**Wellness Plan**

The Alaska School Safety and Well-Being Summit is a great opportunity for teams to come together and exchange knowledge and resources with peers and experts from the field. While every attempt and effort is being made to maintain the physical and emotional safety of all parties involved, we understand that it is impossible to plan for every potential emergency and/or crisis.

It is important to be reflective of your strengths, needs, and challenges to ensure your well-being while at the meeting. The following voluntary Wellness Plan template is designed for each participant to fill out as an additional support tool to help maintain social and emotional well-being. The questions included are intended to help each meeting attendee formally recognize what they will use as a support while they are at the meeting. Completing a personalized Wellness Plan is not required, but is highly encouraged.

NOTE: If an emergency requiring medical attention arises, please call 9-1-1 or go to the nearest Emergency Room.

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| **My Wellness Plan**[**i**](#_bookmark0) |
| **Name:** |
| **What are some potential stressors for me that could come up at the meeting? *(Examples: being far away from home, talking about my lived experience, speaking in front of a roomful of people, hearing about others’ struggles.)*** |
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| **What would help me to calm down if these stressors were to occur, and how can I**  **access these resources while on travel? *(Examples: taking a walk, going for a swim, reading, talking with someone I trust.)*** |
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| **What does not help me to calm down in stressful situations?** |
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| **In my project team, who do I feel comfortable turning to for help and support if I need it?**  **Do I have their contact information?** |
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| **How will I stay focused on my physical and mental health at the meeting?**  ***(Examples: Take a walk each morning, spend 15 minutes reflecting at the end of the day, call my sister to check in.)*** |
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| **How will I handle crisis when far away? *(Consider: Who do I want to contact at home?***  ***When? Who not to contact?)*** |
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| **Have I set aside time after the meeting with my team to debrief?** |
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i Adapted from Georgetown University. Improving Children’s Mental Health Care in an Era of Change, Challenge, and Innovation: The Role of the System of Care Approach. Training Institute 2014. National Forum on Youth Violence Prevention. Individual Safety Plan.