

WELLBEING Methods



Handout 1 – My Private Needs Dashboard

This page is for you.

You do not have to hand it in or explain your answers.

Mark Green / Amber / Red, or leave an area blank.

Then notice one signal and write more than one possible need.

Area	Examples of what this area may include	Green	Amber	Red / needs attention
BODY	rest; physical comfort; movement; normal food/water routine; feeling physically settled			
MIND	focus; clarity; manageable stimulation; a pause; knowing the next step			
FEELINGS	calm; expression; self-kindness; emotional regulation; time to process			
CONNECTION	company; belonging; support; being heard; time with someone trusted			
SPACE & CHOICE	privacy; boundaries; quiet; time; autonomy; control over small decisions			

One signal I noticed:

Two possible needs (not diagnoses):

1. _____ 2. _____

What changed just before I noticed this? _____

What could make the next 10–20 minutes more manageable? _____