



MY RECOVERY PLAN

This is YOUR tailor-made plan to help YOU keep emotionally well.

Don't forget, this is a working document – let it work hard! Add to it, change it over time as you think of new things or as things change in your life or as you change. Reprint the pages if needed!

If you have supportive friends or family, you could ask for their help too

My Plan – an Overview

3	BACKGROUND THINKING
13	<u>MY TOOLBOX</u>
15	<u>MY ROUTINES</u>
19	<u>MY WEEKLY SCHEDULE</u>
21	Keeping Track
22	<u>TRAFFICK LIGHT MONITORING</u>
24	<u>MANAGING TRIGGERS</u>
28	<u>EARLY WARNING SIGNS</u>
31	<u>CRISIS PLANNING</u>
34	<u>MY CRISIS PLAN SUMMARY</u>

Background Thinking

This background thinking forms the basis of your plan – what do you want to achieve, what you are like, what helps you stay well and so on. This can change over time so don't forget to update this.

MY GOALS (what recovery looks like for me)

You can't plan unless you know what you actually want to achieve!

What would my life look like?

What would I be doing?

BARRIERS TO ACHIEVING MY GOALS


You also need to know what the barriers are before you can overcome them and reach your goal

Barriers now

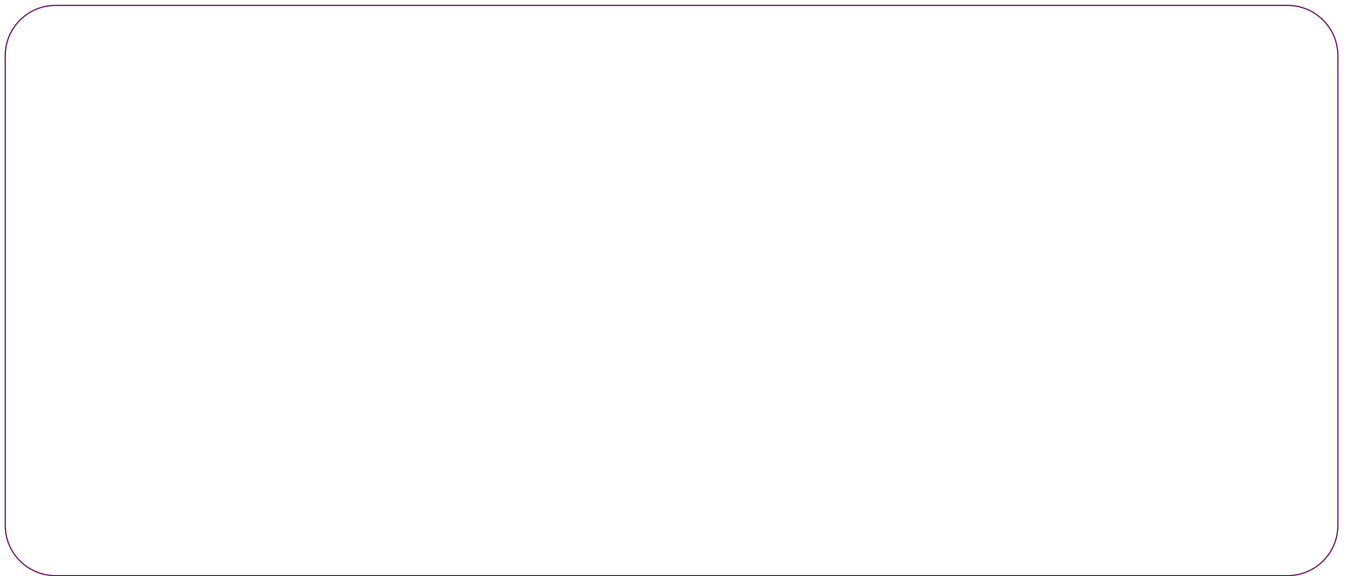
Future barriers..?

RESILIENCE

What is it (what does this mean to you)?



Why is it important?



Do you recognise it in yourself?

It is only logical to believe you must have huge reserves of resilience that have allowed you to survive – you can harness this now in your recovery.

WHO AM I?

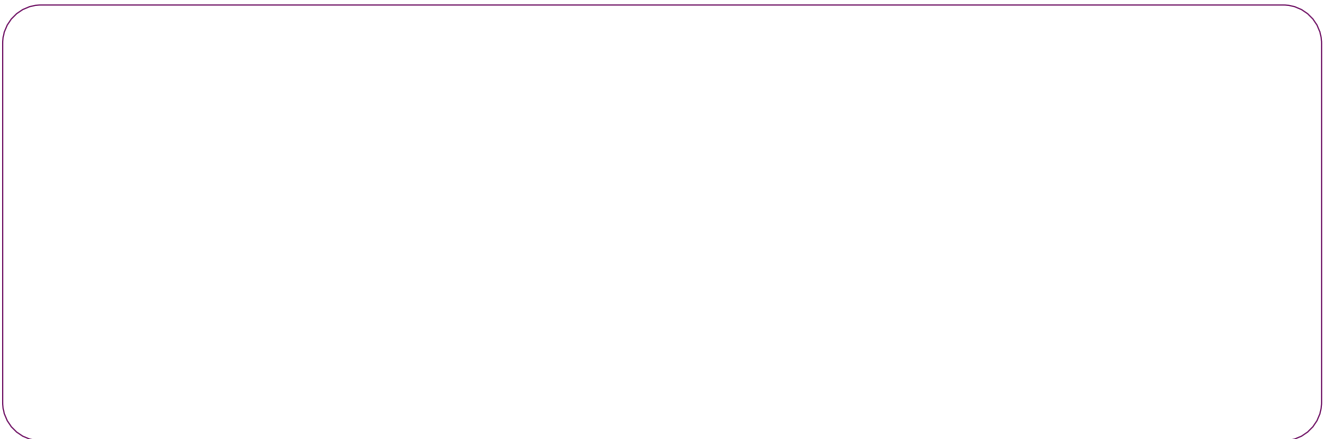
You need to know (or get to know) yourself to best know what keeps you well. The questions below can help work out or clarify who you are:

