

My wellness plan

This is your personal plan, individualised to your needs across all four domains of wellbeing. Making a plan at a time when we feel calm and relaxed helps us to feel prepared for times of vulnerability. Develop your list of tools to pick up when you need them. Save this document or print it off and keep it somewhere that's easy to access when you want it.

Here is an example below. Use the blank template on the following page to develop your personal plan.

Physical Wellbeing: Taha Tinana

How do I look after my body?

What can you do to self-soothe and care for your physical self?

1.

2.

3.

Mental and Emotional Wellbeing: Taha Hinengaro

How do I look after my thoughts and emotions?

How can you respond to yourself compassionately? What do you need to hear right now?

1.

2.

3.



Spiritual Wellbeing: Taha Wairua

How do I look after my spirit?

What helps you feel grounded?

1.

2.

3.

Family and Social Wellbeing: Taha Whanau

How do I look after my social wellbeing and relationships?

Who is in your support network? Who do you lean on and who helps you feel connected?

1.

2.

3.

Potential Obstacles

What might get in the way?

What can stop you from caring for yourself well? (e.g., thoughts, attitudes, expectations, beliefs, habits)



Unhelpful Strategies

What unhelpful strategies can I avoid?

What strategies are not working for you?

Remember that one strategy might not be enough to help you manage your stress, distress or discomfort and we need different things at different times. You may need to use a number of strategies and combinations. Here are some ideas and suggestions to help build your individual plan.

<p>Physical wellbeing: Taha tinana</p> <p>How do I look after my body?</p> <ul style="list-style-type: none">• Deep breathing.• Connect with your body in ways that are unrelated to fertility treatments.• Eat regular healthy meals.• Reduce coffee or alcohol.• Go for a walk/hike.• Go swimming.• Medical check-ups.• Have an adventure day.• Get a massage.• Dance.• Allow yourself to rest• Yoga, stretch your body.• Play sport.• Cook a new or favourite meal.	<p>Mental and emotional wellbeing: Taha hinengaro</p> <p>How do I look after my thoughts and Emotions?</p> <ul style="list-style-type: none">• Respond Compassionately to yourself• Acknowledge challenges and losses• Allow yourself to be present with your emotions for a period of time.• Allow time to grieve the losses along the way.• Acknowledge your accomplishments in your fertility pathway.• Express emotions in healthy ways• Set limits with others (e.g., practise saying no).• Book in to see your counsellor• Set aside daily quiet time• Write in a journal or blog.• Disconnect from Devices for a while.• Visualise a peaceful place• Give yourself permission to focus on other things outside of Fertility.
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<p>Family and social wellbeing: Taha whānau</p> <p>How do I look after my social wellbeing and relationships?</p> <ul style="list-style-type: none">• Connect with someone important to you. Who is this person to you?• Spend time with friends or people you admire and who understand.• Tell a friend/partner about how you are feeling.• Resume “family weekend outings” on Sundays.• Ask for support from family and friends.• Connect with a Fertility NZ support group.• Go to an event.	<p>Spiritual wellbeing: Taha wairua</p> <p>How do I look after my spirit?</p> <ul style="list-style-type: none">• Practice mindfulness.• Take classes on how to meditate.• Increase awareness of nature (e.g., birds & flowers during day, stars & solitude at night), lie on the grass.• Read inspirational literature.• Do yoga sessions every morning when things are quiet.• Learn new skills.• Make a gratitude list.• Listen to music.• Be in nature.• Volunteer for a meaningful cause.• Practise grounding yourself in the moment.
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To book in with a counsellor at your Fertility Clinic, call the main clinic line to arrange this. For urgent support outside of the clinic, lifeline 0800 543 354 Free text 4357 (HELP).