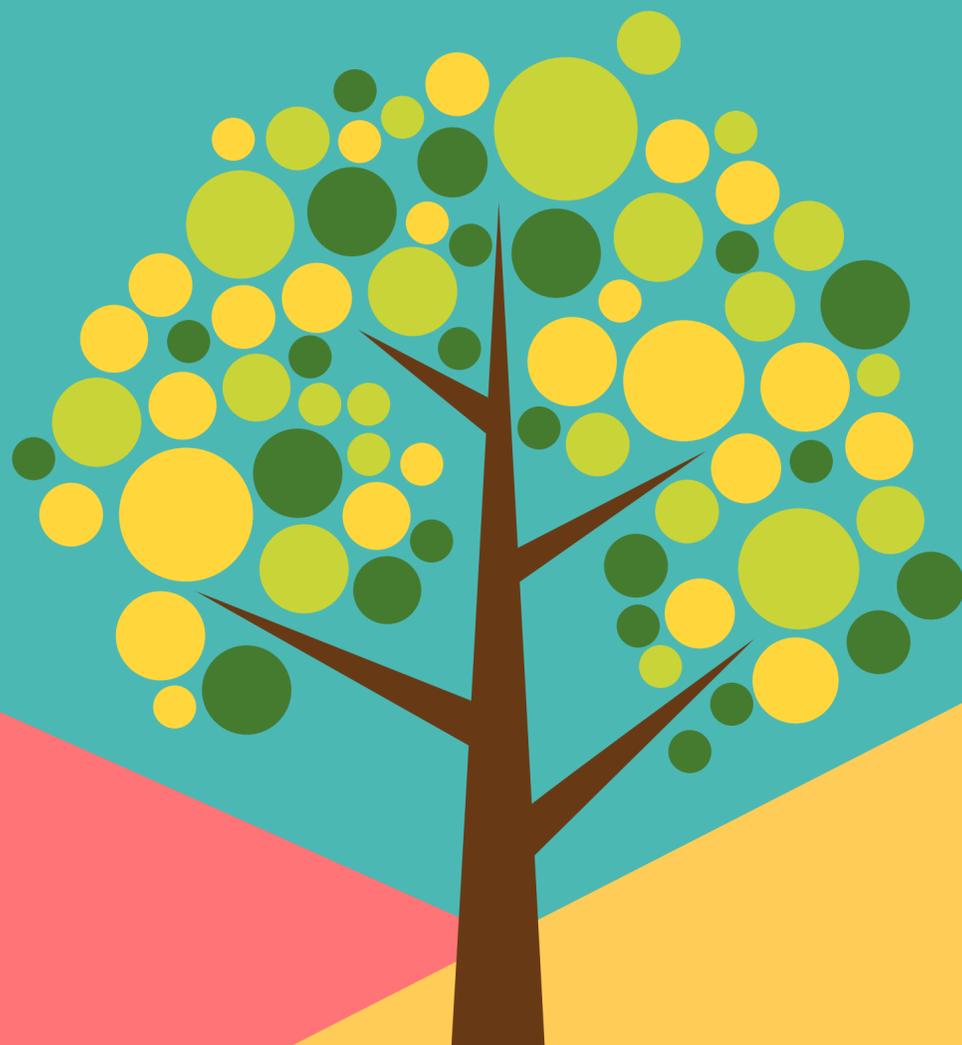


My Wellbeing Plan



➤ My Wellbeing Plan

- My Wellbeing Plan is a self-management and recovery tool using principles that support the recovery approach.

Our Wellbeing Plan has been based on the Wellness Recovery Action Plan (WRAP) and its 5 key principles: hope, personal responsibility, education, self-advocacy and support.

WRAP was developed by Mary Ellen Copeland, PhD, who is an author, educator and mental health recovery advocate. It has been used worldwide since 1997.

➤ The Purpose of My Wellbeing Plan

➤ My Wellbeing Plan is an instrument in your recovery toolkit. It is not intended to replace your medical and community support. This tool is best completed with the support of another person to help you thoroughly think through each section in detail. My Wellbeing Plan acknowledges that crisis and relapse can happen, which is absolutely okay. The more you learn about yourself the better equipped you become at dealing with challenging situations..