What is important to you?



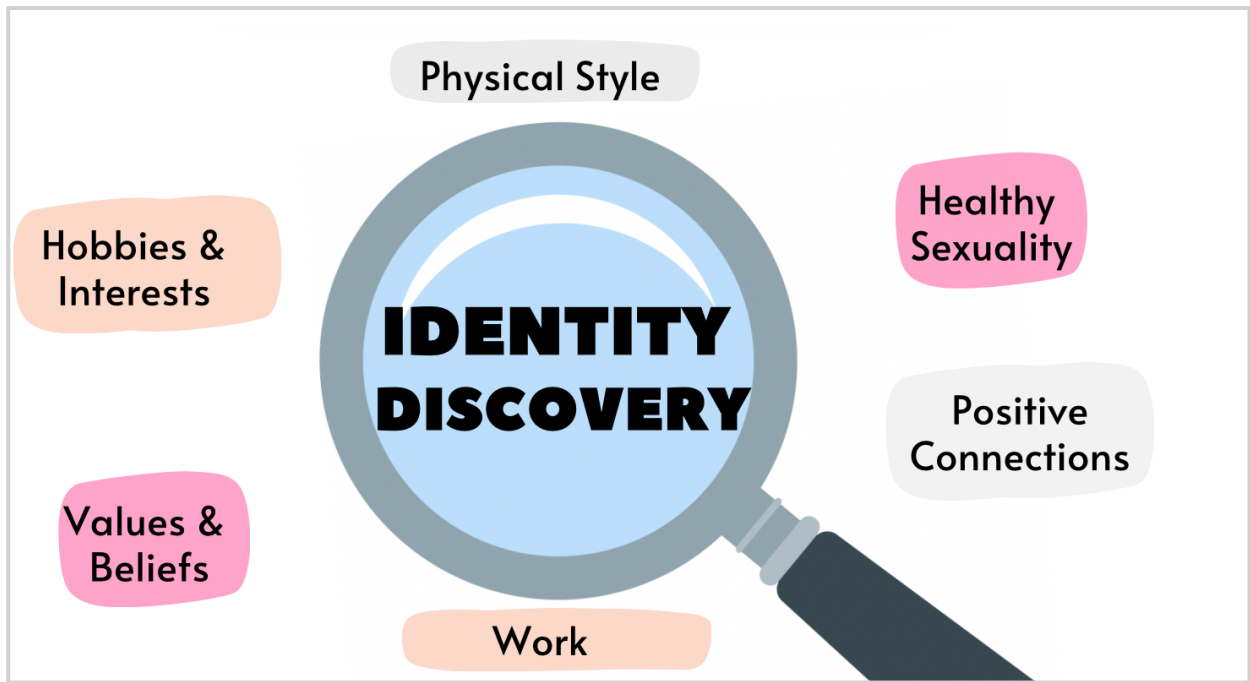
What Makes Me 'Me'?

Imagine you were your own best friend, what would you say 'makes you you'?



IDENTITY DISCOVERY

The diagram below helps pull this all together. It shows some of the key things that tend to make up our identities - make us who we are. You might already have a very strong sense of this. Or you might not - and that is fine. This is your space to start to discover or rediscover your identity. To create and work out the identity that feels right for you. Never forget, our identity is not determined by our past! It can take time to understand what it is .. it also changes over time:



Start to jot down what feels right for you in each category. Add new thoughts as you think of them. Don't worry if you can't think of too much straight away, this will develop over time ...

Values & Beliefs

What do you think are your core belief systems and values?

Blank space for writing responses to the question about core belief systems and values.

Hobbies & Interests

What do you enjoy, or might enjoy, what interests you, what would you like to try out?

Blank space for writing responses to the question about hobbies and interests.

Work

What kind of work do you enjoy, or might you enjoy or be best for you?

Blank space for writing responses to the question about work.

Physical Style

What are your physical attributes and physical style?

Positive Connections

What do positive connections and relationships look like?

Healthy Sexuality

What does a healthy sexuality look like to you?

GOOD DAYS

Describe yourself when you are feeling all right:

- How do you feel? (eg happy, buzzing, calm?)
- What are your thought processes like (eg clearheaded, good memory)
- What is your behaviour like (eg make up my bed, laugh, like to be alone, enjoy company)

My Emotions:

My Thought Processes:

My Behaviours:

What I can do to help me have good days:



A large, empty rounded rectangular box with a thin purple border, intended for writing answers to the question above.

Bad Days

What I am like when I am having a bad day:

A large, empty rounded rectangular box with a thin purple border, intended for writing answers to the question above.

What are some of the things that cause me to have bad days:

Empty rounded rectangular box for writing.

What can I do to help turn around a bad day?



Large empty rounded rectangular box for writing.

An Overview: What Helps Me Feel Better



A large, empty rounded rectangular box with a purple border, intended for writing an overview of what helps the user feel better.

What is Already in My Toolbox?



Your Toolbox is everything you do (and anything else) that helps you feel well

A large, empty rounded rectangular box with a purple border, intended for listing what is already in the user's toolbox.

What Might I add to my Toolbox?



A large, empty rounded rectangular box with a thin purple border, intended for writing answers to the question above.

What 'Tools' are not helpful?



A large, empty rounded rectangular box with a thin purple border, intended for writing answers to the question above.

MY TOOLBOX



MY TOOLBOX All the things you can do and use to help stay well

How can you make it easy to use?

[When things are challenging how will you remember to use your tools? Don't rely on memory!]

ROUTINES



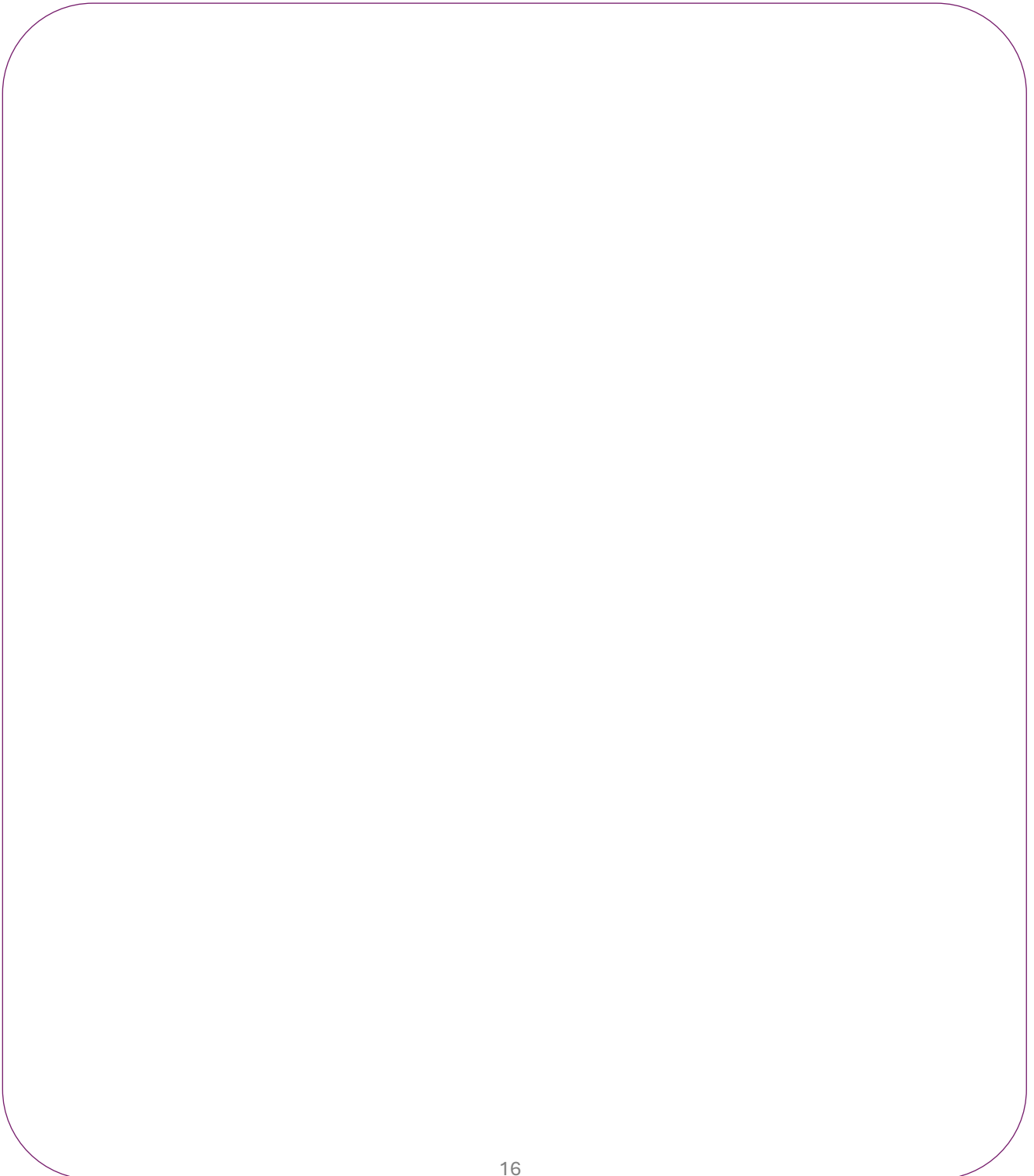
ROUTINES

What do you need to do, when to stay well

Regular routines hugely help in stabilising our lives. Most routines are simple things that you are probably doing already - like 'having a shower' or 'walking the dog'. But it's important to include other things you enjoy like 'seeing friends', 'spending time on my hobbies'.

Routines will be things you need to do daily as well as things you do less often. It includes chores as well as treats!

