

# Action Plan

Achieving a task, no matter how big or small, can help lift your mood and encourage hope. From being able to go to the shops by yourself, to travelling around the world in a wheelchair – here are six small steps to help you enable your own action plan.



## Example 1

Things to do:

### Increase mental resilience to better deal with a difficult situation

**Step 1:**

*Reach out to family and friends: Hosting things at my house like board games.*

**Step 2:**

*Do as much exercise as you can do, no matter how little, especially breathing exercises.*

**Step 3:**

*Read as much as you can about resilience, 'The Happiness Trap' is a good start.*

**Step 4:**

*Volunteer and find a project that is meaningful to you for a sense of purpose.*

**Step 5:**

*Try to focus on the present moment, don't get lost in memory or hopes for the future.*

**Step 6:**

*Try to make sure you are getting nutritious food and good sleep.*

## Example 2

Things to do:

### Get to the supermarket and chose my own fruit and vegetables

**Step 1:**

*Think about how I can do it, where might be best to go.*

**Step 2:**

*Ring supermarket and ask them if they can help me and what the best time will be.*

**Step 3:**

*Ring up dial-a-ride and book a time to go.*

**Step 4:**

*Make a list of shopping before I go.*

**Step 5:**

*Make sure I have had breakfast before I go on the day so I don't get hungry.*

**Step 6:**

*Do a trial run, when I get to supermarket. Tell them I can't push trolley and drive my wheelchair at the same time.*

## Things to do:

**Step 1:**

**Step 4:**

**Step 2:**

**Step 5:**

**Step 3:**

**Step 6:**

Your steps

