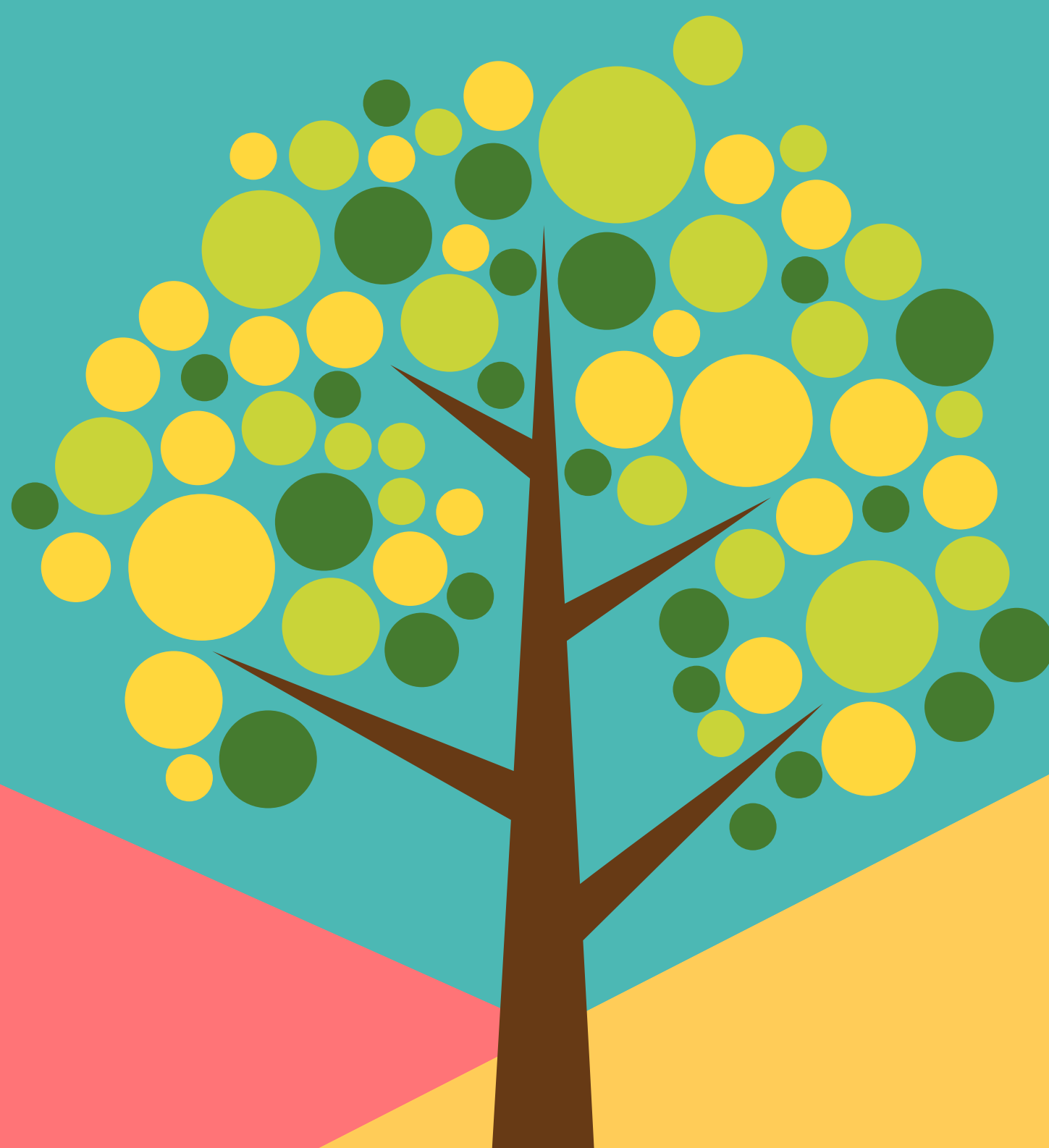


My Wellbeing Plan

Crisis Version



➤ 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.

It is okay to acknowledge that mental health difficulties might disrupt living our lives how we would like to. Everyone is different, and different things impact on our wellbeing. If this Plan is not right for you at the moment, that is okay too.

