



Create a Wellness Action Plan

What is a Wellness Action Plan?

A Wellness Action Plan (WAP), also known as a mental wellbeing care plan, is a tool created by the charity Mind to proactively manage mental health and wellbeing at work. They encourage you to reflect on what keeps you well, identify potential triggers for poor mental health, and outline the types of support or adjustments that could help you thrive.

Take a look at Mind's
Wellness Action
Plans here

What are the benefits?

Using a WAP can help you to achieve better work-life balance, build self-awareness, have open conversations, access tailored support, spot early warning signs and boost confidence.

