

Follow your own path towards better mental health



Individual Wellbeing Plan

Individual Wellbeing Plan

This Individual Wellbeing Plan is designed to help raise your awareness of your strengths, your early warning signs for when things aren't going great, and individually tailor strategies you can implement to increase your likelihood to thrive throughout the season.



Thriving is when you are at your best (Green light)

I know I'm thriving when:

Environment

Thoughts/mindset

(e.g. easily refocus, positive, open to feedback, clear-headed and logical)

Feelings

(e.g. confident, motivated, easygoing, energised)

Behaviours

(e.g. good banter, smiling)

Within Cricket

(e.g. game day, training, travelling)

Outside of Cricket

(e.g. work, study, downtime)



Consider your stress signature (Amber light)

I know I'm struggling when:

Environment

Thoughts/mindset

(e.g. negative, self-critical, take things personally, serious)

Feelings

(e.g. irritable, heavy, unmotivated, sensitive)

Behaviours

(e.g. snappy, quiet, head down)

Within Cricket

(e.g. game day, training, travelling)

Outside of Cricket

(e.g. work, study, downtime)

Individual Wellbeing Plan



If I'm experiencing a crisis (Red Light)

What might it look like:

Who will I contact in a crisis:

I commit to speaking to the appropriate people immediately.

Within Cricket (e.g. PDM, teammate, support staff)

Other (e.g. GP, family, other)

Psychologist (Internal and/or external)

Benestar (confidential counselling, 24/7 hotline) - 1300 360 364:

Notes

Individual Wellbeing Plan



Potential upcoming roadblocks:

What are some challenges you may come across?

Roadblock

(e.g. change in restrictions, border closures, injury)

What will I do about it?

(e.g. set boundaries for downtime, maintain routine)

Likelihood

(e.g. high, medium, low)

Who can help + how?

(e.g. teammates, coach, manager)

Notes