

My Wellbeing Blueprint: A Guide to Emotional Health

Learning objective: To understand the importance of mental health and identify personalised strategies for maintaining emotional wellbeing.

This is your personal wellbeing blueprint. Use this template to explore your emotions, identify your support network, and create a plan for when you feel overwhelmed. Think deeply about how your mind and body are connected, and be honest with your reflections. You may wish to consult with your peers or an adult to broaden your perspective.

Word bank: resilience · mindfulness · perspective · wellbeing · strategy · support · empathy · balanced · calm · vulnerable

1. Emotional Landscape: Describe a situation that recently caused you to feel a strong emotion. How did your body react, and what thoughts were running through your mind? (4 marks)

2. The Support Network: Identify three people or groups you could speak to if you were feeling low or anxious. Explain why you trust them to support your mental health. (3 marks)

3. Strategy Selection: Compare two different activities that help you feel calm (e.g., physical exercise vs. creative writing). Justify which one is more effective for you and why. (4 marks)

4. The Ripple Effect: Explain why being kind to yourself is just as important as being kind to others. How does self-compassion impact your daily choices? (3 marks)

5. Analysing Resilience: If you faced a significant challenge this week, what might happen if you viewed it as a 'learning opportunity' rather than a 'failure'? Describe the change in perspective. (4 marks)

6. Future Planning: Design a 'wellbeing routine' for a busy school day. What small steps will you take to ensure your mental health remains a priority? (2 marks)

Extension challenge: Write a thoughtful letter to your future self, dated one year from now. In your letter, offer three pieces of advice for maintaining mental wellbeing during difficult times, and justify why these specific strategies are essential for a healthy, balanced life.