



JULY 25-28, 2018

UNIVERSITY OF MARYLAND, BALTIMORE
TRAINING INSTITUTES
WASHINGTON, D.C.

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?

