

# Wellbeing action plan

RANGERS

Things that cause me to feel stressed or low:

The people I can talk to at my unit are:

Things that we can do to help you are:

Signs that I am becoming stressed or low:

Helpful and positive things to tell myself are:

Things that help me when I am feeling stressed or low:

Things that keep me mentally healthy and well are:



WE DISCOVER, WE GROW

Girlguiding