

# 5 P's + Plan Formulation

## Understanding what influences your mental health and wellbeing



### Past

What has happened in your past that may be important? How was power used?



### Triggers

What sets things off? What was happening when your difficulties started?



### Current

What is happening in your life at the moment?



### Positives

What are the positives in your life, including your strengths, support from people, things around you?



### What makes change difficult?

What things keep your difficulties going and makes change difficult?



### Plans

Thinking about your next steps to building your wellbeing.

