

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**