



North Ayrshire Council
Comhairle Siorrachd Àir a Tuath

THE LITTLE BOOK FOR HEALTH AND WELLBEING ACTION PLANNING





What do I find stressful?



What is my goal? Be specific

Is there anything in the situation that can be changed?

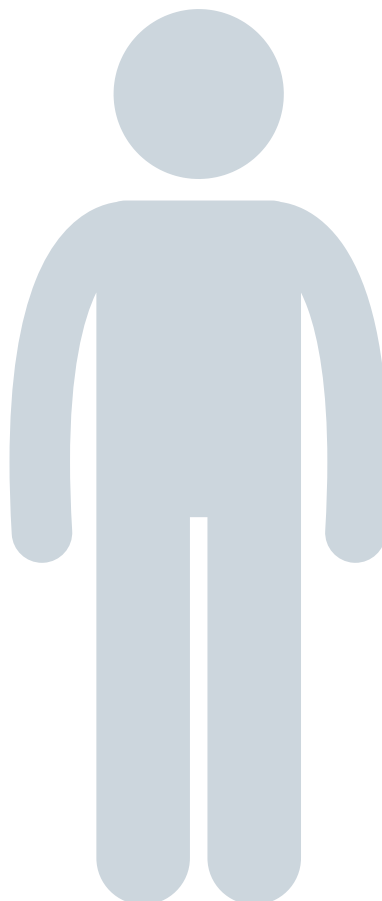


Map the following on the body

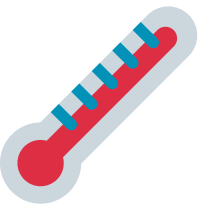
How I feel

My thoughts

How I behave



Scale how anxious I feel at the time



0

not anxious

5

10

extremely
anxious

Strategies I will try



What?	When?

Name your coping thoughts



Reviewing my plan

Date



Date



Date



Date

