# Wellbeing Plan

The Charity for Civil Servants for you by you

| What am I like on a good day? | What should I do to maintain good wellbeing? | What happens when things start to slip or I get stressed? | What are the things that I can do when this happens? | Things I would like to do more of or try out to maintain my wellbeing |
|---|---|---|---|---|
| | | | | |