➤ The Purpose of My Wellbeing Plan

➤ My Wellbeing Plan is an instrument in your recovery toolkit. It will help you to develop your strengths, and adopt positive behaviours that can support a healthy lifestyle. It is not intended to replace your medical and community support.

My Wellbeing Plan also aims to empower you through self-discovery. It is a tool to help facilitate you rebuild your independence through exploring different methods of managing your wellbeing.

- It will help you to understand that crisis and relapse can be a natural part of the recovery journey.
- It will help you to explore what feels right and important to you, and take the appropriate next steps.
- It will help you to build resilience, develop your strengths and maintain good wellbeing.
- It will help you to learn more about yourself, and become more equipped to cope with a crisis.
- It will help you to develop a solution focused approach.

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PART 1

WHO AM I

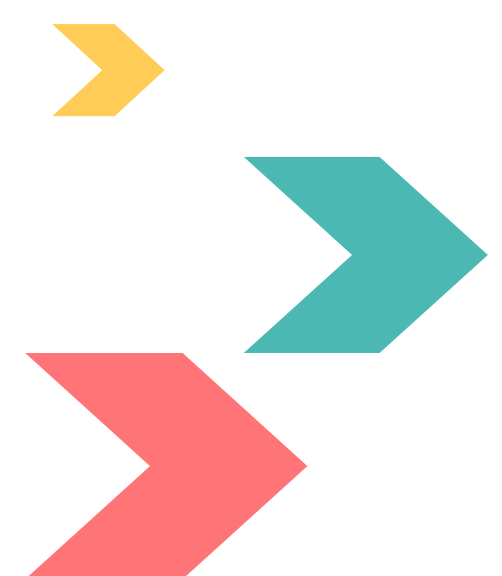
It is easy to lose our identity in the midst of crisis or trauma.

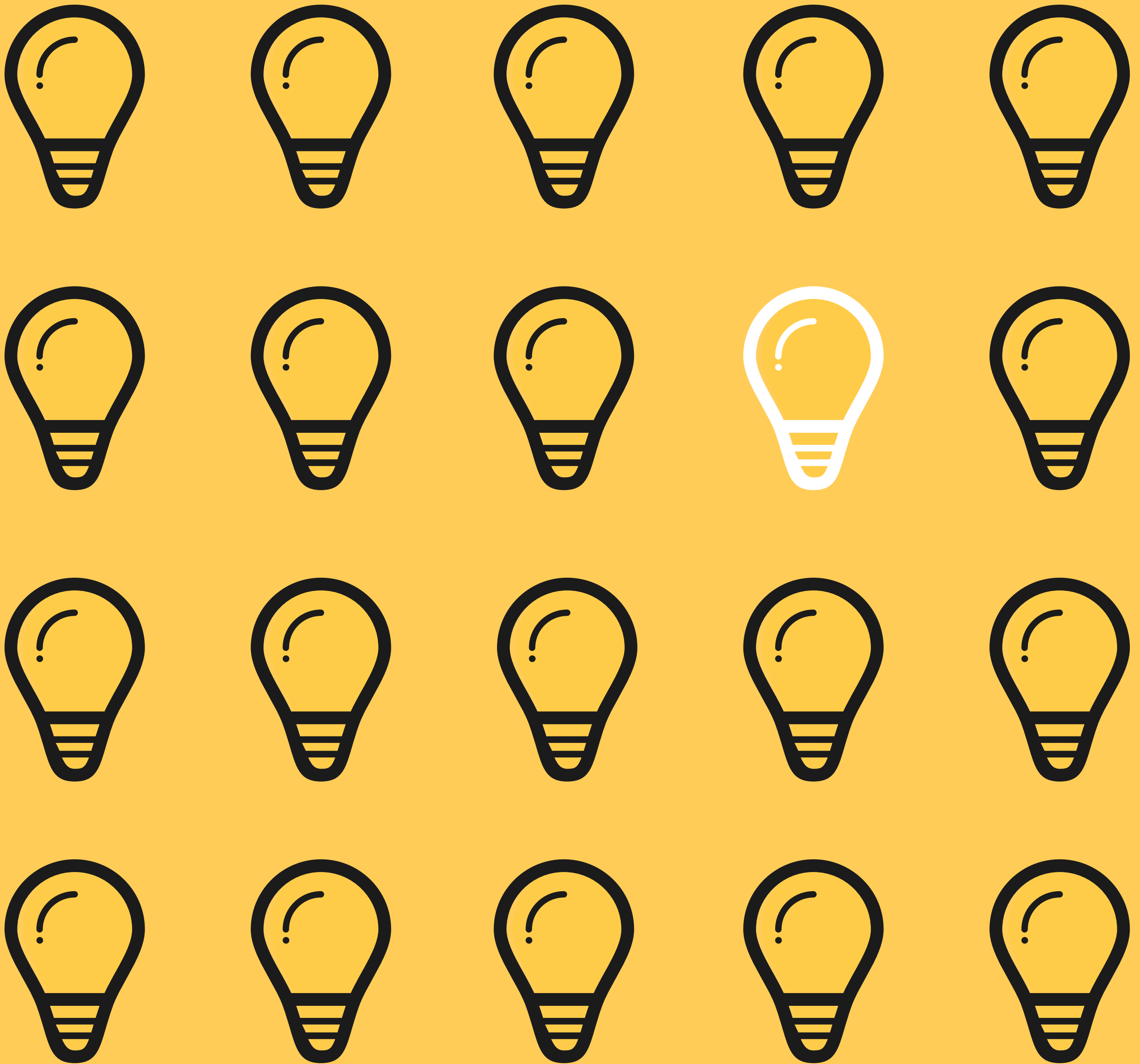


If we receive a diagnosis, it can become our main identity, and our life may revolve around that diagnosis. However, we are not just a condition or a diagnosis.

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

During crisis or illness, we might not be able to hold onto all the things that make us who we are. This section is to remind you that you are a special and unique person.





**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 PROMOTE A SENSE OF WELLBEING WITHIN ME?

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, eating healthy, washing, drinking water, spending time outdoors 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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-

WHAT THINGS DO I NEED TO DO LESS OFTEN?

Examples could include smoking, drinking alcohol, sleeping less than 8 hours, putting myself down etc.

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-
-

SENSE OF WELLBEING WITHIN ME

WHAT MIGHT GET IN THE WAY OF MAINTAINING MY WELLBEING?

Examples could include procrastination, addiction, physical health, negative influences etc

WHO MIGHT BE ABLE TO SUPPORT ME?

Examples could include family, friends, social worker, doctor, mental health liaison team, housing team etc

