

WELLNESS PLANNING

for Working Adults



DEVELOPING A WELLNESS PLAN

Consolidating helpful coping strategies and resources can help you to be more reflective on past experiences, especially whether certain strategies have helped or not, and to brainstorm and search for new tools to help yourself.

1) CONSOLIDATING ALL COPING STRATEGIES & TOOLS



- Activities to remain well or help reduce distress – list down as many as possible
- Things that have helped alleviate distress before or other things that could potentially be helpful
- E.g. taking a cold/warm shower, going out for a walk, and spending time with family and friends

2) WHAT DOES IT MEAN TO BE WELL?

Part 1: What being well feels & looks like

Includes:

- Subjective feelings
 - E.g. feeling hopeful or motivated for work
- Activities you do when well
 - E.g. being able to meet deadlines, eating regularly, showering daily

Part 2: Strategies to remain well

Daily routines to keep well

- E.g. making the bed after waking up, taking a morning walk, journaling at the end of the day, taking breaks from work regularly



3) IDENTIFYING AND DEALING WITH TRIGGERS

Part 1: Identifying & listing

List down triggers that you have encountered before

- E.g. arguing with a significant other, being assigned a task you are not familiar with, or having to cope with and meet many deadlines



Part 2: Coping

What strategies/tools can be used when a trigger arises?

- E.g. practising mindfulness – watching mindfulness videos on YouTube, heading to bed earlier, cooking or reading

4) IDENTIFYING A DOWNWARD SPIRAL; COPING STRATEGIES

Part 1: Identifying

Signs include:

- Unable to get out of bed or shower when needed
- Losing appetite
- Unable to keep up with demands of work
- Isolating from everyone

List down any signs of prior experience of feeling like being in a downward spiral

Part 2: What to do

Coping strategies could include:

- Showering everyday
- Eating when possible
- Brushing teeth regularly

Focus on one thing at a time (e.g. focusing on getting up and then stepping into the toilet to brush teeth in the morning).

List down possible self-help strategies that might be helpful when in a downward spiral.



5) IDENTIFYING A CRISIS & SEEKING HELP

Part 1: Identifying

Signs include having self-harm or suicidal thoughts and behaviours, being unable to care for one's own basic needs (e.g. showering, eating, cooking).



Part 2: Seeking help

If in need of support immediately:

- reach out to a suicide hotline, (e.g. Samaritans of Singapore, or a University's psychological emergency line)
- Identify and head to emergency department of the nearest hospital