

## healthy headspace action plan

It can be hard to make a change, however creating a plan can help. You could explore making a change by using one of the seven tips (see over page) and use the questions below as a start.

**A** What activities are possible? Which seem like fun? What would you like to try or change? e.g. *listen to music, write down my ideas, eat breakfast each day*

**B** When will you do the activities? How often can you do them?  
e.g. *before bed, twice a week*

**C** How will you know if the activities are working for you?  
e.g. *I'll laugh, I'll sleep, I'll feel more confident to handle tough times*

**D** What could get in your way? e.g. *I'm busy, I don't have equipment, I am not sure how*

**E** Where can you get support? e.g. *ask a friend to join you, research online, borrow equipment*

You could try these things to help make your changes stick:

- write it down
- set a reminder
- plan it with family or friends
- take note of any benefits
- think about why it's important to you

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