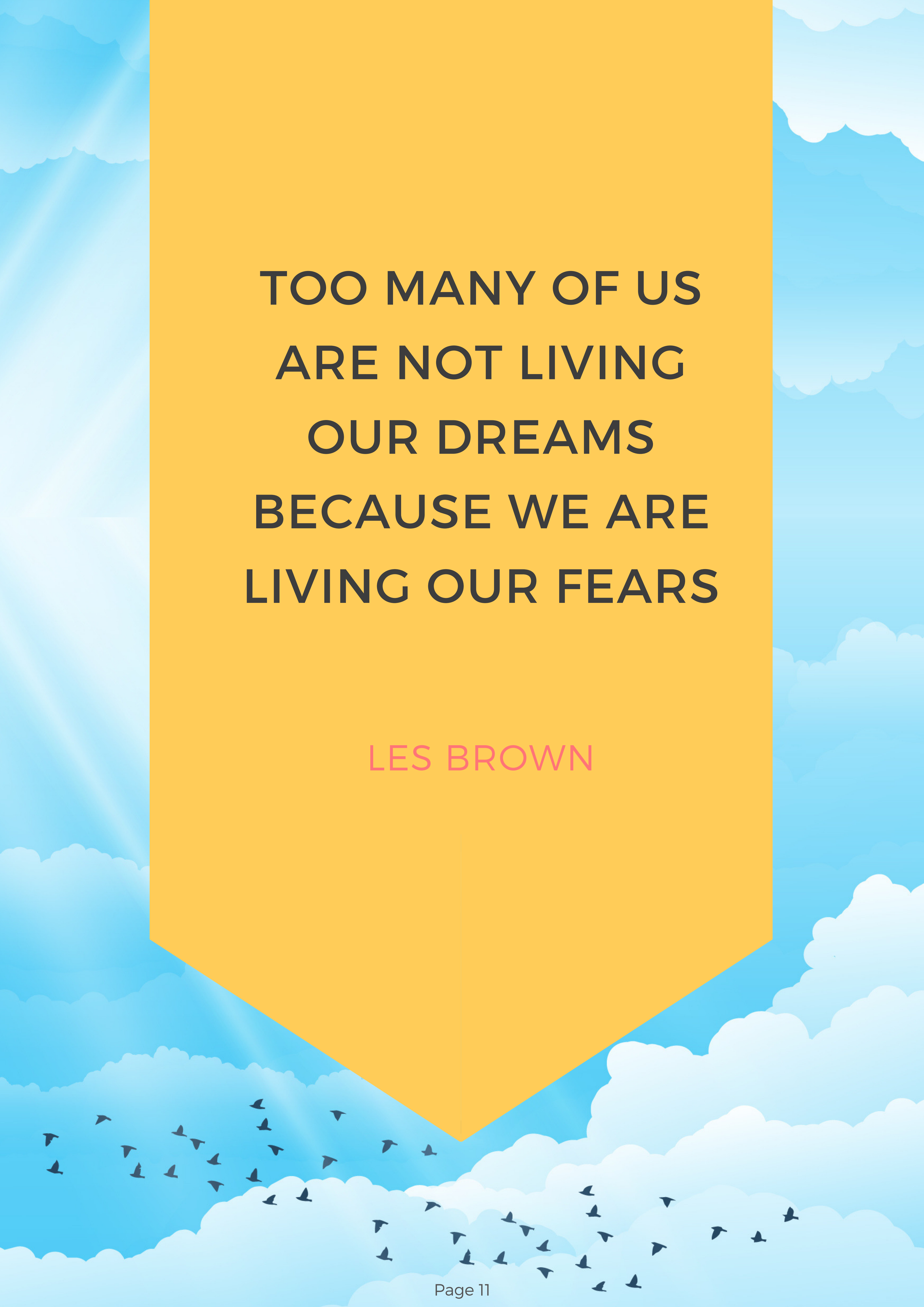
WHAT SHOULD I AVOID, IF ANYTHING, TO MAINTAIN MY WELLBEING?

