Wellness Plan for Healthcare Apprentices

**Close-up of a statue of a buddha

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Name

Date

In an emergency call 999 for immediate assistance.

Self-Assessment



Physical Health

Using the scale of 5 star to 1 star where would you rate your physical health currently. Identify any physical health concerns or challenges you are currently experiencing.

Mental Wellbeing

Using the scale of 5 star to 1 star where would you rate your mental wellbeing currently. Identfiy any stressors or mental health challenges you are experiencing.

Emotional Health

Using the scale of 5 star to 1 star where would you rate your mental wellbeing currently. Identfiy any emotional health challenges you are experiencing.

**Action Plan:**

* List specific actions you will take to improve your wellness in each area of focus.
* Include timelines and milestones for each action.
* Consider enlisting support from mentors, colleagues, or healthcare professionals if needed.

**Progress Tracking:**

* Regularly assess your progress towards your wellness goals.
* Reflect on challenges faced and adjustments needed to your plan.
* Celebrate achievements and milestones along the way.

**Review and Adjust:**

* Schedule regular reviews of your wellness plan (e.g., monthly, quarterly).
* Stay flexible and open to adapting your plan as needed to support your overall well-being.

**My Wellness Plan**

**A stack of rocks on a beach

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**“When I begin to feel stressed, and this is impacting on my day-to-day life I will look at my plan and take positive steps to reset and refocus on my mental wellbeing and address the stressors one by one.”**

Areas I can focus on.

Physical wellness:

Nutrition

Meal planning

Healthy eating habits

Exercise

Types of exercise

Frequency

Sleep

Sleep hygiene practices.

Hours of sleep per night

Mental Wellness

Stress Management

Techniques for managing stress

Stress reducing activities

Mindfulness And Relaxation

Mindfulness Practices

Relaxation Techniques

Learning And Growth

Educational goals

Professional development activities

Emotional Wellness

Social Support

Identify sources of social support

Ways to engage with support network.

Self Care

Activities that bring joy and relaxation

Prioritising self-care routines

Emotional Expression

Healthy outlets for expressing emotions.

Strategies for processing difficult emotions