

Personal Development and the Strategy for Health and Wellbeing

If you are ...

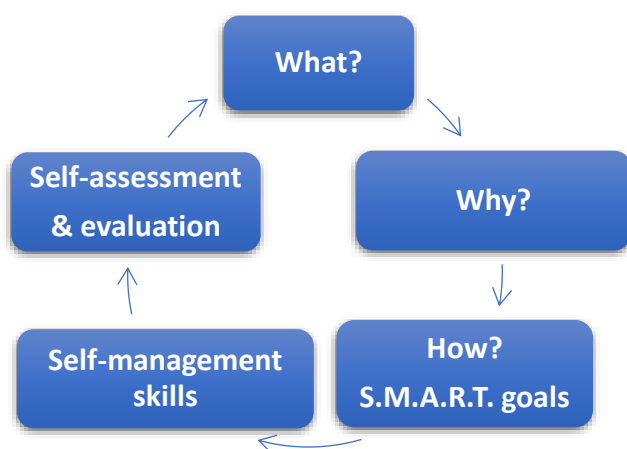
- Overweight with the Body Mass Index (BMI) over 25
- Have a raised glucose or cholesterol level
- Diagnosed with type 2 diabetes or on the border
- Low levels of physical activity
- Often stressed or depressed
- Having a history of family illness

These factors could lead to more complex health problems in the future, if not managed effectively.

Reducing your risk factors can ...

- Help you prevent illness
- Be in control of your choices for health and wellbeing

We can help you reduce the risk of developing ill health and support you develop your strategy for better health.



What would you like to develop that could help you improve your health?
(In tune with your values, beliefs and a level of confidence in self-managing optimum health)

Why would you like to make a change?
Would that help you reduce the risk factors leading to poor health in the future?

How the goals could be achieved?

Are they S.M.A.R.T. goals? *(specific, measurable, achievable, realistic and time bound)*

The method of support is adapted to your needs and aims to develop relevant skillsets in self-assessment, monitoring of progress and evaluation of the outcomes, which is necessary to the achievement of self-management skills.

Personalised Development Plans and support from the service can help you cope more effectively with the symptoms and reduce your risk factors through taking a holistic and integrated approach that combines the physical, cognitive and social aspects of your wellbeing.

The sooner preventative steps are taken, the better the outcomes and increased chances of staying in control over your choices for health and wellbeing.

Prevention is better than the cure!