

Being Well – My Action Plan

In today's busy world, it's important to look after our minds and bodies so that we can feel happy and be well. An action plan helps us figure out what we need to feel good and how we can make it happen. It's like a map that shows us how to handle tough times, stay healthy, and enjoy life more. Whether it's dealing with stress, taking care of ourselves, having good relationships, or doing things we love, a plan helps us focus on what's important. By thinking about what we want, setting goals, and finding ways to feel better, we can start feeling happier and stronger.

Emergency Contacts for Mental Health Crises

Mental Health No (24/7):	0800 448 0828
NHS 111:	111
Samaritans:	116 123
Ambulance Service:	999

Get Free and Confidential Support by SMS

Text '**SHOUT**' to 85258

For more information:
<https://giveusashout.org/about-us/about-shout/>

Face-to-Face Support

Drop into a Crisis Café run by a mental health professional and a MIND peer support worker.

<https://www.nhft.nhs.uk/crisis-cafe/venue/crisis-caf-northampton-410/>

When Things are not Going Well

My early warning signs are _____

Things that help me are _____

Suicide Prevention

StayAlive

My3

Useful Apps

Self-Harm Support

Calm Harm

Bluelce

Sleep Hygiene

Sleepio

GREAT DREAM

Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

Staying Well

There are a number of resources that can help you stay well. The best way is to start with one or two activities that make you feel good and work up slowly from there.

Action for Happiness

An international charity supporting people to put 10 keys to happiness into practice in their daily lives. There is a notes section on the next page if you'd like to give anything a go. The key is to start with a small change and work from there.

<https://actionforhappiness.org>

Wellbeing Launch Pad

A website with a directory with a wide range of community and healthcare services that can offer support with your mood and wellbeing.

<https://www.wellbeinglaunchpad.com/>

Feeling Good App

Free audio tracks based on scientific research which can help you feel better, lift your mood and recover from stress, anxiety, and depression by building resilience and developing positive feelings.

<https://www.feelinggood.app/>

Talking Therapies

NHS Northamptonshire Talking Therapies works with people across Northamptonshire who are trying to get back on track, although they may feel stressed, low or anxious.

<https://www.nhft.nhs.uk/talkingtherapies/>

Northamptonshire Sport

Northamptonshire's leading charity supporting physical activity, health and wellbeing.

<https://www.northamptonshiresport.org/>

Staying Well

Use this page of your action plan to write down the wellbeing activities that you would like to try on your journey to staying well.