Examples could include certain family, friends or areas, alcohol, drugs etc

FIRST AID TOOLKIT

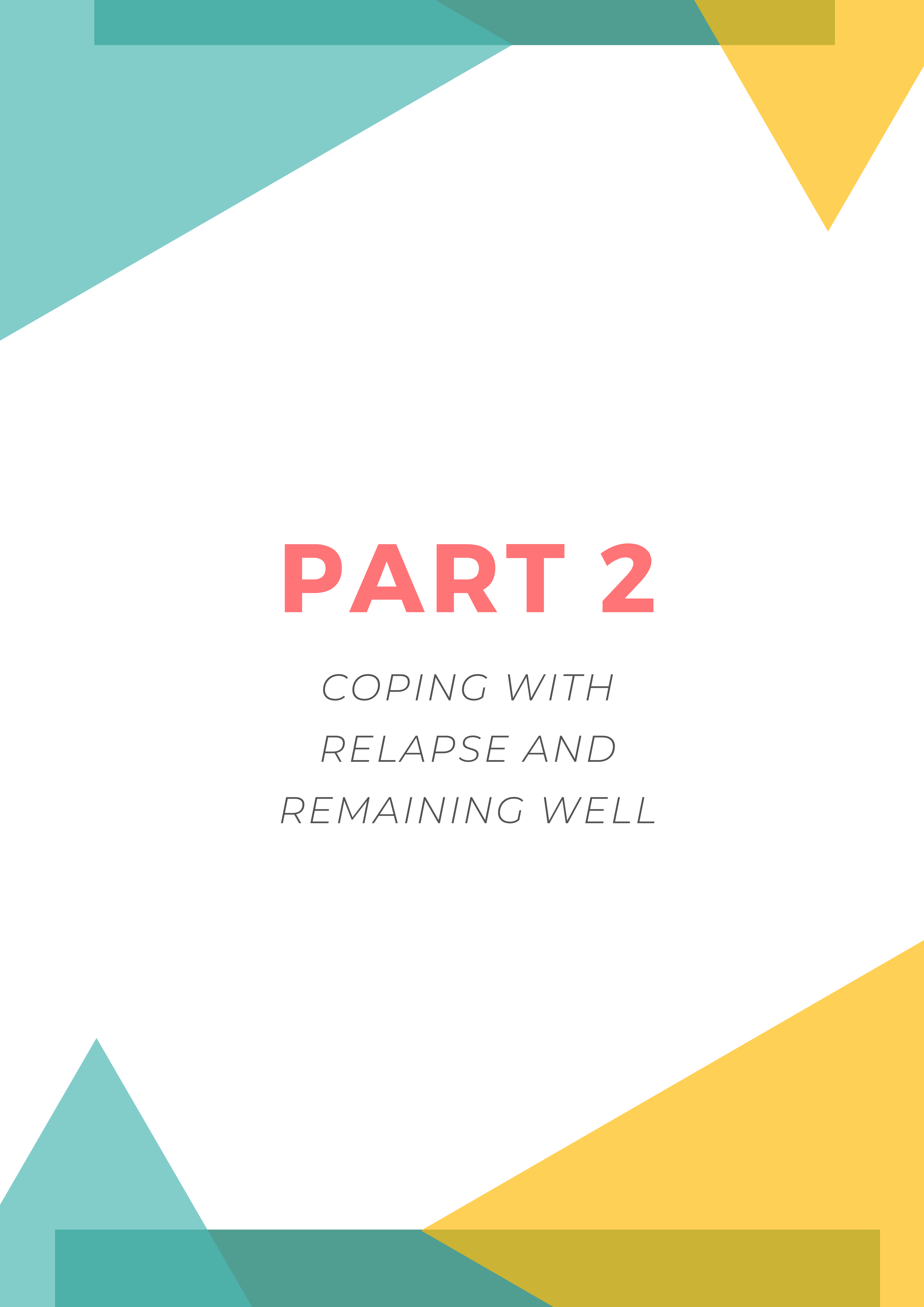
WHAT THINGS CAN I DO TO AID MY WELLBEING?

Examples could include listening to music, reading, talking to friends, watching motivational speakers etc



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

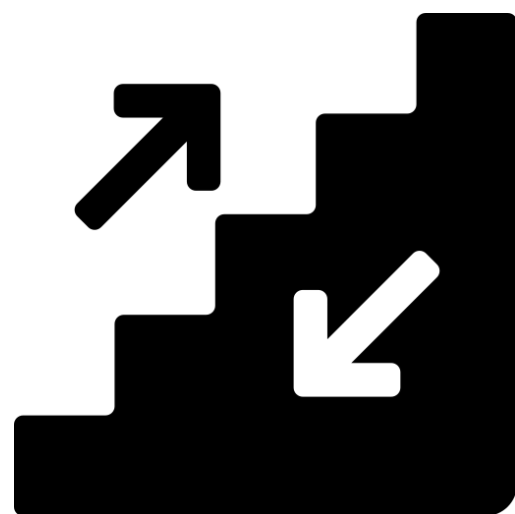
LES BROWN



PART 2

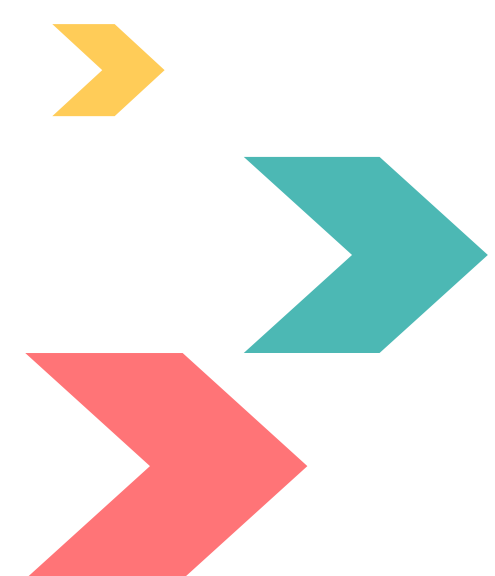
*COPING WITH
RELAPSE AND
REMAINING WELL*

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 natural part of 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 from 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.



