



A Good Health Workbook

Helping you to cope with stress and stay well



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1. Introduction

At some time in your life you may feel anxious and not able to cope. Day to day life, like managing money and your social/home life, becomes hard.



If this continues, you may not be able to cope. This can lead to you feeling upset, worried and sad; every day becomes a challenge.



There are things you can do to keep yourself well, but you may need support to do them.



This booklet will help you to think about and remind you of the things that help you to cope and stay well.



It will help you learn more about yourself, and what helps you stay independent. It will take time to complete and you may need support to do this.

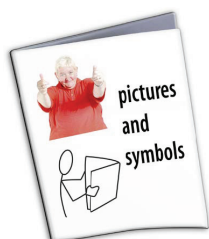
2. Using the workbook

For each topic you will find examples, which will help you to think and write down your own thoughts.

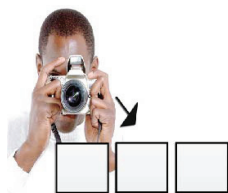
You can use the following ways to complete the workbook, so it makes sense to you:



Words



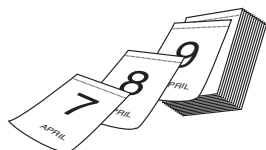
Pictures and Symbols



Photographs

You might want to get someone to help you to fill it in.

Write down the date you start using the booklet.



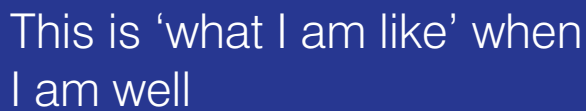
_____ / _____ / _____

3. My wellbeing plan

Each day you may feel different – you can have a good or bad day.

This part helps you think about the good things about you.





Example: bright, bubbly, talkative, quiet, caring, calm.



Make a list of things you need to do daily e.g. healthy diet, exercising, seeing friends.



What I should do, less often, to keep me feeling well

Make a list of things that you might do weekly, monthly or annually, for example: meal out, cinema, short break or holiday.



book a weekend break
tidy room

These are the things that I
should do to keep me well, but
don't always do

Example: exercise, breaks, keep a diary, eat well.



4. My triggers and what I can do about them

Triggers are things that happen to us that can set off uncomfortable or unhelpful behaviours, thoughts or feelings, including stress.

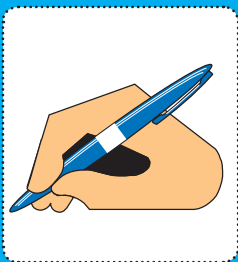




What stresses me? There may be things in your life that often make you feel stressed

Example: being over tired, problems at work and illness.

A large rectangular area with horizontal lines for writing, intended for the user to list things that stress them.



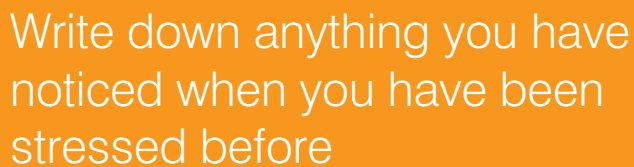
What can I do if I get stressed?

Write a list of things that help when you get stressed e.g. relaxation, walking, talking to someone or listening to music. Also think about how you might avoid some of the things that make you feel stressed.

5. Warning signs and what I can do

It is helpful to notice the signs when you become over stressed. These can be feelings or behaviours.





Example: feel nervous, it's hard to concentrate, avoid people, get angry or annoyed easily.



This is what I need to do if I notice these signs

Example: talk to a friend, family member, healthcare or support worker.

A large, empty, lined area for writing, consisting of 20 horizontal lines.

6. People who can support me









List those people who might help you when things get difficult.

They can be family members, work colleagues, friends or health care staff.

You may want to name some people for certain things



People who can support me

	Name:	How they might help:
	Phone No:	
	Name:	How they might help:
	Phone No:	
	Name:	How they might help:
	Phone No:	
	Name:	How they might help:
	Phone No:	

It might be as useful to remember that some people close to you might not have been helpful in similar situations before. Make a note here if you need to.

The Staffordshire Mental Health Telephone Helpline - 0808 800 2234 - can give you information on other ways of getting help and support.

7. Reviewing the situation

You will probably find it helpful to review your situation and this workbook. You might do this as a result of things not working out as you had hoped, or as a matter of routine to help keep you well. Learning from your experiences and how you have coped with 'life' will help you in the future.





What have you learned about yourself?



Are there any action points that you want to change?



Can you make any changes now to help you keep well?



Is there anything new that you would like to try?

Make a list then add it to the action points within your workbook.

Acknowledgements

This good health workbook has been adapted from and based on Mary Ellen Copeland's Wellness Recovery Action Plan, a version of the Plan developed for use in Stoke-on-Trent, and the Maintaining Wellbeing Self Help Guide available at:

www.RecoveryDevon.co.uk

The full 'Stoke WRAP' and further copies of this workbook can be obtained from:

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Dyke Street
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and

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Remember to try and hold on to
'the positives', however small they might be.

Encourage yourself and be positive
about the things that you can do.