WHAT I NEED TO DO EVERY DAY TO STAY WELL

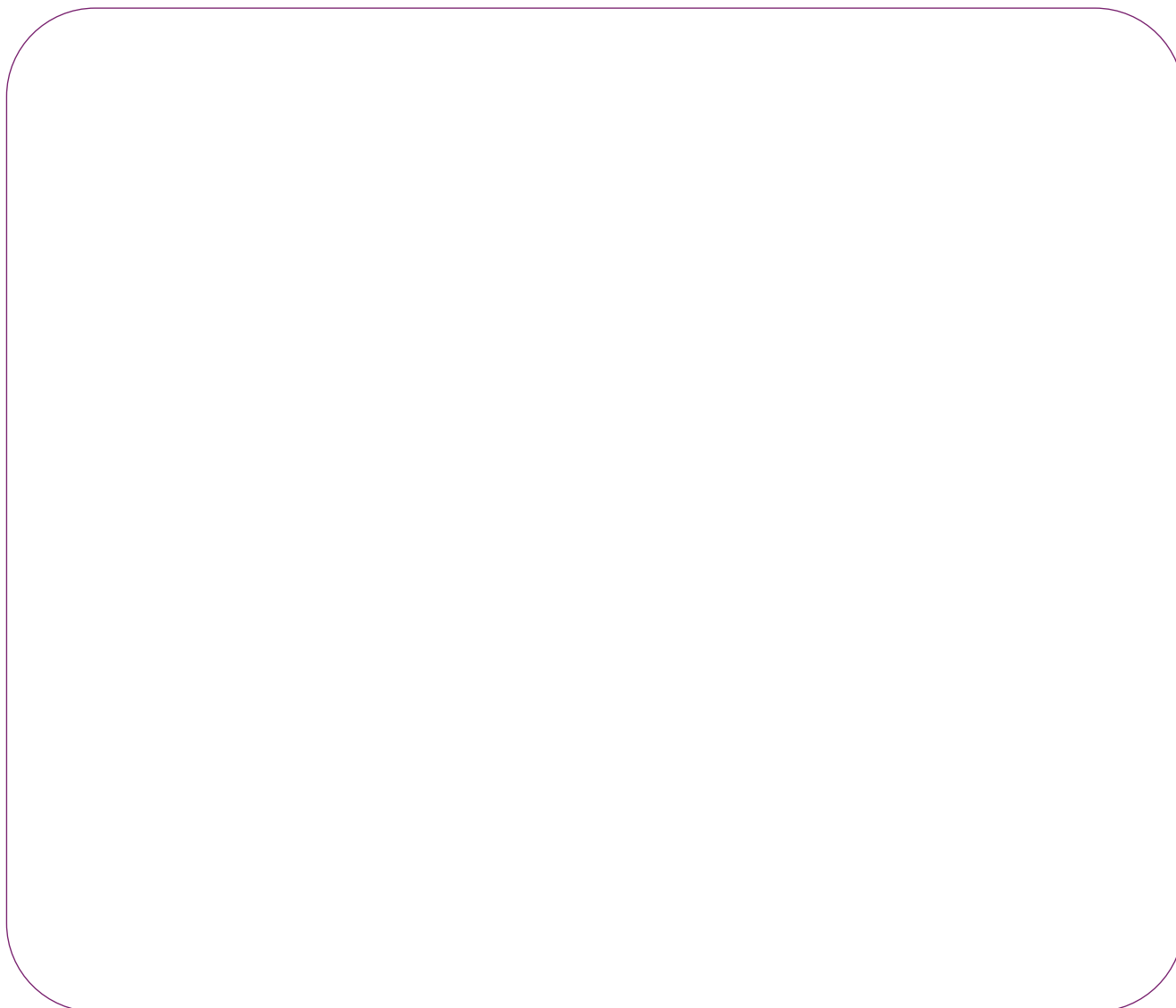


WHAT I NEED TO DO JUST SOME DAYS OR WEEKLY TO STAY WELL

A large, empty rounded rectangular box with a thin purple border, intended for the user to write their response to the question above.

THINGS I SHOULD AVOID

We all do things we shouldn't! But thinking through what these are and making a note of them can help us try to avoid them, rather than make allowing them to be routine:

A large, empty rounded rectangular box with a thin purple border, intended for the user to write down things they should avoid.

MY WEEKLY SCHEDULE

It can be very helpful to plan a simple routine for the week. You can use the scheduler below