- It will help you to build resilience and maintain good wellbeing.
- It will help you to develop your strengths and empower you to take charge of your health.
- It will help you to identify areas in your life where you can make positive changes.
- It will help you to explore situations and signs for concern, and to take action early.
- It will help you to develop a support plan that can be used in challenging times.

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The background features abstract geometric shapes in teal and yellow. A teal triangle is in the top-left, and a yellow triangle is in the top-right. At the bottom, there is a teal triangle on the left and a yellow triangle on the right, with a teal horizontal bar at the bottom-left and a yellow horizontal bar at the bottom-right.

PART 1

WHO AM I

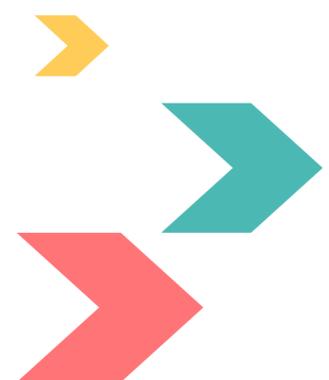
It is easy to lose our identity and what makes us who we are through changes in our life.



If we receive a diagnosis, it can become our main identity, and our life may revolve around that diagnosis. However, we are not just a condition or a diagnosis.

You have aspirations, interests, roles and responsibilities, which give you meaning and purpose in life.

During a period of illness, we might not be able to hold onto all the things that make us who we are. This section will help you to remind yourself that you are a special and unique person, and think about what gives you purpose and meaning in your life.





**TO BE YOURSELF IN A WORLD
THAT IS CONSTANTLY TRYING TO
MAKE YOU SOMETHING ELSE IS
THE GREATEST ACCOMPLISHMENT**

RALPH WALDO EMERSON

WELLBEING

Wellbeing means different things to different people.
Use this space to discover what wellbeing means to you.

WHAT THINGS DO I ENJOY DOING?

Examples could include singing, eating, playing sports, keeping active, family time etc

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WHAT ARE MY DAILY NEEDS TO KEEP WELL?

Examples could include sleep, staying healthy, drinking enough water, spending time outdoors etc

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WHAT THINGS MAKE ME FEEL GOOD WHEN I HAVE ACHIEVED THEM?

