

Traffic Lights

Wellbeing **Action Plan**

This tool can be completed alone, with a friend, or with a mental health worker.

Think about all aspects of your life – Physical health, spiritual or religious, relationships with partners, family and friends, financial habits, drug or alcohol consumption, legal issues, housing problems, community engagement, thought patterns or beliefs of others or self – some things will be more important to you than others.

Change this tool as much as you want to fit you – you are the one that will be putting this action plan into action.

Green

Signs that life is pretty wonderful.

- What do I notice about myself?
- What feelings am I having?
- What activities am I doing?
- What conversations I am having?
- How is my diet / sleep / exercise?

Keeping in the Green

- What activities / which people help me stay here?

Amber

Signs that life is a bit tricky at the moment

- What do I notice about myself?
- What feelings am I having?
- What activities am I doing?
- What conversations I am having?
- How is my diet / sleep / exercise?

Navigating the Amber

- What can I do more of to improve things?
- What can I do less of to improve things?
- What is missing from my life that was happening in the Green state?
- What is sneaking into my life that might lead to a Red state?

Red

Signs that life is really difficult at the moment and I need to make some change

- What do I notice about myself?
- What feelings am I having?
- What activities am I doing?
- What conversations I am having?
- How is my diet / sleep / exercise?

Managing the Red

- What am I doing / not doing that is keeping me here?
- What happened last time I was here? Who or what got me out?
- Who can I trust to talk to?

List of 5 contacts that you trust and respect that you can comfortably talk to about the hard stuff of life. They can be mental health workers or phone services, family members, trusted friends. Talking with these people does not make you a burden. You will not be judged.