

DEVELOPING A WELLBEING ACTION PLAN

A Wellbeing Action Plan reminds us what we need to do to stay well, whether it's at home or at work.

It helps us develop an awareness of our stress triggers and responses, and enables us to communicate these to ourselves and others.

This session will explore practical tips and actions you can take to support your own mental health, and help create and develop your own Wellbeing Action Plan



Wednesday 24 August
6pm-7pm, on Zoom

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first. Contact: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing