You may like to use these questions as a way of summarising what helps your wellbeing

|  |
| --- |
| 1. **What do I notice in myself when my wellbeing is good?** |

|  |
| --- |
| 1. **What changes do I notice when my wellbeing is not good?** |

|  |
| --- |
| 1. **What do I need to do if my wellbeing is not good?** |

|  |
| --- |
| 1. **What can I do to prevent deterioration in my wellbeing?** |

|  |
| --- |
| 1. **What support is helpful / unhelpful?** |