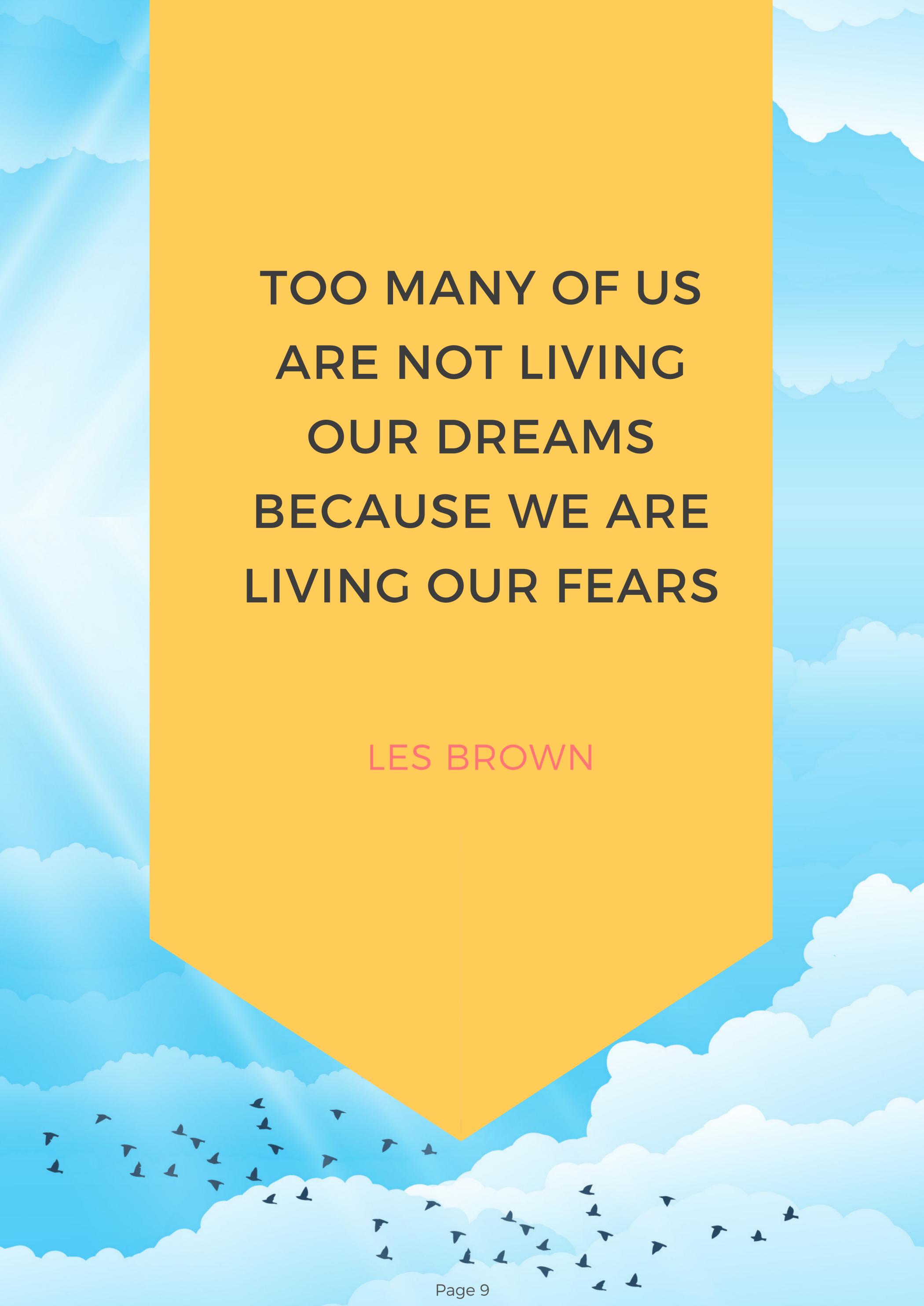
Examples could include meditation, exercise, helping others etc

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WHO AM I WHEN I AM WELL?

Examples could include funny, confident, passionate, introverted/extroverted etc

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**TOO MANY OF US
ARE NOT LIVING
OUR DREAMS
BECAUSE WE ARE
LIVING OUR FEARS**

LES BROWN

VALUES

Anything that we care about deeply is a reflection of our values.
Use this space to discover what things you value.

WHO ARE THE PEOPLE YOU VALUE?

Examples could include parents, children, partner, grandparents etc

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WHAT ARE THE THINGS YOU VALUE?

Examples could include a home, family, food, a bike, games etc

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PERSONAL PREFERENCES

There are some things that we all do daily like eating and sleeping, but we also have personal preferences. We might not feel like ourselves until we have had a shower or ate breakfast, or we might like to wind down in the evening by watching your favourite TV show. We are all unique. Completing this table may help remind what you need to do every day.

Every day I need to	Do I need anyone's help	How can I make it enjoyable

BE KIND

It can be hard sometimes to want to take care of ourselves. However, it is important to remember that kindness starts within yourself, and without kindness for myself it is very hard to be kind to others.

WHAT CAN I DO TO TREAT MYSELF?

Examples could include taking a long hot bath, eating your favourite meal, taking a nap etc

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WHAT THINGS CAN HELP ME THROUGH A DIFFICULT SITUATION?

Examples could include listening to music, talking to parents, swimming etc

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WHAT CAN I TELL MYSELF DURING THESE SITUATIONS?

Examples could include saying 'impossible is nothing, nothing is impossible' or 'never give up' etc

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WHAT BRINGS ME PLEASURE AND COMFORT TO REDUCE MY STRESS?

