# Ways to Mental Wellbeing

# Organizational Planning Tool

This tool can be used to help you plan a single activity or multiple activities over a period of time.

It will allow you to identify specific elements of the Ways to Mental Wellbeing and demonstrate how they

link and support the stated actions.

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| Project Name: |
| **Which of the Ways to Wellbeing is being addressed by this activity (circle all that apply)?**C:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Give_Back.pngC:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Be_Mindful.pngC:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Be_Active.pngC:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Keep_Learning.pngC:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Connect.png Connect Keep learning Be active Be Mindful Give Back |
| **WTMW Outcomes**What will the project achieve, e.g. Connect, Keep Learning | **Outputs**The activities that will happen | **Inputs**What resources are needed to make it happen | **Milestones**When things happen and who will do it | **Evaluation**How will you know how well you are doing? |