



## What happens now?

(example worksheet from "The Art of Wellbeing" workshop)

Complete the following support map to outline who you look to for support, help and advice when you are in need. We look at support networks that can be available if issues should arise.

A large, empty rectangular box with a thin black border, intended for writing a support network.A large, empty rectangular box with a thin black border, intended for writing a support network.A large, empty rectangular box with a thin black border, intended for writing a support network.

**YOU**

A large, empty rectangular box with a thin black border, intended for writing a support network.A large, empty rectangular box with a thin black border, intended for writing a support network.A large, empty rectangular box with a thin black border, intended for writing a support network.