

# 1: How am I feeling today?

*Simple question right? No.*

*Give yourself the time you need to think deeply.*

- Be honest with yourself
- Don't just use generic words like 'ok' or 'rubbish'
- Think about words that can unlock solutions, like anxious, fearful, lonely, depressed, angry....
- Consider what has happened to cause you to feel this way today
- Ask yourself how long you have felt like this
- Do you think the feelings you have today will change in time?

## 2. What can I do if I'm not feeling like myself today?

- Take a small, simple action to help alter how you feel today.
- Accept how you feel. Feelings are not facts, but they are important.
- Don't react to feelings without thinking. Focus on finding a constructive action you can take.
- Always be honest with yourself.
- Think of a few things you are grateful for.
- Identify any short-term fixes that have longer term negative consequences and ignore them.

# 3: What has helped me in the past if I have been struggling?

- What helps you?
- Who helps you?
- What are some things that you may not like to do, but are good for you and give you a feeling of achievement? *“unenjoyable wellness”*
- How have you previously broken a cycle of negative thinking and damaging feelings?
- Can you set aside 30 minutes today to do something you like?

## 4: Who can I call/speak to if I'm struggling?

*Can it help you to talk with someone else?*

- Think of people you know (family, friends, peers, colleagues etc.)
- And people you don't know (NHS, helplines, community support etc.)

*Think about emotional involvements and if it would be more helpful to talk with someone who knows you, or someone who doesn't.*

# 5: What do other people need to know about me to help me if I'm struggling?

## Emotional

- Your health
- Any support network
- Family
- Interests/passions
- Religious beliefs
- Other

## Practical

- Your daily routine
- Pets
- Carer?
- Benefits/finances?
- GP – medical support – CPN – practical support
- Diet
- Medication
- Other

# You've Written Your Self-Care Plan – What Next?

*Your plan could help other people understand who you are and what's important to you. It could also help someone else who is struggling*

- Can you share it with people?
- Where can you put it?
- How often can you update it?
- Can you create different plans for different emotions?
- Can you remember the five self care questions and keep them in mind for when you, or someone you know, is struggling?