

Well Being – Personal Health Plan

A well-being plan can help individuals who are feeling distressed, aid recovery and make positive choices about their health and help to prevent further episodes. Much of the information below is based on recent research that we know enables people to keep themselves well.

Positive Mental Wellbeing	Goal Setting
<p data-bbox="213 434 635 495">Things that will keep you well (NIMHE, Making it Possible 2005)</p> <ul data-bbox="124 528 638 943" style="list-style-type: none">• Physical activity.• Drinking alcohol in moderation.• Talking about your feelings.• Keeping in touch with friends and family.• Getting involved – making a contribution.• Being creative.• Eating well.• Valuing yourself and others.• Caring for others.• Learning new skills.• Taking a break.• Asking for help.	<p data-bbox="751 434 1453 524">In order to achieve an ultimate goal, it is important to make small steps towards it. If these steps are small and simple, then the ultimate goal will seem much more achievable.</p> <ol data-bbox="751 562 1422 943" style="list-style-type: none">1.2.3.4.5.

Preventative Factors

Things I can do to prevent symptoms returning:

Early Warning Signs

I can now identify early signs that tell me I am becoming unwell again. These are:

Relapse Plan

When I notice these signs, I will do the following:

Psychological Well-Being	Individual Care Plan
<ul style="list-style-type: none"> • Structured problem solving. • Sharing worries with others. • Books that can help. • Listing and estimating. • Assigning worry time. • Activity planning. • Distraction techniques. • Self monitoring diaries. 	
Social Well-Being	
<ul style="list-style-type: none"> • Adult education. • Meeting up with friends. • Visiting the library. • Catching up with relatives. • Walks in the park. • Go to the pub for a drink with friends. 	
Physical Well-Being	
<ul style="list-style-type: none"> • Consider Medication issues: Time to take medication. Reminders to take medication. • Consider Exercise Prescribed. Walking. • Other Lifestyle Issues Caffeine reduction. Fizzy drink reduction. Breathing exercises. Relaxation. 	
Spiritual Well-Being	
<ul style="list-style-type: none"> • Church. • Complementary therapy. 	

Useful Information:

Organisation	Telephone Number (for you to complete with local contact number)	Web Address (if available)
Age Concern		http://www.ageconcern.org.uk/
Mental Health Help Line		
Carers		http://www.carers.org/
Childline		http://www.childline.org.uk/
Rapid Resolutions		
Samaritans		http://www.samaritans.org.uk/
Drugs and Alcohol		
Mind		http://www.mind.org.uk/
Womens Aid		http://www.womensaid.org.uk/
CRUSE		http://www.crusebereavementcare.org.uk/
Advocacy		