	MORNING	AFTERNOON	EVENING
MON			
TUES			
WEDS			


	MORNING	AFTERNOON	EVENING
THURS			
FRI			
SAT			
SUN			

Keeping Track

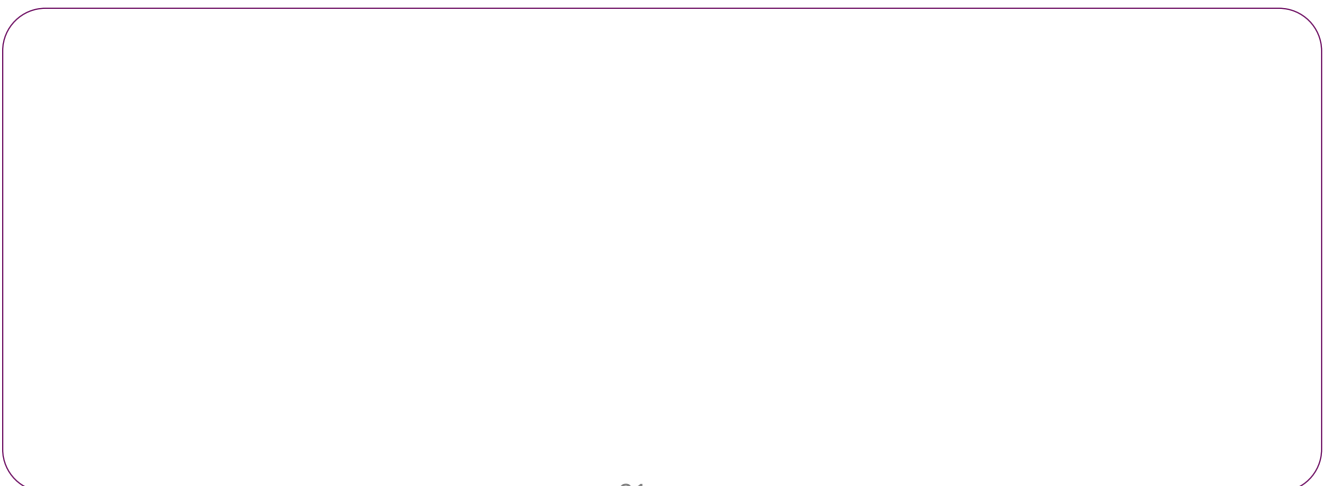
What ISSUES are useful to keep track of?



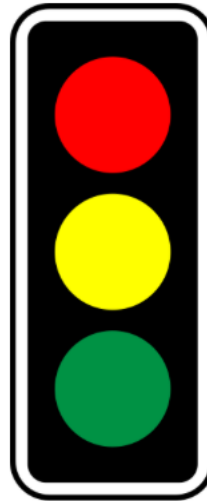
What about your ROUTINE is useful to keep track of?



HOW will you keep track?



Traffic Light Monitoring



Green – Feeling well

Amber – Early Warning Signs

Red – Signs of Crises

Monitoring any ups and downs gives the best chance of staying on an even keel. It is only by keeping an eye on how you are that you will be able to see what is happening and take action if you need to get things back on track.

The chart below uses a simple traffic light system, Green, Amber, Red. Each colour is further subdivided in case you want to note a difference between an 'OK', 'Good' or 'Fantastic' Green day, for instance.

It might be useful to note your medication and make notes of any triggers you have noticed and the actions you took.

Make a note of what was happening on good days too!

MANAGING TRIGGERS



Triggers are things that happen to you – external events or circumstances – that can make you feel anxious, afraid, stressed or low.

If you can recognise your triggers and spot when things start to go wrong, then you can work out what to do to get back on an even keel. This can greatly reduce the chance of everyday challenges and problems escalating into something worse.

What are YOUR Triggers

Everyone's triggers are different. Other people may not notice that a particular thing affects you, and you may struggle to pinpoint exactly what has caused you to feel unwell. People who know you well, or who have been in similar circumstances may be able to help.

To recognise your own triggers, it may help to think back to times in the past when you have had difficulties or have felt unwell. Think about things like:

- What were you doing?
- Where were you?
- Who was there
- What was happening?
- What was the environment like?
- What time of day or year was it?
- Did you want to be there?

