

# Time to Talk

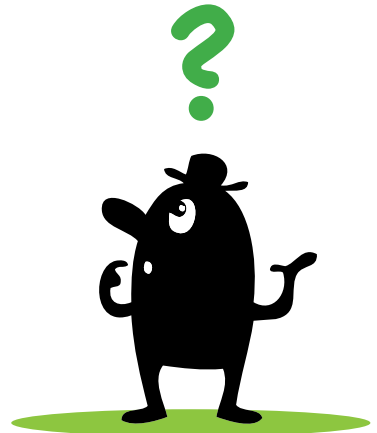
## A wellbeing plan

A toolkit to help you  
live well and stay well

*Feeling sad or despairing?  
Losing interest in things?  
Irritable?  
Worried?  
Stressed?  
Tearful?*



# Introduction



This plan can help you to develop personal strategies and ideas that will help you to live well and stay well. It is a tool that you can use to develop your own ideas in order to make changes and achieve goals you want from life.

It will help you to maintain wellbeing by:

- Enabling you to develop a list of everyday activities you need in order to manage various life stresses
- Helping you to identify any personal triggers (events and situations) that may cause you to become less resilient or lose your state of wellbeing
- Providing a structure to help you self- monitor your own wellbeing, thus helping to prevent relapse
- Creating a plan to strengthen a healthy sense of interdependency within the support network of those you trust

Acknowledgement:

Your WELLBEING plan is based on the WELLNESS RECOVERY ACTION PLAN (WRAP) originally developed by Mary Ellen Copeland. This workbook is a shortened version of WRAP adapted for use by TIME To TALK, Sussex Community NHS Trust. More information may be found on [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)



## Part One: Living well

What do I feel like / look like / appear to others when I'm thriving?  
e.g. relaxed, friendly, talkative...

What am I doing in my daily life when I'm thriving?  
e.g. meeting with friends, exercise...

## Part Two: Continuing to Live Well

Doing these sorts of things helps me to continue to live well and maintain personal wellbeing. They are less frequent than everyday. e.g. Having things to do, listening to music...

Please list:

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Doing these sorts of things can threaten my sense of wellbeing. Being around certain people may be unhelpful for me.

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Put together a daily plan of routine things you have to do each day and try to include at least one activity each day from the 'Living Well' list you created at the beginning of part two.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

## Part Three: Noticing Triggers

List the things that might cause me to lose my sense of wellbeing.  
They might be events, dates or circumstances:

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If any of these triggers happen, try and stick to your daily plans  
and continue to do things which would normally help you live well.  
Avoid doing the things that challenge your state of wellbeing.

## Part Four: Spotting Early Warning Signs

These are subtle (and not so subtle) changes in how you feel, think and behave. Noticing these changes will enable you to do things for yourself and enlist the help of others so that you can stop any potential problems before they escalate or become more overwhelming. You may know these signs yourself or you may need to ask others close to you what they have noticed.

Changes in how I feel:

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Changes in how I think:

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Changes in how I how behave:

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Physical and 'tangible' things to notice:

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Stick to your daily plan and do things which you know generally keep you well. You may need to do some additional things which you enjoy, find relaxing or supportive. These might include:

If your warning signs continue and appear to be affecting wellbeing, you may need to enlist some support from others you trust. Interdependency in relationships is a healthy and adult way to access the support you need. It is important to consider who might be the person or persons you can call upon on those occasions when you are feeling more vulnerable.

Name	Relationship	Telephone / contact details	Have you asked this person for their permission to contact them when it becomes necessary to your wellbeing? What agreement have you made?



## Part Five: Recovering and moving forward after a vulnerable time

When I am feeling better, how will I know and how will other people know?

Periods of vulnerability can yield rich personal growth and change. How can I view this recent period of vulnerability as a 'learning event' and not as a failure or mistake?  
What can I learn from this time?  
How am I different after coming through this time?

## Part Six: Future Developments

Now I am once more in a place of personal wellbeing, what are the ambitions and wants from life which I can start to think about and work out how I might achieve? (either on my own or with the help of others?) Where would I like to be 3, 6 and 12 months from now? What are my aims?

# Emergencies

If you are in crisis, especially if you feel at risk of harming yourself or someone else, contact your GP or if it is out of hours, please attend Accident and Emergency at your nearest Hospital, where you will be seen by someone who can discuss your difficulties with you.

Alternatively, you could contact:

## **Sussex Mental Health Line**

Tel: 0300 5000 101

24 hours a day, 365 days a year.

## **Samaritans**

08457 90 90 90

Confidential emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, or feeling suicidal.

**This booklet is yours to keep, so,  
please make use of it again and again**

To contact **Time to Talk**  
Sussex Community NHS Trust,  
please telephone your Locality Office

**Crawley office**

(Crawley area)

Tel: 01293 843 300

**Mid Sussex office**

(Burgess Hill, East Grinstead, Haywards Heath, Hurstpierpoint)

Tel: 01444 251 084

**Horsham office**

(Horsham, Storrington, Steyning, Henfield)

Tel: 01403 227 048

**Worthing office**

(Worthing, Shoreham, Lancing, Littlehampton)

Tel: 01903 703 540

**Chichester office**

(Chichester, Bognor, Arundel, Pulborough, Petworth,  
Midhurst, the Witterings, Selsey, Southbourne)

Tel: 01243 812 537

[www.sussexcommunity.nhs.uk/timetotalk](http://www.sussexcommunity.nhs.uk/timetotalk)