Sample Personal Wellness Plan

Barbic, S. Bill, N., Dersken, C. (2018). Personal Wellness Plan. Department of Occupational Science and Occupational Therapy. University of British Columbia.

Wellness Continuum[1]

My wellness indicator

GREEN ZONE

Indicators that I am in the GREEN zone.

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

In my experience, these are things that support my wellness:

_____
_____
_____
_____
_____
_____
_____

THIS IS WHAT I NEED TO KEEP WELL:

Goal 1: _____

Goal 2: _____

Goal 3: _____

[1] Mental Health Commission of Canada. (2008). Mental Health Continuum Model.

Wellness Continuum[2]

GREEN ZONE	YELLOW ZONE	ORANGE ZONE	RED ZONE

YELLOW ZONE

Indicators that I am entering the YELLOW zone.

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

This is what I need to do when I am in the yellow zone.

Strategy 1: _____

Strategy 2: _____

Strategy 3: _____

ORANGE ZONE

What are the early warning signs that I might be entering the ORANGE zone?

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

What actions can I take when I recognize the early warning signs of being in the orange zone?

Action 1: _____

Action 2: _____

Action 3: _____

[2] Mental Health Commission of Canada. (2008). Mental Health Continuum Model.

Wellness Continuum [3]

RED ZONE

What are the early warning signs that I might be entering the RED zone?

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

What actions can I take when I recognize the early warning signs of being in the red zone?

Action 1: _____

Action 2: _____

Action 3: _____

Personal Resources

List those people you can rely on when you are in the yellow or red zones. They can be family members, friends or health care professionals. You may want to name some people for certain tasks like taking care of children basics errands cleaning the house or apartment and for other tasks.

People I can rely on	**When I should contact them**
_____	_____
_____	_____
_____	_____
_____	_____

[3] Mental Health Commission of Canada. (2008). Mental Health Continuum Model.

Health and Wellness Services in your community

List services and places you can access to optimize your wellness