

# Supporting Well-being

Wellbeing is not only an individual journey, sometimes we can't make this journey on our own and need the help of others. It's also about looking within to see the things we may need to change. With spring just around the corner, it's a good time to think about doing something new, here's an activity to help you think about your own wellbeing – the physical, emotional and financial elements of our lives.

Make a note below of how you feel you are doing:

- What might need to change?
- What new things might you need to do?
- What do you need to walk away from so that you're able to be the person you want to be?
- What do you need to walk towards so that you're able to be the person you want to be?

Physical

Emotional

Financial

Remember:

