



Gloucestershire



# Gloucestershire Carers Hub

## Wellness Action Plan

### Wellness Action Plan

This Wellness Action Plan (WAP) is a fantastic way for you to note down what you need to stay mentally well at work/ volunteering. Once you've filled it out, keep it close to hand to use whenever you need to; it's a useful tool when you're feeling stressed or start to experience poor mental health.

Some parts of the plan - or all of it if you're happy to share - can be discussed with your manager so they can offer you as much support as possible.

**What are the main reasons you volunteer?**

**What helps you stay mentally healthy when volunteering?**

What can your manager do to support you?	
Is there anything that triggers poor mental health at work/volunteering for you?	
How does poor mental health affect you at work while volunteering?	
What are your warning signs?	
What steps can you take to improve things, and should your manager be aware of this?	
Is there anything about your working style or personality that it's worth your manager knowing about.	
Is there anything else you'd like to share?	

Volunteer signature:	Date:
Line manager signature:	Date: