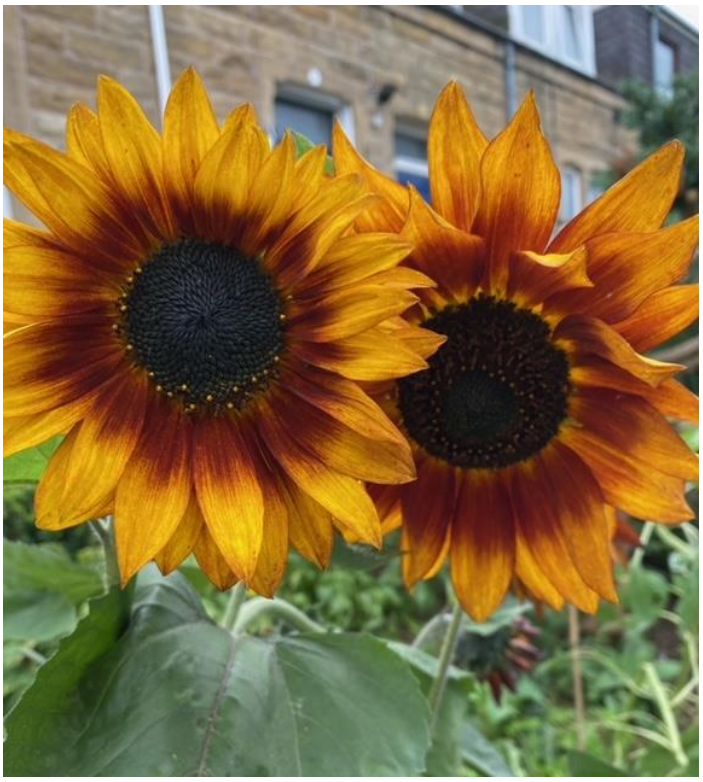
# MY STAYING WELL ACTION PLAN



Recovery focused plan approach to support individuals in maintaining positive mental health and wellbeing.

# Sections in the SWAP

| Page Content | Tick when complete |
|---|---|
| Introduction to the Staying Well Action Plan and how you can make use of your plan | |
| Recovery Values and Beliefs – HEAR ME | |
| The things in my life that are important to me | |
| Things that can impact on my recovery ❤ | |
| My early warning signs ❤ | |
| Gauging my Mental Health ❤ | |
| Resilience Ladder | |
| My Circle of Support | |
| My Support Address Book | |
| My Daily Wellness Plan | |
| My Weekly Planner | |
| My Monthly Planner | |
| Hopes and Aspirations for the year ahead | |
| How will I know if I have achieved my Goals | |
| Contacts I use regularly | |
| What to do if I am unwell ❤ | |
| Moving on from needing help right now and privacy and confidentiality | |

❤ When you see this symbol, it may be that these sections are challenging for you to speak about and fill in, especially if you are filling them in with a friend or family member

# STAYING WELL ACTION PLAN (SWAP)

This Staying Well Action Plan (SWAP) allows you as an individual to develop your own positive approach to overcome any challenges surrounding your Mental Health and Wellbeing. The plan does not have to be completed all at once and is yours to share with whomever you feel comfortable. It is important that the contents reflect your needs and therefore it is something you can work on as an individual or with the support of those invested in your journey of recovery.

The purpose of the Staying Well Action Plan is to develop your own recovery and provide you with a resource which you can use as required to help you look after your wellbeing. By focusing on yourself, you will be able to learn, grow and be more positive as an individual and this document can adapt over time with you in line with your recovery.

The Staying Well Action Plan is an effective tool to help you to take control of your own self-care and wellbeing and will support you in living the life you want to lead.

**How you can make use of your Plan**

You can use the plan in any way you want to, however, some ways you might consider using it are listed below:

- When you come into contact with a new service or professional who is supporting you in some way
- When things are starting to feel more challenging and you want to check in with your support network
- When you find something new that helps
- If the people that support you change

# Recovery Values and Beliefs

## H E A R M E

**H** OPE – We believe in the reality of recovery for all. Hope can provide the motivation to make a change.

**E** XPERIENCE – We believe recovery is a unique and individual experience. Everyone's experience is their own and everyone's experience is valid.

**A** UTHENTICITY – We believe being authentic is about being true to ourselves.

**R** ESPONSIBILITY – We believe wellness and recovery involves taking responsibility for the things we can do to improve our own wellbeing.

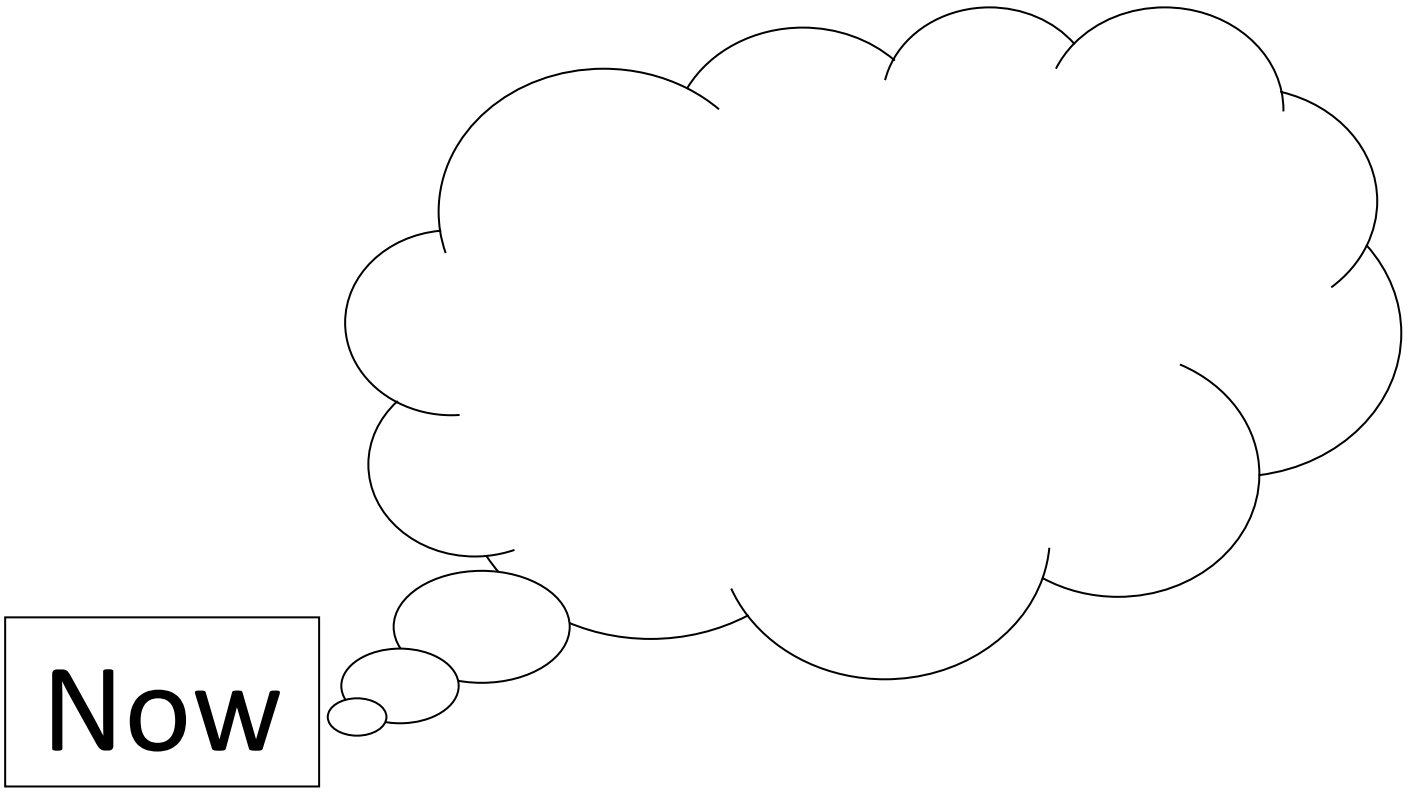
**M** UTUALITY – We believe that mutuality is core to peer working, working side by side with one another.

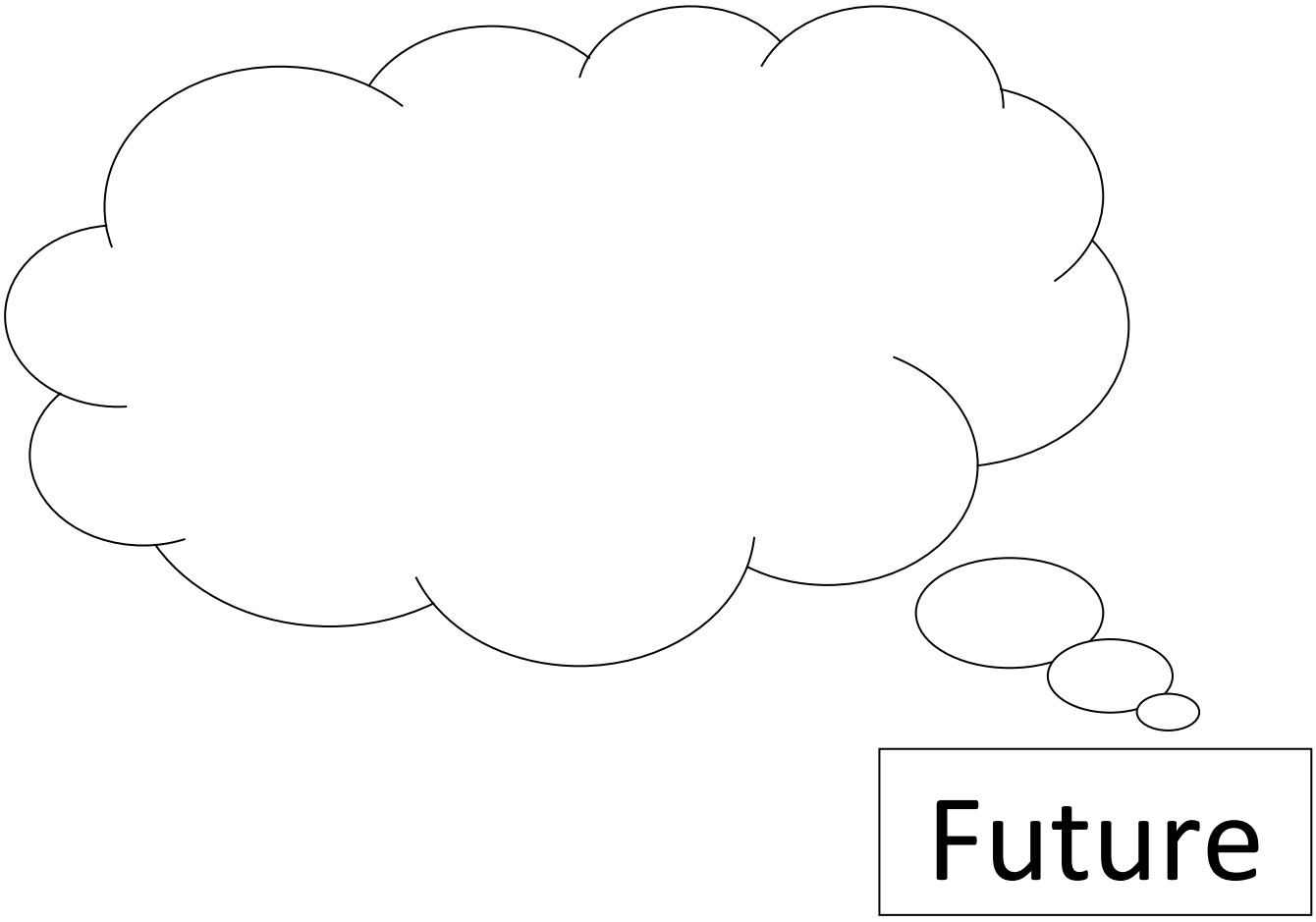
**E** MPOWERMENT – We believe empowerment means being in the driving seat of your life and having the ability to control the choices you make.

## What the Recovery Values and Beliefs mean to me

| | |
|---|---|
| **H** OPE | |
| **E** XPERIENCE | |
| **A** UTHENTICITY | |
| **R** ESPONSIBILITY | |
| **M** UTUALITY | |
| **E** MPOWERMENT | |

**The things in my life that are important to me**



# Things that can impact on my recovery

Sometimes there can be events or actions that can cause our mental health to deteriorate when we experience these. Sometimes these are referred to as triggers. When a trigger is experienced it can lead us to react or feel a particular way. Use the space below to share the events or actions which can make you a feel a particular way and how you can react or feel when this happens. If there are things which help you can explore these too.

| | |
|---|---|
| **Event or action:** | |
| **How I feel/react when this happens:** | |
| **What can help when this happens:** | |
| **What I need to do:** | |
| **What I need someone else to do:** | |

| | |
|---|---|
| **Event or action:** | |
| **How I feel/react when this happens:** | |
| **What can help when this happens:** | |
| **What I need to do:** | |
| **What I need someone else to do:** | |

| | |
|---|---|
| **Event or action:** | |
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| **What can help when this happens:** | |
| **What I need to do:** | |
| **What I need someone else to do:** | |

| | |
|---|---|
| **Event or action:** | |
| **How I feel/react when this happens:** | |
| **What can help when this happens:** | |
| **What I need to do:** | |
| **What I need someone else to do:** | |

# My Early Warning Signs

My early warning signs are a way of helping me notice changes in my mental health. Identifying when worrying thoughts and feelings are trending and becoming a **pattern can help me help my mental health.**

**Early indicators** can include things like feeling less tolerant or less motivated to do our day-to-day tasks. You could find yourself more easily distracted or beginning to spend less time with loved ones. Whatever they are, your indicators will be individual to you.

**What are your early indicators?**

# Gauging My Mental Health ❤

It can be helpful for us to find a way of gauging “what stage” our mental health is at. Let’s try putting our indicators on a gauge to see if we can figure out what stage our mental health is at.

Let’s think of Green as what you are like when you are well …
Amber as early indicators …
Red as signs your usual coping strategies are not working …

| | |
|---|---|
| How I know things are going well | |
| How I know things are not going so well. | |
| Signs I am in crisis | |

When I notice my Mental Health beginning to change, there are some steps I can take to prevent it worsening. Below are some steps I have tried before and found to be effective in keeping me as well as I can be.

**What's changed and what could help?**

**What can I do to keep myself safe when I become unwell?**

**Things that help me to keep well and make me feel better about myself?**

**Things that do not work for me**

**Things I would like to try in the future**

# Resilience Ladder

Steps for keeping yourself safe ….



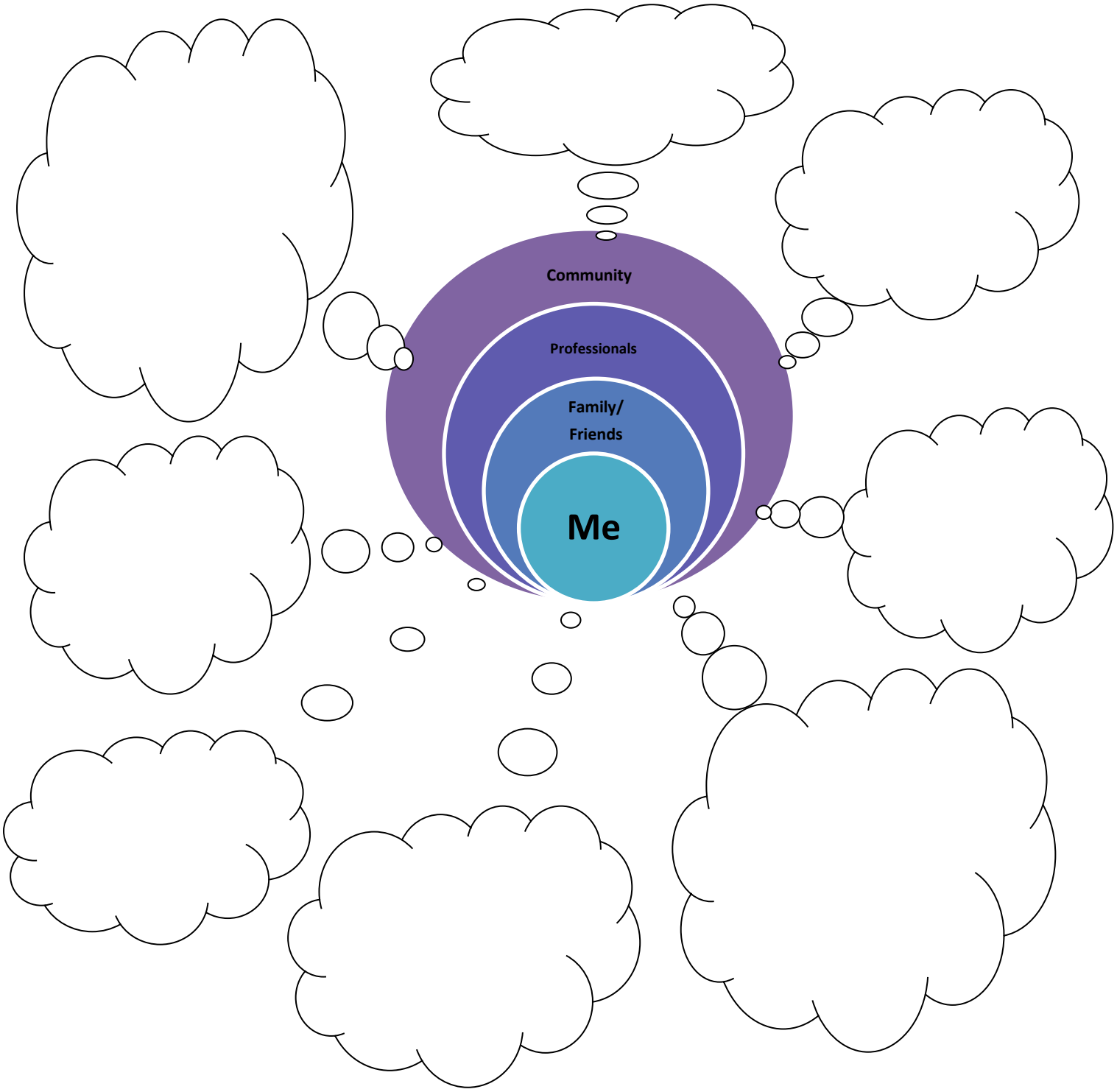
Fill in each step of the ladder with a strategy to keep yourself safe

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# My Circle of Support

When we need support, it can be helpful to remember who is in our support network. Circles of support are based on an understanding of the importance of relationships in our life and the need for strong support networks.

You can note below people around you who are in your circle of support.



# My Support Address Book

Who is most likely to be able to provide the appropriate care and support for you at this time? Who can you share this plan with that can help you?

Some of the people who might be able to help include: a friend or family member, a trusted neighbour, a GP, a support worker, a peer worker, the Community Mental Health Team, someone from the third sector e.g. Borders Care Voice, Borders Carers Centre, Health in Mind, Penumbra, We are With You, Adult Mental Health Local Area Co-ordination (LAC) Team.

| | |
|---|---|
| **Who can provide help?**<br>Name:<br>Relationship to you:<br>Contact information: | |
| **What they help me with?** | |
| **How long can they provide support for?** | |
| **What makes them stand out for me?** | |

| | |
|---|---|
| **Who can provide help?**<br>Name:<br>Relationship to you:<br>Contact information: | |
| **What they help me with?** | |
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| | |
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| **How long can they provide support for?** | |
| **What makes them stand out for me?** | |

# My Daily Wellness Plan

Your daily wellness plan will help you recognise the things you can do to promote positive wellbeing.

These are the things **I can do** on a daily basis to keep me well:

These are the things that **I may choose to do** on a daily basis to keep me well:

These are things that **I plan to do on a daily basis in the future** to keep me well:

# My Weekly Planner

Sometimes it can be helpful to create a weekly planner. This can help us keep routines and structure when we are having difficulty maintaining them. It can also help us to keep track of appointments and to focus on our priorities.

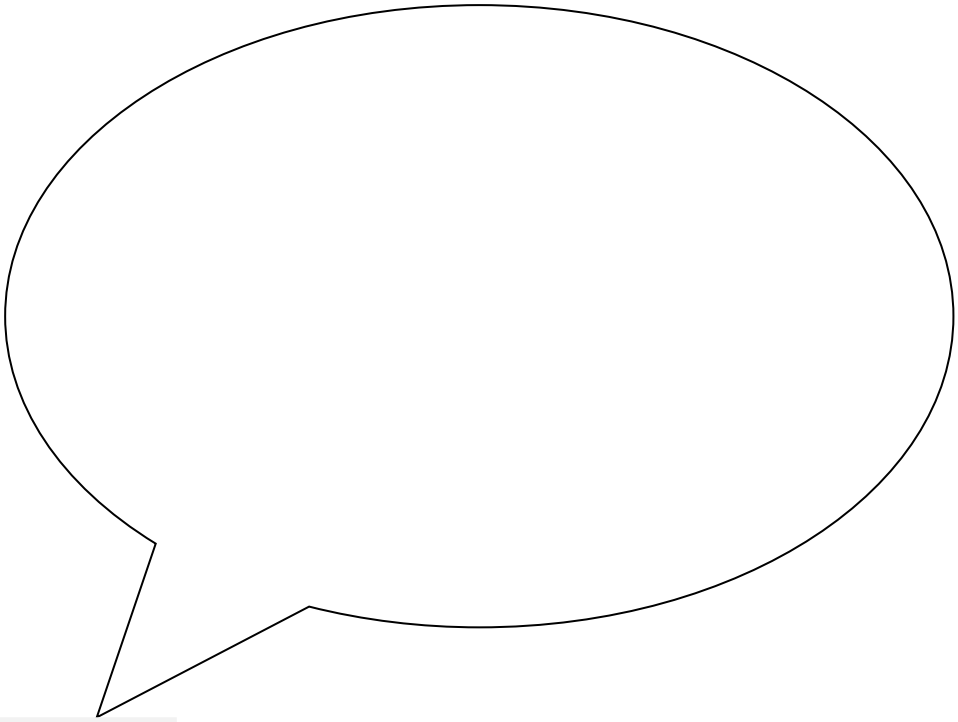
| Day | Morning | Afternoon | Evening |
|---|---|---|---|
| **Monday** | | | |
| **Tuesday** | | | |
| **Wednesday** | | | |
| **Thursday** | | | |
| **Friday** | | | |
| **Saturday** | | | |
| **Sunday** | | | |

# My Monthly Planner

Sometimes it can be helpful to create a monthly planner. This can help us keep routines and structure when we are having difficulty maintaining them. It can also help us to keep track of important dates in the future.

| | |
|---|---|
| **January** | |
| **February** | |
| **March** | |
| **April** | |
| **May** | |
| **June** | |
| **July** | |
| **August** | |
| **September** | |
| **October** | |
| **November** | |
| **December** | |

## Hopes and Aspirations for the year ahead



Future Goals

**Manageable steps I will take to achieve this ….**

1. ……..
2. ……..
3. ……..
4. ……..
5. ……..

# How will I know if I have achieved my goals

**….write your achievements in the trophies**





# Contacts I Use Regularly

**Note below any contacts you use regularly or like to have to hand incase you need them …**

| | |
|---|---|
| | |
| | |
| | |

# What to do if I'm unwell 

This part of your SWAP gives guidance on what can be done to support you, if you become unwell.

You are encouraged to share this part of your plan with those you trust and feel can support you if you are unable to look after yourself and make decisions about your own wellbeing.

This plan should be used if you are not able to do one or more of the things below. This is what, in law, is called capacity you are said to lack capacity if you are unable to:

- act; or
- make decisions; or
- communicate decisions; or
- understand decisions; or
- retain the memory of decisions.

A medical doctor may assess your capacity and only they can decide if you lack capacity. However, you may be aware of signs you notice yourself or other people have noticed when you have become unwell in the past.

| | |
|---|---|
| Things that happen, that could be signs that I am becoming unwell: | |
| These are the people I trust to make decisions for me when/if I'm not able to make decisions for myself :<br><br>Here is their name and contact number. (I confirm they agree to doing this for me) | |
| Have you granted a power of attorney to anyone? Is so who?<br><br>Finance/Welfare/Both? | |

| | |
|---|---|
| I have an advanced statement?<br><br>(An advance statement is not a guarantee that your wishes will be followed, however it is a guarantee that they will be taken into account. An advance statement should be witnessed and signed by a health or social care professional.) | YES/NO |
| These are the services that support me:<br><br>(Tell us what the service does and how they support you) | |
| These are the things I find helpful when/if I become unwell:<br><br>(Tell us if there are specific treatments that work for you) | |
| Things that I find less helpful when/if I am unwell:<br><br>(Tell us about anything that you have found difficult or to make things more difficult including treatments) | |
| Here are the things that still need to happen when/if I'm unwell<br><br>(Tell us about things like, the pets you have that need to be looked after, anything you do for other people –caring roles, or other responsibilities you have) | |
| Tell us where and how you would prefer your treatment to take place and why:<br><br>(it may not be possible to provide your treatment where you prefer, we will try to accommodate your wishes if we can) | |
| I won't need any more support when? Tell us how we will know you don't need any more support? How do you know when you have recovered enough to take back responsibility for your own wellbeing? | |

# Moving on from needing help right now

Recovery does not stop when we become unwell for a period, instead our recovery journey is still ongoing even when we experience a setback or feel as if we are stuck.

One of the most important things we can do when we experience a challenge or a setback is to allow ourselves the opportunity to look back and reflect how we felt at the time. When a challenge is overcome, it can be useful to think, what helped to get past the challenge or what made it more difficult? By identifying the things that worked well and the things that made it more challenging we can use this to help us if something happens in the future.

Equally if we are feeling stuck, it can be helpful to try and reflect on what is making us feel this way. Perhaps it's because we have lost sight of some of the things that we know can help us or perhaps it's because we need to find some new ways to cope. Either way being aware of how we are feeling and reflecting on this can help us to move on and look forward.

# Privacy and Confidentiality

This plan is yours and therefore it is up to you who you share it with. If you choose to share it with others, remember it is a good idea to ask for a copy of an organisation's privacy policy before you share your plan to make sure that you are happy with how they might use the information within your plan.

If you share your plan, make sure you are happy with those you are sharing it with having all of the information included in your plan. If there are parts of the plan you would prefer not to share, that's okay – you should only share what you are comfortable with.

If you are no longer in contact with someone who used to provide support to you, you can also ask that they return your plan to you or destroy their copy.

*If there is anything you are unsure about or require more clarity on then please seek support from those you have chosen to share this document with.*

Name …….

Start Date ……..

This Staying Well Action Plan was initiated by NHS Borders with input from third sector organisations.



















