

Name:

Connect Leader:

Wellness Plan for People with Complex Needs

Situations in church/church life that that I find difficult... (Triggers)	What usually happens if I start to feel unwell? (Thoughts, feelings, behaviours, physical symptoms)	How does this affect me ? (My relationships, engagement in church, relationship with God)
What support do I need from Church?	What can I do to help? (examples: challenging negative thoughts, relaxation, removing myself from stressful situations, eating well, exercise, rest etc,)	Strengths and Values
Support I need: What have people done to help in the past?: What can others do to support me now?:	<u>My Wellness Toolkit and support plan:</u>	What is important to you? What do you or others think you are good at: Is there anything you would like to get involved in or serve in at church?:

Review in _____

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