

My Mental Health Plan – Example Page 1

Identify likely business stressors

too many emails

work piling up

inadequate cash flows

Identify mental health 'red flags'

knot in stomach

overwhelmed

waking (or working) at 3am

Action steps I can take to
address my stress levels

prioritise emails

close door 1 hour to finish

talk to accountants

talk to doctor

walk 2 kms every day

join a netball team

My Mental Health Plan – Example Page 2

People and resources I can call on for support

doctor
accountant
industry association
business mentor

My plan if I am unable to work

include family and friends
income protection
outsourcing
ATO
Centrelink

My return to work plan

Reduce hours to 3 hours per day, 2 days per week for the first few weeks
Work from home
Start with getting back up to speed with the business

Tasks

contact them to let them know they are a support person

research income protection policies
contact ATO and Centrelink

talk to staff about the plan
revisit mental health plan when back to work full-time