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, inform care coordinator, stay with family, go to A&E etc.

Unfortunately, a crisis or health complication can sometimes get more serious. By identifying signs as early as possible, it gives us or others the chance to do something about it and take care of ourselves.

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

EMERGENCY DEPARTMENT

In crisis, you might fixate on the circumstance you are currently in. However, it is never too late to put strategies or measures in place to maximise our wellbeing now and in the future.

WHAT LED UP TO YOU BEING HERE TODAY?

HOW DO YOU FEEL NOW THAT YOU ARE IN THE EMERGENCY DEPARTMENT?

WHAT HAS HELPED YOU IN THE PAST WHEN YOU WERE IN CRISIS?

WHAT HAS NOT BEEN HELPFUL IN THE PAST?

EMERGENCY DEPARTMENT

WHAT CAN I DO DIFFERENTLY TO FEEL BETTER?

WHAT CAN I DO RIGHT NOW?

WHAT DO I WANT RIGHT NOW?

THE JOURNEY OF A THOUSAND MILES BEGINS WITH ONE STEP

LAO TZU

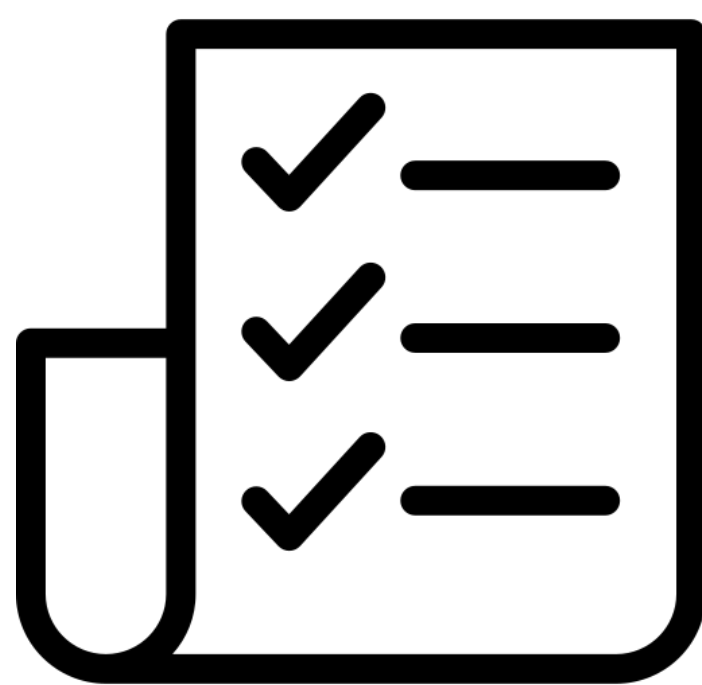




PART 3

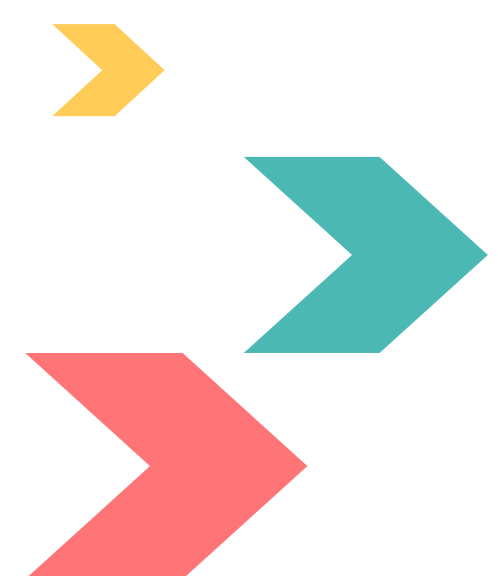
CRISIS PLAN

After experiencing a crisis, it is natural to be worried about having another crisis. These times can be very upsetting and distressing.



