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

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| 1. **What do I notice in myself when my wellbeing is good?**
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| 1. **What changes do I notice when my wellbeing is not good?**
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| 1. **What do I need to do if my wellbeing is not good?**
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| 1. **What can I do to prevent deterioration in my wellbeing?**
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| 1. **What support is helpful / unhelpful?**
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