Preventing, Minimising or Planning for Triggers

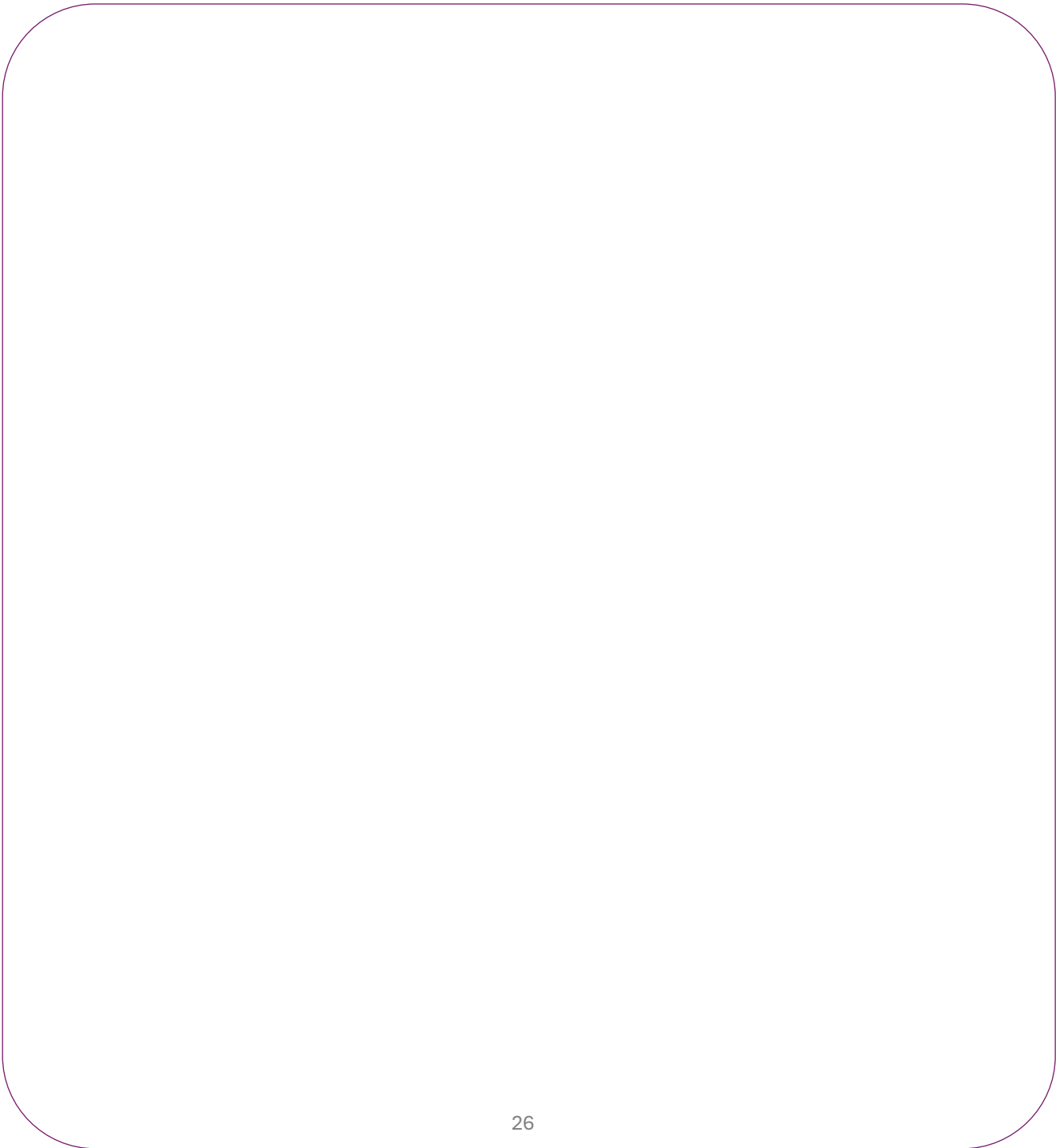
Triggers not only make you feel bad, if they are ignored they can start a 'chain reaction' of emotions, feelings and behaviours that can worsen your situation.

Sometimes you can decrease the likelihood of a trigger happening eg if you know someone who often triggers you, you can plan to avoid them as much as possible.

If one of your triggers is having too much to do and feeling overwhelmed and under pressure, then you might think about:

- Keeping your work hours under control – do you stay at work too long?
- Not agreeing to new things without properly thinking about how you will fit them in
- Not making too many plans to go out with friends

What I can do to help prevent, minimise or plan for my Triggers



Recovering after a Trigger

It is impossible to stop all triggers - sometimes we have disagreements with people close to us, and we cannot avoid painful anniversaries or difficult times of the year. BUT we can work out a plan of what to do to when they happen so that they do not affect us too badly.

To help you identify things that may help you when a trigger occurs, it might be helpful to:

- Think about what you have done in the past that has helped
- Is there anything in your Toolbox that may help?
- What have other people done in situations like this?
- What advice would you give a friend in a similar situation?
- What would someone you trust suggest to you?

You may need to experiment to find out what works for you. Try something, see if it works, and then change or refine your plan. Remember – very few of us get it right first time!

What helps me Recover after a Trigger?

Early Warning Signs



Early Warning Signs are changes in your thoughts, feelings or behaviour that suggest things are not right.

Recognise your Early Warning Signs helps keep us on an even keel.

If you can recognise your Early Warnings Signs and take action quickly you may be able to turn round a difficult situation before it becomes a crisis.

Recognising Your Early Warning Signs

Like triggers, everyone's early warning signs are different. It may be worth asking people who know you well and you trust if they have noticed any signs in the past.

Sometimes we might find ourselves having difficult or challenging thoughts, or we may have a racing mind and too many thoughts to keep track of.

We might start isolating and avoiding and sleeping the day away or drinking too much or spending a lot of money or taking unnecessary risks.

To help you identify your early warning signs it might help to think back to the last time you had difficulties, began to feel unwell, or felt unable to cope.

- How did you feel when you noticed you were not quite right?
- Did your behaviour change?
- Did your routines or habits change?

My Early Warning Signs

A large, empty rounded rectangular box with a thin purple border, intended for the user to write their own early warning signs.

Planning for Your Early Warning Signs

Once you have identified your early warning signs the next step is to develop some coping strategies – the actions you can take to help stop things getting worse and hopefully get back on an even keel.

- Perhaps look at your plan of what to do when a trigger occurs.
- Are you doing the things you need to do to stay well (and avoiding things that don't help)?
- Remember your schedule, does it help to try and stick to it? Perhaps there's too much on there at the moment – could some things be cancelled or postponed
- What have you done in the past that helped you cope when things were difficult?
- Is there anyone you trust who you could ask for help with things that are particularly challenging?

You can also talk through ideas with someone you trust like a friend or relative, a mental health worker or perhaps someone who has experienced similar difficulties

Remember, as with triggers, different things work for different people and you will need to experiment. Don't be discouraged if it isn't perfect first time!

What will I do if I notice any Early Warning Signs?

