



Doing it My Way

This resource has been designed to help you to explore your strengths, consider your health-style choices and think about what keeps you feeling good; and to help you to identify when you are not feeling well and plan what you need to do to feel like yourself again.

Having a plan in place means that you are in control of your care and support

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery

Name:

Date:

When I am well, these are the things I enjoy doing:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Name:

Date:

On a scale of 1 – 10 this is how often I do the things I enjoy when I am well

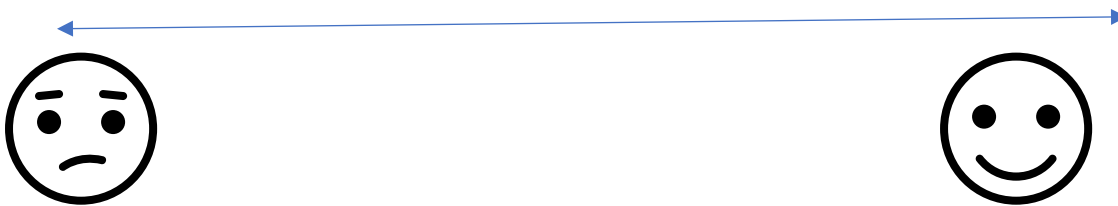
Eg:

1 2 3 4 5 6 7 8 9 10

I do this only occasionally

I do this once a week or so

I really enjoy doing this, and do it as often as I can



These are the scores for the activities on my list of things I enjoy.

Item	Score	Item	Score

Name:

Date:

10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
Activity										

This graph shows the results of my scores when I feel well

Name:

Date:

How do I know when I am not well?

Think about what happens when you feel unwell. What symptoms do you have? Do you start to behave differently? Do you feel more emotional or get short tempered? Do other people tell you they are noticing anything different?

Tick any of the following that apply to you when you are not feeling well:



Sleeping a lot



Always feeling tired



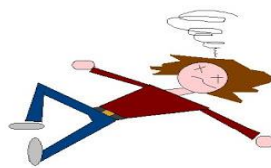
Feeling sad



Eating badly



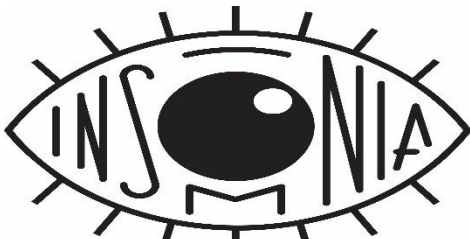
Being angry - often for no reason,
or for something you can't explain



Drinking too much



Getting confused easily



Not being able to sleep



Becoming forgetful



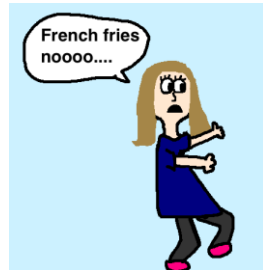
Neglecting yourself

Name:

Date:



Arguing with others



Not eating



Not wanting to take responsibility



Feeling lonely



Over thinking/worrying



Crying more often or being more sensitive than usual



Spending too much

There may be other symptoms that you feel when things are becoming difficult for you – you can list them here:

Name:

Date:

What do I find useful when I feel unwell?

When you are well, take some time to think about what helps you or what support would be most useful when you feel that your emotional well-being is suffering.

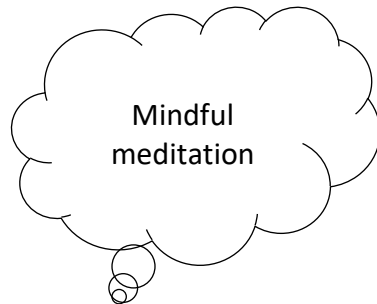
Here is a list of things you may find useful, but it is important that you make your own list as this is a very personal matter.



Speaking to
someone you trust



Being with nature



Taking a walk



Playing or
listening to music



Being in company



Exercise



Name:

Date:

Take some time to make your own list here:

(You don't have to fill in every box)

Name:

Date:

How can I help myself to feel better?

Have another look at the list you made on page 2. These are the activities you enjoy doing when you are well.

When you are feeling unwell, repeat the exercise you did on page 3, thinking about how often you do them when you are not well. Put your results here:

Item	Score	Item	Score

Then plot them onto a graph in the same way as you did on page 4. This will help you to see which activities you are not enjoying as much or taking part in less often. These are the things that help you to maintain good emotional well-being.

Name:

Date:

10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
Activity										

This is a graph showing the results of my scores when don't I feel well

Name:

Date:

Now compare the two graphs to see where the differences are

What can you see from the results?

What areas do you need to improve – remember that these activities help you to stay well, so it is important that you continue with them and aim to include them in your life more often.

How can you do this?

Areas to Improve	How?

You don't have to complete this alone – talk to friends, family, carers, or other people who support you, to work out how you can build up a programme of activities to get you back to better health.

Name:

Date:

Where can I get support?

There are lots of places and organisations who can help. Research ways to maintain your emotional well-being, and when you are in need of support you will have a list already prepared.

Some sources that may help are:

Your GP

Mary Frances Trust

Safe Havens

The Recovery College

Your local Community Mental Health Team

Other Community Connections Organisations - Richmond Fellowship, The Welcome Project

Mental health support groups

Samaritans

Websites:

www.mind.org.uk/

http://www.mentalhealthsupport.co.uk/MentalHealthService/service_directory.html

<https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

Ways to help yourself:

Set reminders on your phone or electronic diary (if you have one) to pop up at regular intervals to remind you to do something positive – for example – take a walk; list 3 things that make you smile; phone a friend.

Do something small but positive each day. Plan a week or a month when you are well so that you will have something in place that may help you when your emotional wellbeing is suffering and it is hard to think clearly.

Complete a list for yourself, with contact details so that you won't need to look for them if you are not feeling up to it. You might also want to include details of the people who you know will help you to get well again.

Name:

Date:

Positive Planning for a Week

Monday	Tuesday	Wednesday	Thursday

Friday	Saturday	Sunday

Name:

Date:

Positive Planning for a Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Name:

Date:

Who should see this folder?

It is your choice about who sees the information in this folder. You can list here anyone who you feel should see it anyone who you do not want to share it with.

Name	Contact details	Yes	No