

Borders Recovery And Wellbeing



LEARNING PASSPORT



YOUR LEARNING PASSPORT

This is a place for you to record information about your recovery and wellbeing learning journey. There's no 'right' way to use this passport, just focus on what feels right or helpful for you.

You can use it to:

- record the courses you do
- identify your achievements and celebrate successes
- reflect on the courses and what you learn
- think about what is useful for you - things you learn that are helpful and you want to remember
- Gather evidence about your learning journey in one place.

Space to write down anything that matters to you

This could be things that you want course leaders to know about you, things that you want your family to know or just anything that's important to your recovery and wellbeing learning journey.

It could be a challenge you want to overcome or something you want to achieve.

Courses that I want to do or find out more about

Space for you to make plans or set goals

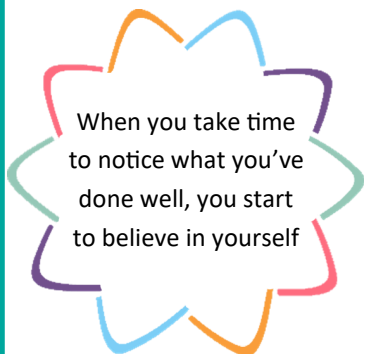


My course record and reflections

Name of course:

Date(s):

My reflections:



Signature of course leader:

Name, position and organisation:

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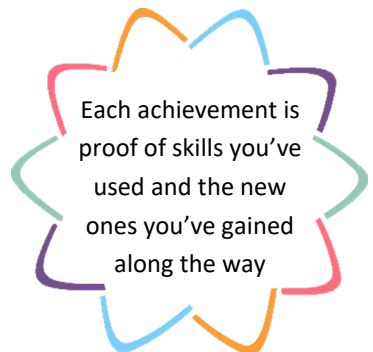
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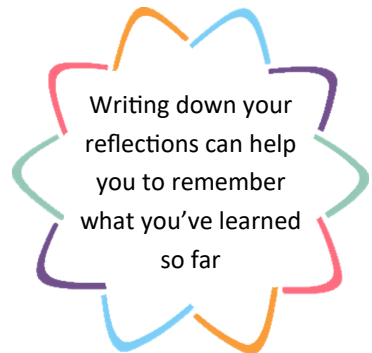
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Ways to Be Well

Learn more about ways to protect and promote good mental health and wellbeing – we call these 'Ways to Be Well'.



Eat Well

Food affects our brains and mood as well as our bodies



Be Active

Exercising regularly can make you feel more confident, happier, less stressed and sleep better



Sleep Well

Follow a good night time routine, sleeping well is vital for good mental health



Be Connected

Connect with other people in a way that is good for your wellbeing



Be Kind

Giving and receiving from others helps to build a support network



Enjoy and Learn

Learning new things can help you to be more satisfied and fulfilled



Be Creative

Creative activities and being involved in culture can help you to stay well and feel better



Be Mindful

Being mindful can help you to de-stress, give yourself some 'me time'

Connect with Nature

Spend time outdoors and bring nature into your everyday life



Manage Money Worries

Get help for financial difficulties; money problems are a common trigger for mental health problems

Limit Alcohol

Cut down your drinking to stay within the low risk guidelines



Stop Smoking

Find healthier ways to cope with stress

Creating Hope
Scottish Borders



www.nhsborders.scot.nhs.uk/creating-hope

**The Borders Recovery and Wellbeing Learning Passport was
inspired by Steven and developed in association with
Flourish - Mental Health Matters.**

**Empowering communities to shape, grow and advance
mental health support in the Scottish Borders**

A blue rectangular graphic with a lighter blue rounded rectangle in the center. The word "BREATHING" is in white bold uppercase letters, and "SPACE" is in white outline uppercase letters. Below this, the text "Open up when you're feeling down" is in white bold. At the bottom, "Call: 0800 83 85 87" and "or visit: www.breathingspace.scot" are in white.

**BREATHING
SPACE**

**Open up when
you're feeling down**

Call: 0800 83 85 87
or visit: www.breathingspace.scot

**Filled up all the pages in your Learning Passport? Order a new one
by emailing health.improvement@borders.scot.nhs.uk**

flourish
mental health matters

Creating Hope
Scottish Borders


Scottish Borders
Health and Social Care
PARTNERSHIP