Putting in place a crisis plan allows us to map out what types of support would help us in the future.

Feeling prepared can help us to relax, and can even help us to prevent another crisis.



CRISIS PLAN

I WOULD LIKE TO SHARE THIS PLAN WITH:

WHAT AM I LIKE WHEN I AM FEELING WELL?

WHAT AM I LIKE WHEN I AM APPROACHING CRISIS?

IN THE PAST, CRISIS HAPPENED WHEN:

CRISIS PLAN

IF I HAVE A CRISIS, I PREFER TO TRY...

Example could include using a safe place, therapies, medication etc

IF THESE THINGS DON'T HELP, I WILL THEN BE WILLING TO TRY THESE LESS PREFERRED OPTIONS

Examples could include low doses of a specific medication etc

TREATMENTS I WILL REFUSE

REASONS I WILL REFUSE THEM

CRISIS PLAN

I WOULD LIKE PEOPLE WHO SUPPORT ME TO KNOW THESE IMPORTANT THINGS ABOUT ME

Example could include current medication, physical health needs, religious and dietary needs etc

IF I HAD ANOTHER CRISIS I WOULD WORRY ABOUT THESE RESPONSIBILITIES

Examples could include children, pets, bills, medication etc

THIS IS WHAT WOULD HELP ME ADDRESS THOSE RESPONSIBILITIES

THESE ARE THE PEOPLE WHO COULD HELP ME

USEFUL CONTACT NUMBERS AND DETAILS

NAME	CONTACT DETAILS

“

WELL DONE IS
BETTER THAN
WELL SAID

”

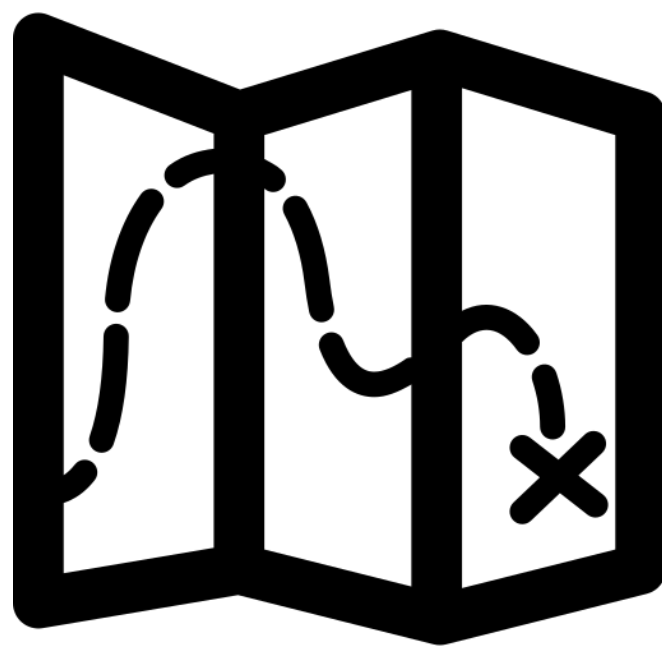
BENJAMIN FRANKLIN



PART 4

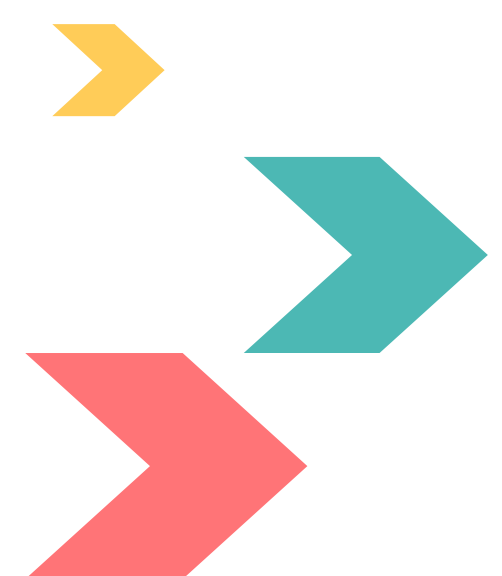
*FUTURE PLANS AND
ASPIRATIONS*

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