

Keeping Me Well

What to do with this booklet:

You can do whatever you like with this booklet, but here are some suggestions...

- Decorate the front page! Make it as special as you are! Feel free to decorate it on the back too!
- Use the blank pages to add in anything that might help Keep You Well—this could be drawings, or photos, or things to look forward to, or mindmaps, or ideas... anything at all! They're your pages!
- Be proud of it. You've taken the time to plan how best to help yourself, and that absolutely deserves a pat on the back!
- Keep it in a safe space where you can easily access it (maybe even a comfort box) so that if things do feel a little too much, you can read it and remind yourself of what to do, and remember that you do have control!!
- Update it regularly—scribble bits out and add bits in if you need to
- Share with someone you trust, so they can also learn from your perspective how best to help you
- Use it as a tool to help create your own personalised 'Keeping Me Well' Plan—perhaps there's another format you would prefer it in... like a poster, or an audio recording or a series of post-it notes all lined up—find a way that best works for you!

This self-designed plan is my guide to staying well and helping me to feel better when I'm not feeling too great. Sticking to this plan will help me learn more about myself, what helps and what doesn't, increase my own sense of personal responsibility and also improve my quality of life and help me develop the tools to overcome distressing feelings and unhelpful behaviours.

This practical plan will help list the things that I might need when I'm feeling rubbish (so I hopefully don't get to breaking point) but also remind me about what I need to do everyday to help myself feel as good as possible .

Don't forget that this plan belong to YOU and YOU can decide how to use it. You decide who to show it to (if anyone!) and if you want anyone to work on it with you, or not. You can share or discuss as little or as much as you like.

Name: _____

Today's Date: _____

When I've completed my plan (which I can still change/scribble all over at any time!), I will keep it somewhere safe where I know I am going to be able to get it easily if I need it.

Where could I keep it?

There's a few things I need to think about when writing my plan:

- My Wellbeing Toolbox
- My Day-to-Day Maintenance Plan
- Identifying my triggers and what I can do about them

Are there any questions that I may have to ask myself?

My notes and Ideas:

Comfort Box

A comfort box is a physical thing I can make which I can keep somewhere safe—it could be a big box I buy and decorate especially, a shoebox or even a carrier bag!!

It doesn't even need to be *called* 'Comfort Box' - call it what you want!

The idea is that it is full of things that would help me feel relaxed and/or bring me comfort, so that if I need it, it's all there in one place.

What things would bring me comfort?

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Could I make myself a Comfort Box?

My favourite positive quotes:

Don't feel obliged to fill out every single bullet point!

What are the symptoms, that for me, mean things have gotten worse and I'm close to crisis stage?

If the above symptoms come up, I **MUST** do all of the following things:

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Identifying My Triggers

What sort of life stressors are likely to trigger or cause an increase in my symptoms?

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What can I realistically do to avoid or limit my exposure to these potentially triggering events?

Is there anything I should probably avoid?

(this might things like coffee, sugar, unhealthy habits, certain people)

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These are the types of lists which might be useful to look back on occasionally to remind myself that I **AM** in control and that I can actively influence my mood. Having lists like these remind me of what works for me. Remembering these sort of things will help keep me well.

My notes and Ideas:

Day-to-Day
Maintenance Plan

What am I like when I am well (or how I would like to be when I'm feeling well)?

(this is to give you a baseline and better understanding of what it means for you to feel well. Be as specific as you can. What do you do? How do you feel? How are you with other people?)

What other things can I do to feel good?

(this might be something like keeping a 'Good Things' jar, sticking a list of achievements/goals/dreams or photos of loved ones on the fridge, playing with the kids more often... this could be anything that makes you feel good or could remind you about the good things that you haven't already listed)

My notes and Ideas:

**What practical things do I need to try
and maintain?**

(this might be chores, feeding the cat, personal hygiene, getting food in, sleep)

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**What special things can I do for myself when I
need to feel better?**

**To keep myself well, these are the things I
know I need to do...**

...daily:

...weekly:

...monthly:

...periodically: