

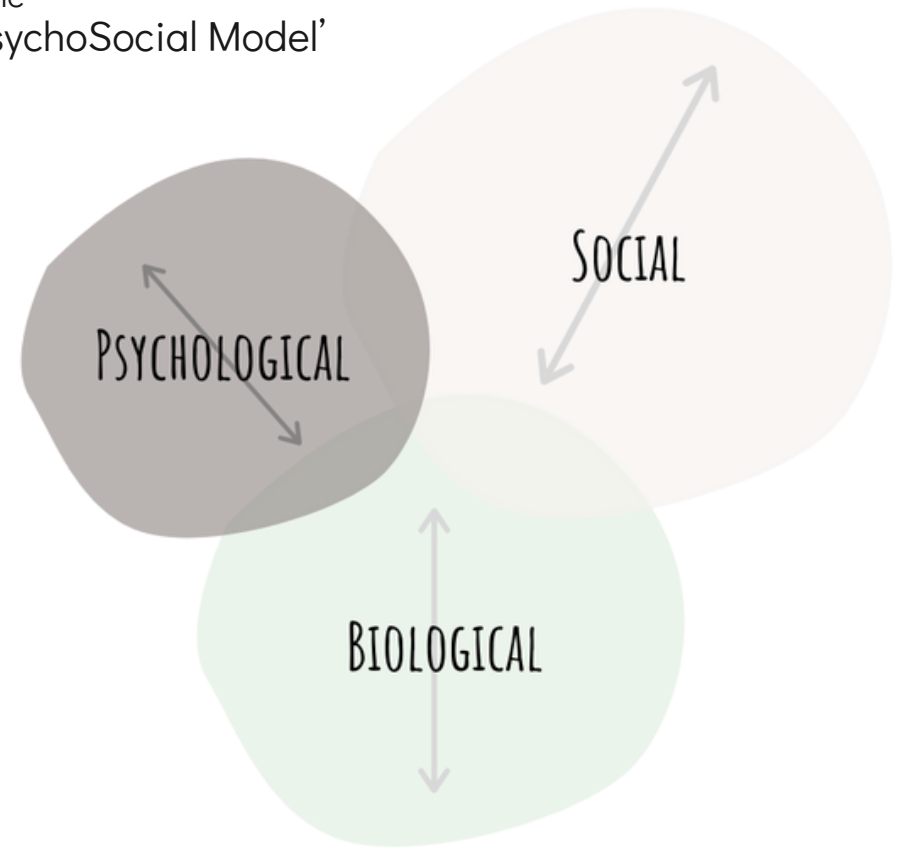
UNDERSTANDING MY NEEDS using the 'BioPsychoSocial Model'

HOW TO USE THIS WORKSHEET

This worksheet is based on the model that healthcare professionals use to explore the bigger picture of someone's difficulties, needs and strengths. It asks about a lot of different areas of your life and can be filled out quickly or in detail. The three steps are easy to follow but it can help to have someone support you while filling it in too.

TIPS:

- You don't have to go into a lot of detail and might not have much to write in some boxes - that's okay! If you get upset at any time please skip over that section or take a break.
- At the end of each step look back on what you have written. What do you feel may be having the biggest impact on your health and wellbeing? Note it down in the 'Your Needs and Goals' box.
- Can you see any overlaps and connections between the steps?
- Your needs and goals can change over time so you can always go back and check you're still on track or to add things. It all helps to paint the bigger picture of being you!



STEP 1 - YOUR BIOLOGY AND HEALTH

Start with noting down your family history and your childhood health and disabilities. Then move on to cover any significant physical changes or events that may have happened in your life. And then document your current physical symptoms and disabilities. Finally note down your strengths and skills to help you to uncover where you have any unmet needs that health and social care professionals could help you with.

STEP 2 - YOUR SOCIAL ENVIRONMENT

This step starts by looking at your current social and environmental surroundings (such as poverty, housing or discrimination) and then works backwards to your childhood. It also considers your culture and religion. Try to note down where you feel you lack power, control and choice over any circumstances. Add any social changes or support you think might help improve your wellbeing to the end box. These could be immediate needs (i.e. advocacy, peer support or legal advice) or longer term goals for the future.

