

# Be You Wellbeing Plan

A tool for pre-service educators studying early learning and education qualifications.



This plan is designed to help you support your own mental health and wellbeing while studying. It will help you consider strategies and resources you can use to promote and protect your wellbeing.

## Why a plan is important

Looking after your mental health is just as important as looking after your physical health.

You can take plenty of practical steps to promote and protect your mental health and wellbeing. But it's also important to acknowledge that life can sometimes be challenging and leave us feeling stressed, upset, worried or burnt out. It's OK to not be OK.

Having a range of wellbeing strategies you can refer to as needed is a great approach to protect and maintain your mental health and wellbeing.

## How to use this plan

This personal wellbeing plan is a list of strategies that focuses on the actions you can take to support your mental health and wellbeing.

When filling in the plan you may like to focus on one or 2 sections at a time.

At each step consider the examples in the column on the left, and then record information relevant to your own situation on the right. Use these strategies as often as you can.

You can type directly into the boxes provided or print this plan out.

Completing this plan may take up to 20 minutes.

# Supporting your wellbeing

## Focus on your strengths

We often take our strengths for granted. Paying attention to our strengths means we can be more aware of them and use them when facing challenges or to achieve goals. Ask yourself, what are my strengths? What do I do well?

Think of a time when you felt proud of yourself, or achieved a specific goal (for example, started a new hobby or reached an exercise goal).

*Example: "I'm a good listener and can talk through problems."*

**List as many of your strengths as you can.**

## Use your strengths to promote wellbeing

Once you've listed your strengths, take a moment to consider how you can use them to promote your wellbeing.

For example, if one of your strengths is verbal communication, think about how you can use this skill to start a study group or build connections with peers.

**List how you can use these strengths to promote your wellbeing, while studying, at work and in everyday life.**



## Recognise the challenges that affect your wellbeing

There may be some factors in life that raise your stress levels and make situations more difficult to manage. These can be called stressors, and may make you feel overwhelmed, irritable, anxious, nervous or afraid.

If you know what increases your stress, you can often anticipate these stressors and use strategies to manage them effectively.

*Example of a stressor: Multiple assessments due.*

**List 2 things in your life that might raise your stress levels.**

## Recognise the strengths that help you manage these challenges

Your strengths can be used to manage stressors. They can provide tools that support you to approach stressful situations effectively and with ease.

*Example: One of my strengths is verbal communication skills. I can use these skills to start conversations about the assessments early. I could perhaps even start a study group to support me to stay motivated while I am managing my assessments.*

**List 2 strategies you can use to manage stressors.**



## Know the warning signs of stress and burnout

In small amounts, stress can motivate you and help you build resilience. But not all stress is helpful – and too much can affect your wellbeing.

Warning signs are changes in thoughts, emotions or behaviours that suggest you may be experiencing high levels of stress. Knowing them can help you act early. They could be:

- Feeling sadness, anxiety, irritability, anger or a loss of interest or pleasure
- Low energy levels
- Having difficulty sleeping
- Increased consumption of alcohol
- Procrastination, difficulty concentrating or meeting deadlines
- Being less social (or withdrawn) in interactions with fellow students, friends and family.

Learn how your mental health might change in response to different stresses on the [Mental Health Continuum webpage](#).

**List as many of your own warning signs as you can.**

*Warning signs:*



## Actions you can take to support yourself

There are actions each of us can take to support our mental health and wellbeing, and to address concerns when they arise. These actions might include self-care and raising study or placement-related concerns with an appropriate supervisor.

Some actions that support wellbeing may include:

- Scheduling time for activities you enjoy
- Talking to a trusted friend or classmate
- Engaging in meditation or mindfulness practices
- Talking to a lecturer or trainer about changing your study load, if appropriate and possible
- Celebrating successes as well as discussing concerns or challenges
- Accessing professional support (see 'Support services' at the end of this document).

**List strategies you can use to support your wellbeing.**

*Self-care strategies:*

## Engage with supportive family, friends and peers

Having a network of family and friends you can turn to when life gets challenging is important for maintaining perspective and feeling grounded.

Consider the people in your work, education or social circles who you enjoy being with, or who help you feel better during difficult times.

These people could include:

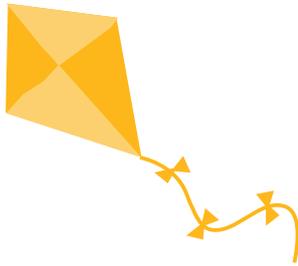
- peers
- colleagues
- friends
- family members
- mentors
- contacts in community groups.

**Write down the names of contacts in your community. Try to include at least one person you study or work with. Describe how you can stay in contact or reach out to them when you need to.**

# Encourage a supportive environment for you and others

Contributing to a mentally healthy learning environment can add to your own wellbeing. Positive actions, even if they are just showing gratitude or small acts of kindness, can quickly add up to make us feel good.

- Grab a coffee with a peer
- Write a thank you note
- Pay a compliment to a colleague or fellow student
- Take some time to find out more about your peers.



**List some things you can do with, and for, others to support a mentally healthy learning environment.**

## Support services

Professional support is always available when you need it.

Contact your university or registered training organisation for details about support services available, such as financial, housing, and psychological support.

Visit the [Be You site](#) for a snapshot of the mental health and community support services available.

Other support services include:

- [Beyond Blue Support Service](#) 1300 22 4636 or [chat online](#)
- [Health Direct](#)
- [QLife](#) LGBTI peer support and referral 1800 184 527
- [13YARN](#) 24/7 crisis support for Aboriginal and Torres Strait Islander people 13 92 76
- For free financial counselling, call the [National Debt Helpline](#) on 1800 007 007

For an interpreter to speak to any of these services, call the [Translating and Interpreting Service](#) on 13 14 50.

