



Wellbeing Management Plan

Wellbeing in 8 Simple Steps





'The Five Ways to Wellbeing' have been around since 2008.

They were first introduced by the New Economics Foundation but they have since been used widely particularly by the NHS and charities like Mind. They are an evidence based way to improve how you feel.

Let's look at each element individually:



CONNECT

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Good emotional & social connections are a key factor in feeling happy.

What are your strengths?

IDEAS

Ask someone how they are, really listen when they tell you.

Go for a coffee with someone new.

Join a society or group.

Speak to someone you would usually type to.

What do you plan to do to Connect? For more ideas: [NHS 5 Ways](#)

Add to your plan below

2

KEEP LEARNING

LEARNING

Learning things for fun makes us feel good.

It provides a boost as we meet new goals.

What are your strengths?

IDEAS

Speak to someone new and learn about their culture or background.

Learn a language.

Go somewhere new.

Watch a documentary/listen to a podcast.

What do you plan to do to Keep Learning? For more ideas: [NHS 5 Ways](#)

Add to your plan below

3

GIVE

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Giving to others can be a great way to increase our own happiness.

'To be happy, make others happy'

What are your strengths?

IDEAS

Become a volunteer.

Help another student.

Plan acts of kindness.

Compliment someone.

Listen to someone.

There are many volunteering opportunities available through [The Liverpool Guild of Students](#).

What do you plan to do to Give? For more ideas: [NHS 5 Ways](#)

Add to your plan below

4

BE ACTIVE

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Keeping active physically is a proven way to prevent and manage depression and anxiety.

What are your strengths?

IDEAS

Join a sports club & take a new class.

Remember what exercise you used to enjoy.

Walk somewhere new.

Stretch when you wake.

[Sport Liverpool](#) caters for over 50 different sports and activities in a range of settings.

What do you plan to do to Be Active? For more ideas: [NHS 5 Ways](#)

Add to your plan below

5

TAKE NOTICE

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Take notice of where you are. Try and stay present.

Don't spend too much time worrying about the past or stressing about the future.

What are your strengths?

IDEAS

Get a plant and spend time noticing its changes.

Use a mindfulness app.

Learn a craft, crochet, colouring, drawing.

Notice others.

Mindfulness Apps such as [Headspace](#) and [Calm](#) are a good starting point.

What do you plan to do to Take Notice? For more ideas: [NHS 5 Ways](#)

Add to your plan below



RECOGNISE YOUR PATTERNS

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How ever well we look after ourselves at times we all struggle to cope with our emotions or feel physically unwell. We may go through times of feeling low, anxious or overwhelmed by what is required.

There are many things that affect our wellbeing that will always be outside of our control, illness, conflict in relationships, financial pressures to name a few. By being alert to how we feel we can look for signs that maybe things are not too good.

Some people note that they are not eating as well as normal or that their sleep is disturbed. Others want to isolate themselves and stop communicating with friends.

What are your warning signs? [Mind](#) has more helpful tips on recognising when you are stressed.

Have a think about your own patterns & warning signs, talk to friends & family about it.

Make a note in your plan.



REFRESHERS & DRAINERS

TAKE NOTICE

'What else helps or hinders you with your physical health or mental wellbeing.'

Things that improve or refresh our physical and mental wellbeing can be very individual to us and don't always fit into a neat category. Think of your diet, sleep, meal planning and setting aside time to shop for groceries. What about things you know you need to avoid because they drain or deplete your wellbeing? Late nights, isolating ourselves and a lack of daylight can all take their toll.

In this section make a note of things that Refresh and things that deplete your physical and mental wellbeing that aren't already included in the sections above.



SEEKING SUPPORT

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When you recognise that you don't seem to be coping well it's a good idea to revisit your wellbeing plan.

Has something changed? Are you missing out on one of the areas?. If you've tried all the usual methods things that make you feel better and still not feeling your best who can you turn to?

There are a range of resources within the School of Medicine and externally. These are just a few :

- **Friends and Family** - Let someone close to you know how you feel.
- **Academic Advisor** - For academic support and advice.
- **SoM Wellbeing Team** - School of Medicine, Informal support on a range of wellbeing and academic topics at a time to suit you. Support from experienced professionals specifically for Student Doctors. Online, phone or in person. wellbeing.mbchb@liverpool.ac.uk
- **GP** - Register with your local GP.
- **Central Advice and Guidance** - The University Advice Service: advice@liverpool.ac.uk
- **Health Assured** - 0800 028 3766 - 24/7 free confidential advice line.
- Find more about the range of services [available online](#).

What is your plan for Seeking Support?

Add to your plan below

Wellbeing Management Plan

Name:

Year:

	Strength	Goal
1. Connect		
2.Keep Learning		
3.Give		
4.Be Active		
5.Take Notice		
	Plan	
6.How will I recognise when I need support?		
7. What are my individual Refreshers and Drainers		
8. Where will I seek support?		