CRISIS



'Any point where things are breaking down and you need additional or urgent help'

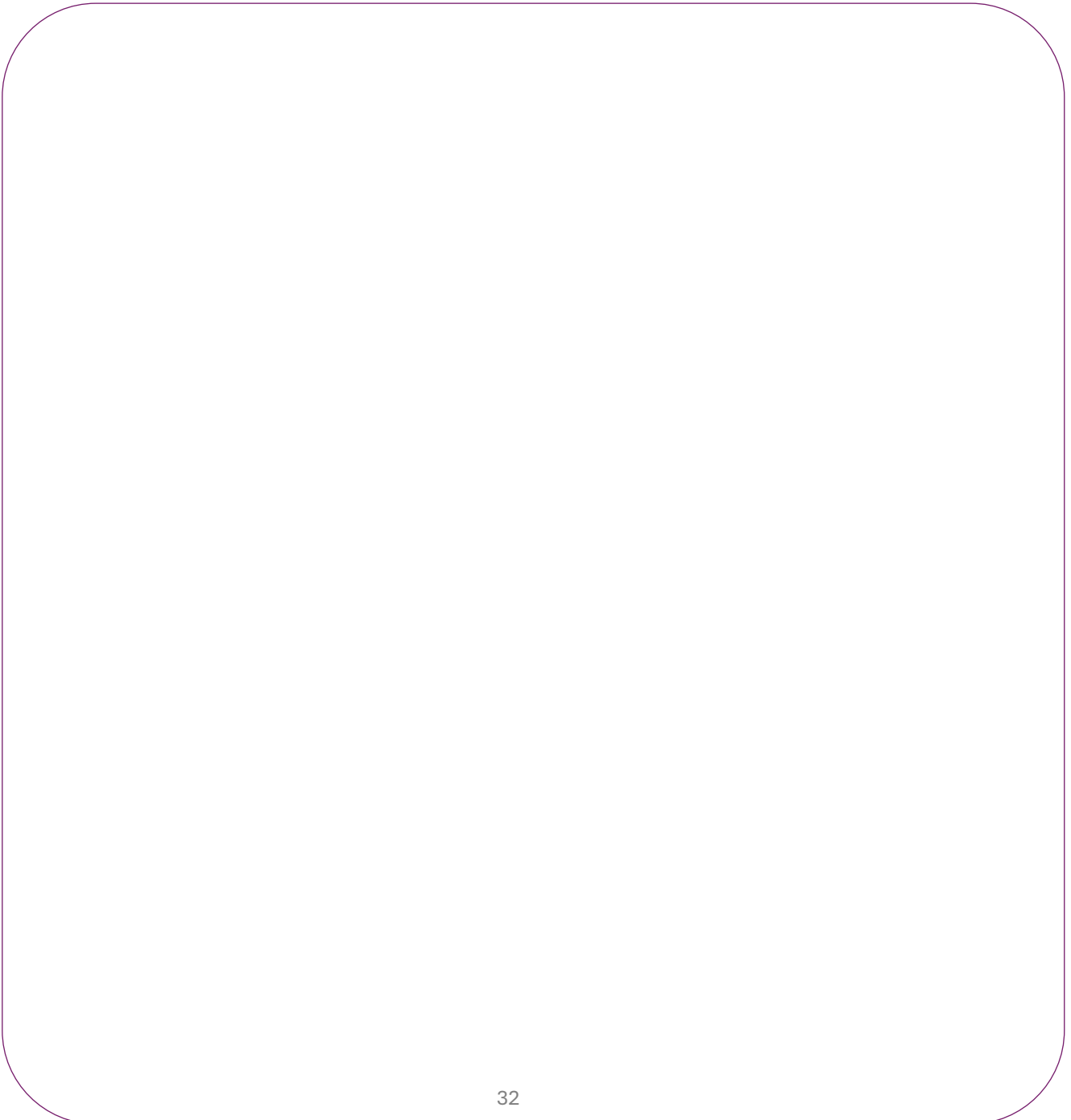
Signs of Crisis

The sooner you can spot your signs that things are breaking down and a crisis is looming, the sooner you can get help. Probably the best way to identify your signs is to think about what happened in the past just before things broke down.

- How did you feel immediately before the crisis happened?
- Did you do or say things that showed that things were breaking down?
- Did you notice your habits or routines change as the crisis approached?

It can also be very helpful to talk to people who you trust and have seen you when things have been breaking down about any signs they noticed. This might include mental health workers as well as friends and relatives.

My Signs of Crisis It can be difficult to think about this so fill this in when the time feels right

A large, empty rounded rectangular box with a thin purple border, intended for the user to write their personal signs of crisis.

Getting Help in a Crisis

When a crisis is approaching there will be some things that you can do for yourself. However, many find they also need help for others, partners, friends, mental health services etc,

