



ROCKSTAR YOUTH LEADERSHIP TRACK WELLNESS PLAN

It is important to be reflective of your strengths, needs, and challenges to ensure your well-being while attending conferences. The following voluntary Wellness Plan template is designed for each participant to fill out as a support tool to help maintain social and emotional well-being. The questions are designed to help you recognize what support would look like at the event. Completing a personalized Wellness Plan is not required but is highly encouraged.

This wellness plan is designed for YOU, but you may want to share it with a peer or supportive adult who is traveling with you, so that they can know how best to support you. Feel free to ask a peer or supportive adult to help you complete this form. Just make sure the information is from you. You are the best expert of yourself!

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

Name:	Cell Phone:
Conference Hotel Name:	
Current Medications:	
Name of Peer or Supportive Adult Traveling with you:	Responsible Adult's Cell Phone:
What will you do to help maintain your mental and physical health while at The Training Institutes? <i>For example, will you take a walk each day? Find time to FaceTime with friends and family at home?</i>	
What are some things that are likely to make you feel extremely uncomfortable? In those moments, what may happen? <i>Here are some examples of possible stressors: crowded rooms, traveling long distances, speaking in front of a roomful of people.</i>	

What can help you through these uncomfortable situations?

Here are some examples: listening to music, time alone, a walk, talking with a friend or peer.

What I can do for myself:

What can others do with me:

Who would you like to contact during this time? Do I have their contact information?

Think about who you feel safe and comfortable turning to for support.

Supportive people with me at The Training Institutes (name, cell phone, email address):

Supportive people at home who I can reach by phone (name, cell phone, and email address):

How will I handle crisis when I am far away from home?

Who do you want to contact at home? When? Who not to contact?