



# MY WELL-BEING ACTION PLAN



Follow the instructions in the activities and write down your results here to create your own personal well-being Action Plan.



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## MODULE: Introduction & Foundations

### > My Ripple Map



### > Explore Contextual Factors

- Contextual Factors Reflection Journals
- Workload Mapping
- Stress & Support Audit
- Peer Support & Group Discussions

WHEN?



### > My Positive Influences

1.

2.

3.