



# PREPARE YOUR MIND WORKSHEET

This worksheet helps you to identify your anticipated stressors, the feelings and thoughts they may provoke, and prompt you to think about how you can invest in your wellbeing.



**Anticipate:**

My stress triggers: e.g. tiredness, being pulled in too many directions.



**Identify:**

How I know I am experiencing negative stress:

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## MY PLAN TO COUNTER NEGATIVE STRESS AND INVEST IN MY WELLBEING:

	In an ideal day* I will:
Connect	
Be active	
Take notice	
Keep learning	
Give	

\* Aspirational.

## My rule for when I will seek further help

e.g three consecutive nights of disrupted sleep.

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### Manage:

These five actions are identified as helping you feel good and function well: connect, be active, take notice, keep learning, and give.<sup>1</sup> Invest in your wellbeing by incorporating these actions into your day to day life:



<sup>1</sup> New Economics Foundation (2008): Five Ways to Wellbeing  
neweconomics.org