



# Investing in Wellbeing

## The 3P's.

This worksheet is designed to supplement the *Dealing with Stress* workshop. Use this table to identify the **practical**, **purposeful** and **pleasurable** activities in your life. Once complete, reflect on your table and how well balanced it is, consider any changes you may need to make for a healthier, happier lifestyle.

 PRACTICAL	 PURPOSEFUL	PLEASURABLE 