Examples could include exercising, journaling, chewing gum, watching comedy etc

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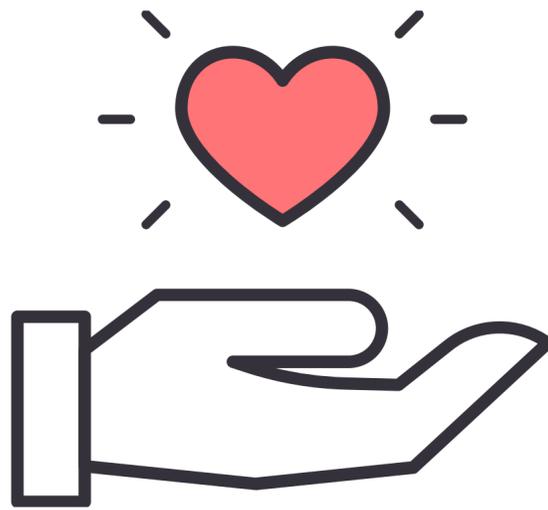


PART 2

TAKING CARE OF ME

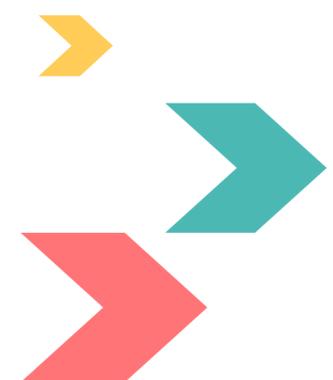


This next section aims to join up the dots that connect our emotional, psychological and physical health to get the best out of life.



Your health and wellbeing play a large part in your emotional state, so it is important to look at our overall health and identify things that impact on it.

The New Economics Foundation have developed 'Five Ways to Wellbeing', which are evidence-based actions to improve your overall wellbeing.



FIVE WAYS TO WELLBEING

Connect



Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Be Active



You do not have to go to the gym. You can take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Keep Learning



Learning new skills can give you a sense of achievement. So why not join a cooking class, learn to play a musical instrument, or learn how to fix your bike?

Give



Whether it is a smile, a thank you or a kind word, they all count. Larger acts, such as volunteering can improve your wellbeing and help you build new social networks.

Take Notice



Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. It can positively change the way you feel about life and how you approach challenges.

SENSE OF WELLBEING WITHIN ME

WHAT THINGS DO I NEED TO DO EACH DAY?

Examples could include walking, cooking dinner, meditation, calling a friend etc

WHAT THINGS DO I NEED TO DO LESS OFTEN?

Examples could include smoking, drinking alcohol, sleeping less than 8 hours etc

QUESTIONS TO ASK MYSELF

WHEN WAS THE LAST TIME I VISITED THE DENTIST?

HAVE I HAD A PHYSICAL HEALTH CHECK BY MY GP?

CAN I GET AN EXERCISE REFERRAL TO JOIN THE GYM FOR FREE?

WHEN WAS THE LAST TIME I WENT FOR AN EYE TEST?

WHEN WAS THE LAST TIME I WENT FOR A HEARING TEST?

IF I TAKE MEDICATION, WHEN WAS MY LAST ANNUAL REVIEW?

WHAT ACTIONS DO I NEED TO TAKE?

WHAT THINGS MAY GET IN THE WAY?