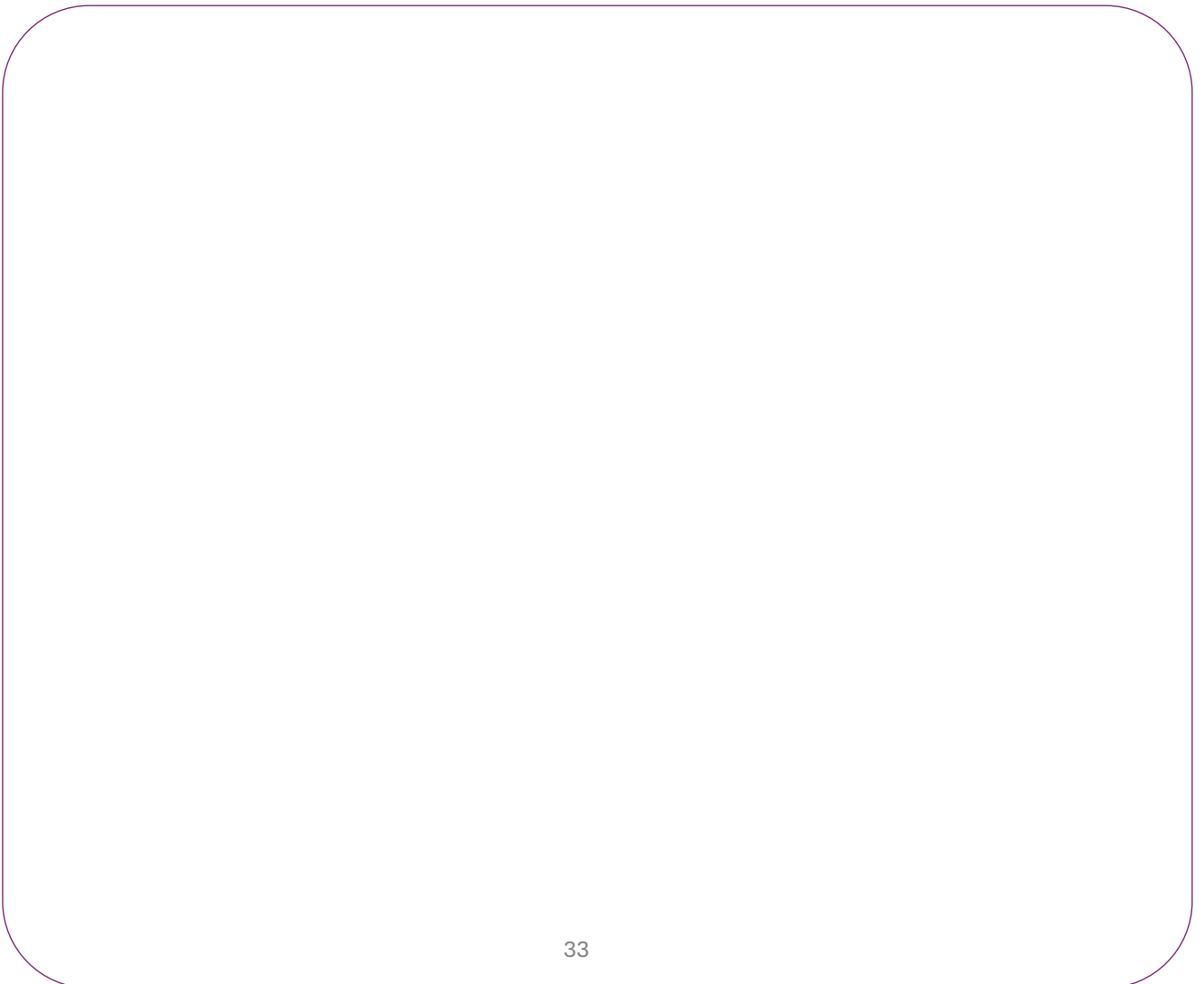
It is important to note that there might not be much time and you will probably need to act quickly. That is why it is a really good idea to have plans in place before a crisis happens.

To help identify what you or others could do when things are breaking down it can be useful to think about what you have done in the past that was (or wasn't) helpful.

- Were there things that you or others did that nipped the crisis in the bud?
- Were there things that you or others did that stopped the crisis messing up things that matter to you (such as you work or relationships)?
- Were there other people – friends, relatives, mental health workers – who were helpful?
- On reflection, are there things you could have tried, or done differently, or others you could have asked, that would have made things less difficult?

It can be useful to talk things through with your mental health worker, doctor, friends, family, or others who know you well, to see if they can suggest things you could do or ways you could get help as quickly as possible.

What can I do and What Can Others do?



MY CRISIS PLAN SUMMARY		
Date of this plan:		
My Name:		
Date of Birth:		
My Wishes		
I have a Personal Recovery Plan I want to share	Yes	No
Comments:		
I have a full Crisis Plan or similar document	Yes	No
Comments:		
<p>1. What I am like when I am feeling well (when you are in crisis you will come across professionals and others who do not know you. It may be useful for them to know what your usual behaviour is like when you're not in crisis)</p>		
<p>2. My signs that things are breaking down and a crisis is looming</p>		
<p>3. Symptoms that show I am in crisis and need others to take responsibility for my care, keep me safe and make decisions on my behalf</p>		
My Contacts		
	Name	Telephone number
Care Co-ordinator		
Friend/s or family who give me care and support		
Carers		
GP		
Consultant		
Others		
Others		

Support from others

4. What people can do that helps when I am in crisis (e.g. increased levels of contact, family and friends, someone looking after my children, prescribing specific medication etc)

5. What I have not found helpful when I am in crisis (list and give reasons)

6. Things I think have helped me to stay safe and well (list and give reasons)

7. Things my team think have helped me to stay safe and well

Signs I'm no longer in crisis

8. How you can tell when I am able to take responsibility for myself again and you can stop using this crisis plan (List signs that you are no longer in crisis)

This is a summary of my Crisis Plan. This Crisis Plan has been developed jointly with:

	Name	Signature	Date
Service user:			
Family / Carer:			
Care Co-ordinator:			
Consultant:			
Other:			

