

Adult Mental Health Services
Stabilisation Workbook 10

Maintaining my wellbeing



Introduction

This is the final workbook from the stabilisation manual. We hope you found the manual helpful, and that it has supported you to identify a number of new strategies for managing and coping in times of distress.

The focus of this final workbook is on maintaining wellbeing and coping with setbacks. This will involve some thinking about all of the things you will need to have in place to support your wellbeing moving forwards as well as how you will manage any future periods of difficulty should they arise.

This workbook will support you to put together a personalised wellbeing plan focussing on the following areas:

- Strategies for maintaining my overall wellbeing
- Managing distress in the moment (coping with crisis periods)
- My hope note – holding hope for the future.

Try and draw on as many of the strategies you have learnt over the course of this manual as possible whilst going through this workbook and putting together your personalised wellbeing plan. The more tools you have at your fingertips in times of distress the better. Recording all of your coping strategies together in one place will also make it easier for you to put them into practice in times of need.

Once you have completed this workbook, revisit this page and consider who you would like to share a copy with, to ensure that everyone knows how best to support you in times of distress. Also consider where you will store your plan, to ensure it is easily accessible in times of need.

Sharing and storing my wellbeing plan

A copy of this plan has been shared with the following people:

-
-

I will make my plan accessible by keeping a copy in the following place(s):

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- CNWL electronic notes system (SystemOne).

Maintaining my wellbeing

Before considering how you will cope in any future times of emotional distress, it is really important to first consider all the things you need to do to support and maintain your emotional wellbeing. Proactively working on maintaining wellbeing in this way will both support improvements in your overall emotional wellbeing as well as reduce the likelihood of any future periods of difficulty arising.

Below is an example of a wellbeing plan. Overleaf is a blank copy for you to complete with all the things you need to focus on to support your wellbeing moving forward.

1	Proactively plan to do at least one nice thing for myself every day. Make these plans a day in advance between 6pm and 8pm – this can be my planning time.
2	Text or call at least one friend each day. If they don't respond I will call someone else. I will make sure I speak to someone who cares about me every day, including, Aimee, Jo, Han, Larry.
3	Go to the gym two to three times a week. Try new classes as well as keeping going with the ones I know I already enjoy like circuit training.
4	Give myself time to rest and relax – remember its okay to have some downtime and watch the TV as long as it's not all day every day.
5	I will make sure I get out of my flat every single day. Even if it's just going for a short walk – try not to stay in the flat alone all day.
6	Make plans to see friends at least once a week.
7	Practise mindfulness daily, every morning as I wake up.
8	Try and maintain my positive sleep routine. Go to bed by 11pm and get up by 7.30am.
9	Make sure I eat three good meals a day. I will plan my meals in advance for the week on Sundays when I go and do my supermarket shopping.
10	Keep being brave, trying new things and setting new goals. I will try and set myself a new thing to focus on and achieve each month.

Maintaining my wellbeing plan

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Establishing a positive and structured routine, which is well-balanced between engagement with both our valued (see Workbook 8 – Valued Activity for further information on this) as well as necessary (for example – cleaning our home, remembering to do the supermarket shopping, paying bills and organising our finances) activities is very important for maintaining positive emotional wellbeing. You may find it helpful to use the template below to support you to start thinking about establishing a positive routine.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Managing distress in the moment

It can be helpful to draw up a list of strategies to support you in times of acute distress or crisis. You may want to use this plan to manage a specific trigger or difficult period, or to think about managing distress periods more generally.

You can include ideas from all the different workbooks of this manual or from anywhere else. Below is an example of what your list may look like. Overleaf is a blank space to develop your own list.

1	Distract myself by tidying the kitchen.
2	Breathe slowly and calmly.
3	Look at photos of my family, friends or favourite things.
4	Read some inspiring quotes.
5	Go to my safe place (in my mind or my home – see workbook on 'Soothing & Safety').
6	Remind myself "thoughts are not facts, I don't need to act on them."
7	Phone a family member or friend on (insert number).
8	Run really fast around the local park.
9	Watch an episode of Friends that will make me laugh.
10	Read my 'hope note' (page 8 of this workbook).

Managing distress in the moment plan

Use the space below to develop your list of 10 ways of managing distress in the moment.

Remember to include a combination of:

- **strategies** you could use
- **places** you could go to
- **activities** you could engage with
- different **people** that could be helpful to **call, text** or **visit**.

Also, have a think about how you order your list, starting with the thing you would need to try first and working your way down.

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Crisis numbers and contacts

If after going through your distress management plan you still feel unable to manage the distress and are worried about your safety or the safety of others, a list of crisis numbers can be found at the end of this workbook on page 9.

My 'hope note'

When you are feeling calm, it may be a good time to write a 'hope note', which you can read in times of desperation. This letter will be written from you, to you. In it you may wish to remind yourself of all the reasons that you want to keep working towards your recovery. This may include your strengths, talents, abilities and values. You may want to list the people in your life whom you care about and who care about you. Remind yourself of your hopes and dreams for the future and all the reasons you have for moving forwards and away from any potential periods of crisis. Remind yourself to use all your strategies and coping skills to keep yourself safe.

You may wish to use the space below to write your hope note.



Crisis numbers

My CNWL Community Team

If you are engaged with a CNWL Community Mental Health Team (CMHT) or Early Intervention Service, record their contact details below. You can contact your community team between 9am and 5pm, Monday to Friday.

Name:

Telephone number:

My CNWL Crisis Team

If you are engaged with a CNWL Crisis Resolution and Home Treatment Team (CRHTT), record their contact details below. You can contact your CRHTT 24 hours a day, seven days a week.

Name:

Telephone number:

CNWL Urgent Advice Line

You can contact the CNWL crisis line for urgent advice and crisis support 24 hours a day, 7 days a week. You do not need to be currently engaged with CNWL services to access this support.

Telephone number: 0800 0234 650

Samaritans

Free and confidential telephone listening support available 24 hours a day, 7 days a week.

Telephone number: 116 123

C.A.L.L.

Helpline for mental health difficulties offering listening support and advice.

Telephone number: 0800 132 737

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Stabilisation Pack