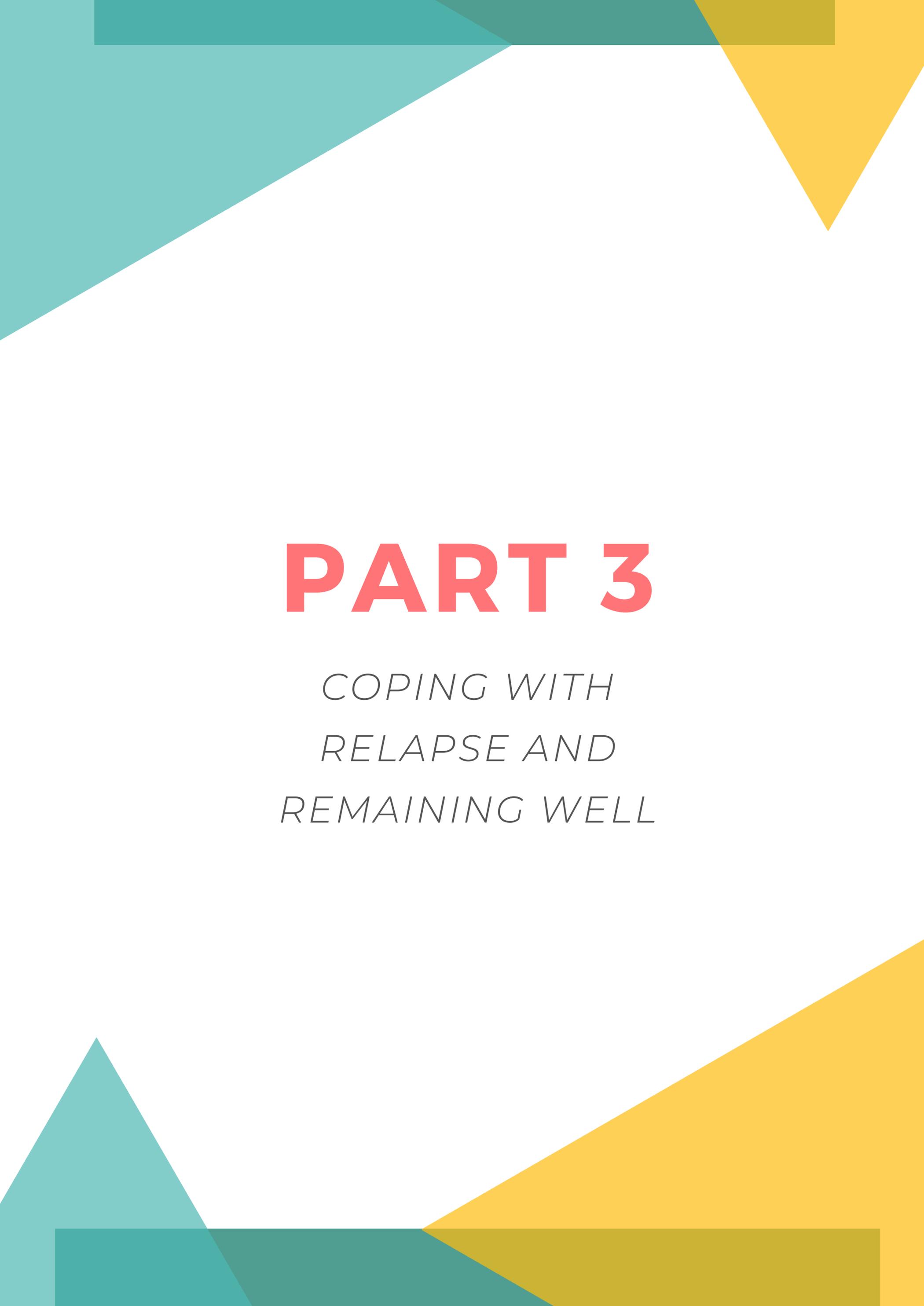
ARE THERE PEOPLE WHO CAN SUPPORT ME TO TAKE THESE ACTIONS?

“

WELL DONE IS
BETTER THAN
WELL SAID

”

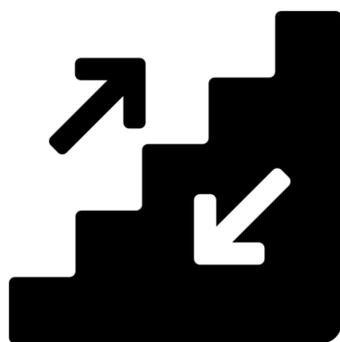
BENJAMIN FRANKLIN



PART 3

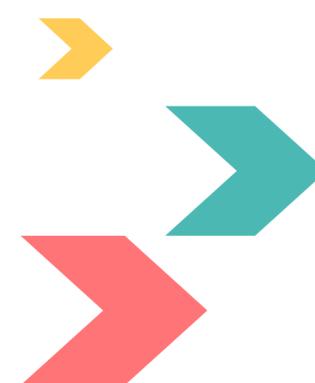
*COPING WITH
RELAPSE AND
REMAINING WELL*

This next section of the plan acknowledges that there may be times in our life that are difficult and challenging.



