**MY STAYING HEALTHY PLAN - EXAMPLE**

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| C:\Users\tracey.murphy\Downloads\Confused1.png What will you do? | C:\Users\tracey.murphy\Downloads\When_.pngWhen will you do it? |  C:\Users\tracey.murphy\Downloads\Care Provider 1.png Who will help? |
| 1 Talk to my sister as it makes me feel less anxious when I talk to her2 Tidy my room, open the window and put air freshener in the room as it will help me sleep better3 Get washed and dressed as my usual routine helps to lift my mood | 1 Every evening2 Once a week3 Every morning | 1 My sister2 My support worker3 My health care worker |