Well

How do I know I am staying well? What does wellbeing look like to me? How do I know I am at my best?

## Wellbeing Plan

*'Knowing is not enough; we must apply. Wishing is not enough; we must do'*  
- Johann Wolfgang Von Goethe

What is it that is important for me to do every day to keep my sense of wellbeing?

What are the things I know are important to sustain my wellbeing, but for some reason I don't do them?

What might my day look like if I was prioritising my wellbeing alongside the needs of the service/organisation?

What might I ask from my team to support me with this?



## Back up Plan

*'I can't change the direction of the wind but I can adjust my sails to always reach my destination' - Jimmy Dean*

What are the triggers and early warning signs that tell me that my wellbeing may be slipping? (Triggers are often things that other people do or say that sets off a chain reaction of uncomfortable or unhelpful thoughts, feelings or behaviours. These unhelpful thoughts, feelings and behaviours can sometimes become the 'whispers' that something is beginning to slip)

What actions do I need to take when I notice this?

What do I want others to do if they notice this?

How will I, and others, know I am back on track?

When I am back on track..... What did I learn from the experience that may help me in the future?