STEP 3 - YOUR MENTAL HEALTH

By now you will have already found some of your needs and goals. Use the examples in this step to work from your childhood up to the current time. Are there any patterns that stick out to you or has something changed that is causing you distress right now? You can then think about which of the most common therapies might help. Or check over your whole worksheet to see if there are any other services, supports, medications or activities that could improve your wellbeing and achieve your goals in a better way for you.

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FOLLOW THE STEPS AND ARROWS:

childhood
details

significant
life events

current
difficulties

strengths and
helpful things

**MY NEEDS
AND GOALS:**

1 BIOLOGY AND
PHYSICAL HEALTH

2 SOCIAL
ENVIRONMENT

3 MENTAL
HEALTH

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EXAMPLES

FOLLOW THE STEPS AND ARROWS:

childhood details

significant life events

current difficulties

strengths and helpful things

MY NEEDS AND GOALS:

1 BIOLOGY AND PHYSICAL HEALTH

- Your nature as a baby (i.e. calm or bold)
- Any history of disabilities, neurodiversity or mental health in your family
- Anything unusual during pregnancy, birth or your childhood
- Any head injuries or significant bumps
- Did you need more help than others to learn or do certain things

- Major sickness or injuries that have occurred
- Any difficulties with sleep
- Medications or changes made to them
- Using alcohol or drugs in a way that affects your wellbeing
- Any changes related to pregnancy or hormones
- Recognising your gender identity or sexuality

- Physical symptoms at the moment and how they affect your daily life
- Any long-term health conditions or disabilities
- Lack of treatment, medication or support for health problems
- Not being able to look after your physical health as well as you would like to

- In good overall health
- No family history of health issues
- Getting enough to eat
- Receiving medication and support that helps
- Any talents, abilities or exercises
- Not using alcohol or drugs in a way that harms wellbeing

- Do you have any physical health concerns that need to be seen by a professional?
- Do you have any disabilities that aren't receiving support?
- Have any non-visible disabilities been overlooked? (i.e. autism, ADHD, PoTS, Alzheimer's, COPD, Diabetes, Chronic Fatigue, Coeliac)

2 SOCIAL ENVIRONMENT

- Any financial difficulties or limited access to healthcare
- Parent being unwell, family conflicts or being adopted as an older child
- Family immigration history, feeling left out, facing unfair treatment or encountering racism
- Exposure to harmful people
- Having a supportive adult

- Loss or separation from loved ones or a pet
- Difficult situations or conflict in relationships
- Stress related to work, school or money
- Moving to a new place, lost home, or no longer having access to helpful services (i.e. respite care or school)
- Situation is a reminder of something difficult from the past

- Lack of understanding and support from family and friends
- Unrealistic expectations from others or society
- Live in an unsafe or unfriendly environment
- Continuous changes or difficult situations (i.e. money or discrimination)
- Lack of access to valuable support services
- Being lonely and isolated

- Helpful community of friends and family
- Religious or spiritual beliefs that provide comfort
- Receiving financial or disability assistance
- Healthcare team that provides valuable support and services
- Safe living environment
- A supportive mentor, workplace or school

- What would you like to improve about your current relationships?
- Do you need peer support or to make community connections?
- Do you need help with advocating for your needs, housing, financial or legal advice?
- Who would be able to support you to have more power, control and choices?

3 MENTAL HEALTH

- What were you like as a child? (i.e. shy, loud, bold, energetic?)
- How did your family act and what is the family structure (i.e. are you like your parents or did you rebel against them?)
- Were you low in confidence or enjoyed doing new things?

How are these things in your life and did any change recently?

Thoughts:

- Having mostly positive or negative thoughts about yourself or others

Behaviours:

- Finding it easy or tough to get things done
- Noticing a pattern of behaviour or events

Feelings:

- Ability to manage stress
- Are there specific things that trigger distress

Relationships:

- Grief and loss
- Disagreements and conflict
- Change and transitions

- Able to talk about thoughts and feelings
- Caring and understanding towards others
- Positive self-image
- Open to learning new things
- Positive experiences with therapy in the past
- Good ways of coping with stress

- Do you want to try one of the common therapies:
- CBT - Persistent negative thoughts and feelings
- Humanistic - Relationship difficulties or big life changes
- Behavioural - Difficulty getting things done
- Psychodynamic - Repeating patterns throughout life
- EMDR - Resolving trauma
- Or is there something else that might help?