

Name: _____

DOB: _____

Date: _____

MY WELL-BEING ACTION PLAN

for feeling confident, resilient, and connected.

It is normal to have different feelings. These are coping skills I use to feel happy again:

Green Zone

I am feeling happy most of the day/week!



I feel happy when:

I can tell I am feeling happy because:

- Move my body _____
- Go outside: 30-60 min. a day
- Get lots of sleep: 8-10 hours
- Eat a variety of foods throughout the day
- Read
- Write/ journal
- Draw/ paint
- Craft/knit/create
- Listen/play music
- Play games
- Play with pets
- Take a shower or bath to relax
- Help someone else
- Spend time with supportive family
- Spend time with helpful friends
- Take a break _____
- Pray or meditate
- Laugh
- Focus on something positive
- Take deep breaths
- Talk to a supportive adult

Everyone needs to have a supportive adult. Mine is:

- Parent/guardian
- Older sister or brother
- Grandparent _____
- Therapist/Counselor _____
- Coach _____
- Teacher _____
- Other adult _____

Yellow Zone – Check In:

My coping skills are not helping enough. I feel sad, upset, stressed, or worried most of the day, most days of the week.



When I feel this way, I will continue my coping skills above, check in with my supportive adult, and ask for:

- Help identifying and managing my emotions.
- More coping skills and strategies.
- Help to better use the coping skills I have.
- A mental health counselor/therapist or my doctor.
- _____

Red Zone – Reach Out!

I feel unsafe or am thinking about hurting myself.



Ask for help right now from a supportive adult.

Crisis Text Line: 741741
National Suicide Prevention Line: 988