

5Ps + Plan Formulation

Understanding what influences your mental health and wellbeing



Past

What has happened in your past that may be important?



Triggers

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



Current

What is happening in your life at the moment?
What is good? What is difficult?



Positives

Do you have helpful people in your life at the moment? What are you good at? What is going well?



What makes change difficult?

Things that keep your difficulties going and make change difficult.



Plans

Start thinking about how you want to make changes and enjoy more things in your life.