



Staff Wellbeing

Personal Wellbeing Plan





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“A whole-school approach to wellbeing supports and encourages individual staff to take action to prioritise and improve their own wellbeing as well as promoting and cultivating a healthy school climate.”

(Cross and Lester, 2023)

This template is designed as a guide to develop your own *Personal Wellbeing Plan* for you to refer to daily, weekly or as needed. If you need further assistance, please refer to your school’s mental health resources and/or access supports for example an employee assistance program.



How do I know when I am functioning well and feeling well? What might others notice about me?

What might I notice about myself if I wasn't going ok and perhaps felt like I was struggling? What might others notice about me?



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What are my personal strengths and values?

What are my coping skills and strategies?

What stressors can I predict and plan for?

In responding to these stressors:

- what actions or strategies can I utilise to support myself?
- who can I seek further support from? Are there specific people or support services that can help me?

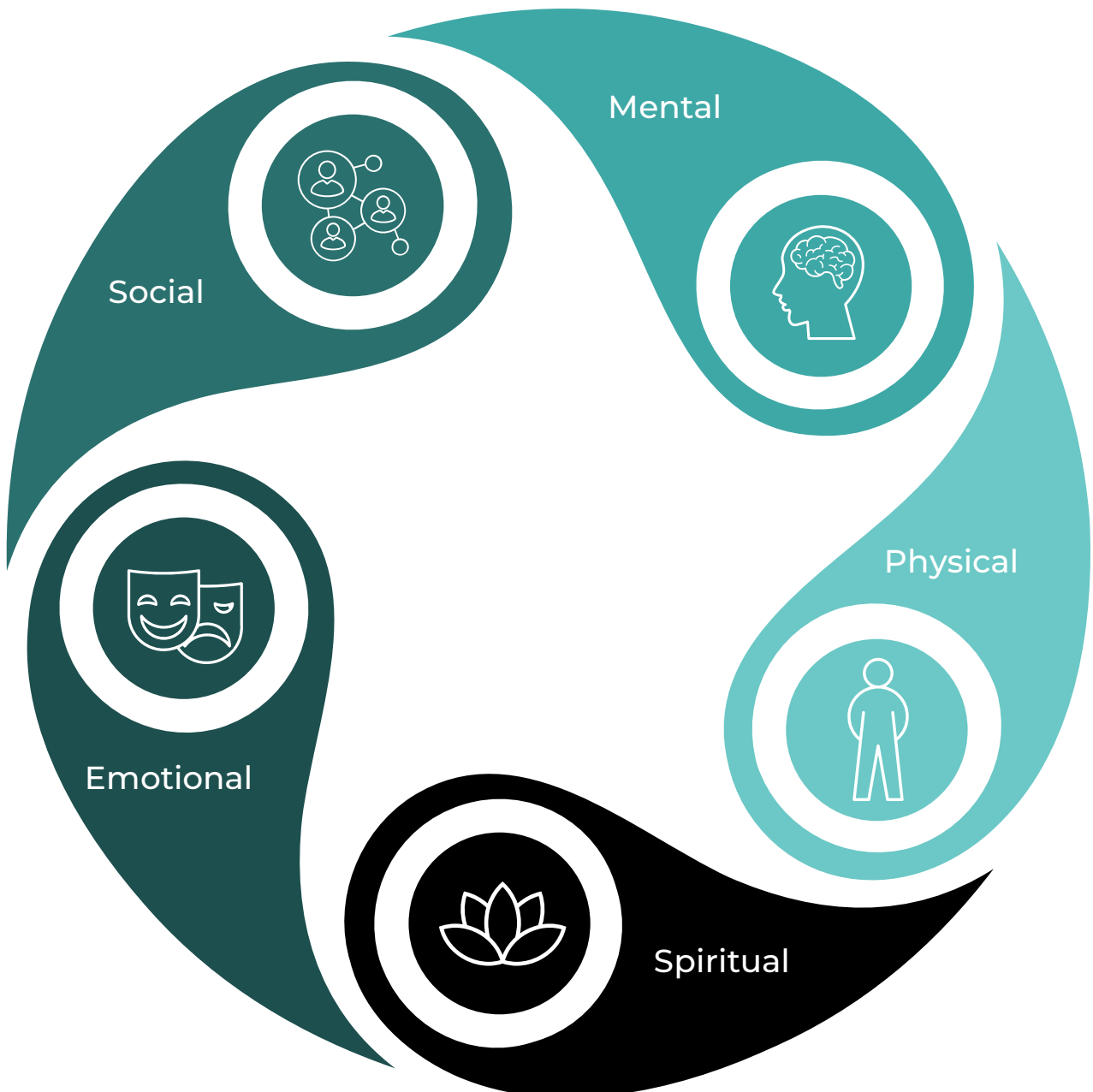
Build your plan on the next page...



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- What actions **do I proactively engage in** to support my wellbeing?
- What actions **could I explore doing or committing to**, to strengthen my wellbeing?
- These could include aspects of my **Social, Mental, Physical, Spiritual, and Emotional** Health.
- Write down your actions in the star below. Try to put an action next to each dimension of health





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Stressor

Actions or Strategies

Supports or Services



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