

# Be You Wellbeing Plan

A tool for education and early childhood students



This plan is designed to help you support your own mental health and wellbeing while studying, and address the unique challenges you may experience throughout your career as an educator.

**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.

There are plenty of practical steps you can take 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 and it's important to recognise if you are feeling that way and take steps to get the support that's right for you.

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. The plan can also be useful to help you identify potential stressors and strategies to minimise their impact.

## 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 two 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.



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# Supporting your own 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?

*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). What skills did your bring to the achievement? Who helped you? Use these insights to list your strengths.*



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

**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.

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

*Example:*

*Stressor: Multiple assessments due.*

*Strategy: Use a daily planner to manage your time during the assessment period. Block out time for study, work, family commitments and relaxation.*

**List two things in your current life that might raise your stress levels. Then add strategies you can use to address them.**

*Issue and strategy to manage it:*

*Issue and strategy to manage it:*

## Actions you can take to support yourself

There are actions that 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
- Staying in touch with family and friends
- Talking to a trusted friend or classmate
- Eating well and keeping physically fit
- Prioritising sleep by adopting good sleep habits
- 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).

Here are some suggested strategies for dealing with [stress](#) and [anxiety](#).

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

#### *Self-care strategies when studying:*

#### *Self-care strategies when on placement or while working or studying:*

#### *Self-care strategies at home:*



## 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 about your peers.

**List some thing you can do with, and for, others to help your own wellbeing.**

# 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 and actions that will help you address them.**

*Warning signs, actions:*

## 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.