A relapse in mental health can be a normal and a natural part in recovery. There are some things we have control over, and other things we do not. It is important to focus your attention on things you have control over. By being open to self-discovery, we can really get to know our self and learn about the things that impact us.

Sometimes, despite our best efforts we become unwell. However, noticing things early makes it easier for us to implement our plans and support.



EARLY INDICATOR SIGNS

Use this space to identify events or circumstances that affect how you feel generally.

WHAT ARE THE THINGS THAT MIGHT AFFECT HOW I AM FEELING?

Examples could include anniversary dates, particular time periods, being disorganised etc

Once you have thought about the things that might affect how you are feeling, it can be helpful to identify if there is anything that would help you take care of yourself. It is important to also identify if you need support from others and what they might need to do.

WHAT DO I NEED TO DO TO TAKE CARE OF MYSELF?

Examples could include your calling care coordinator, calling your GP etc

IS THERE ANYTHING I NEED OTHERS TO DO?

Examples could include listening, talking, comforting etc

Sometimes our body gives us signals that things are not okay with our health. Sometimes these signals are very subtle such as changes in our sleep pattern or appetite. It is important to identify our signals, so that we can do something about them before things get worse.

WHAT SIGNALS MIGHT I NOTICE WHEN THINGS ARE NOT OKAY?

Examples could include trouble sleeping, lost appetite, mood swings, over-eating etc

IS THERE ANYTHING I CAN DO THAT MIGHT HAVE HELPED IN THE PAST OR I COULD TRY?

Examples could include talking to someone, informing my care coordinator, stay with family etc

Unfortunately there can be times, despite our best efforts, when things can get more serious. By identifying these signs as early as possible, it gives us or others the chance to do something about it and help us.

WHEN THINGS GET WORSE HOW WOULD OTHERS KNOW THAT I NEED THEIR HELP?

Examples could include being withdrawn, unkempt, crying more often, drinking and smoking more etc

USEFUL CONTACT NUMBERS AND DETAILS

NAME	CONTACT DETAILS

THE JOURNEY OF A THOUSAND MILES BEGINS WITH ONE STEP

LAO TZU

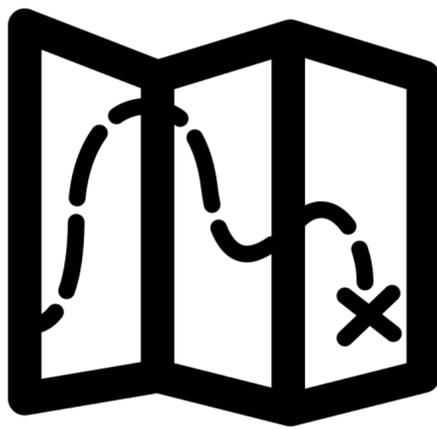




PART 4

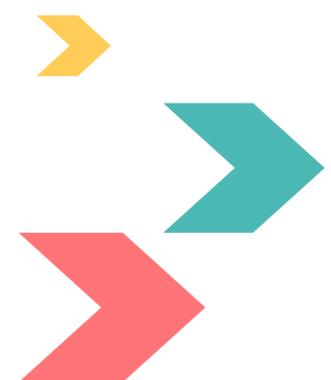
*FUTURE PLANS AND
ASPIRATIONS*

When you are struggling in a difficult period in your life, it can be hard to think about your future plans and aspirations, but they are a really good compass for directing us towards a positive recovery.



They can also help us find meaning and purpose in our lives. It is helpful for some people to think of their dreams or plans as a series of small steps.

This makes it feel a little easier to manage and handle expectations. With smaller steps, you can do something now, rather than putting your dreams on hold.



TAKING THE FIRST STEP

WHAT ARE MY PERSONAL GOALS, HOPES AND DREAMS?

Examples could include having a full time job, losing weight, learning Spanish, visiting India etc

WHAT CAN GET IN THE WAY OF ACHIEVING MY GOALS?

Examples could include addiction, anxiety, fear, low self-esteem, physical health etc

WHAT FIRST STEPS COULD I TAKE?

Examples could include attending employment workshops, researching, getting a trainer etc