

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 keeps things stuck?

What things keep your difficulties going and make change difficult?



Plans

Thinking about your next steps to building your wellbeing.

