Mental Health Action Plan Worksheet

Name: _____ Date: _____

Instructions: Use this worksheet to create your own personal plan for supporting, or improving, your mental health. Listed below are seven things you could include in your plan, but you don't need to include all off them. Start small and maybe choose one thing per week to work on. Everyone's situation is different, so everyone's personal plan will look different. If you are struggling with your plan, talk with a trusted adult. They can help you.

Write down at least one specific thing you can do for each of these that you choose to work on.

Create healthy sleep habits:

_____

Get regular physical activity:

_____

Limit social media:

_____

Stay connected:

_____

Allow for downtime:

_____

Develop positive coping strategies:

_____

Practice positive self-talk:

_____

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