**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 her  2 Tidy my room, open the window and put air freshener in the room as it will help me sleep better  3 Get washed and dressed as my usual routine helps to lift my mood | 1 Every evening  2 Once a week  3 Every morning | 1 My sister  2 My support worker  3 My health care worker |