

Wellbeing Questions

We all need to look after ourselves and those people around us more than ever at the moment.

Copy out the questions below and fill in your answers (the examples are just there to help you)

When you have written out your answers, stick the paper up somewhere near where you work. That way, if you start to feel a bit anxious, down or overwhelmed, look at your answers and you know instantly what to do to help yourself.

Wellbeing Question	Example Answer
What supports your wellbeing?	Talking to people/being physically active/learning new skills
What matters to you?	Keeping myself and my family healthy/my education or job/ being happy
Who matters to you?	My parents/brother/sister/pets
What makes you feel safe? What can you or others do to help?	Relaxing with friends or family/ Face timing/going for a bike ride/watching a film

