

# Mental Health & Wellbeing Plan: 2022

## My Mental Health and Wellbeing Goals for 2022:

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## Ways I can build self-compassion and self-care into my life:

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**Things that help my mental health that I need to keep doing:**

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**Things I have been meaning to try to see if they help:**

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**Things that help my mental health that I would like to do more:**

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**Things that don't help my mental health that I would like to do less:**

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**Things I will learn to accept in my life:**

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**How will I reflect on my wellbeing and health this year?**

Blank space for reflection on wellbeing and health this year.