

## Being Well – My Action Plan

Writing an action plan can improve your well-being. Your GP/nurse may highlight some things they think could be included. However it is **your** wellbeing plan and you are in control. Start today at the bottom of the page and continue overleaf. Look at it regularly to help you to stay on track.

**Five Ways to Wellbeing** provide some examples that you may like to put into your wellbeing plan, see <http://www.actionforhappiness.org/10-keys-to-happier-living> for more ideas.

### Give

- Not just about money! Visit the volunteer centre – get involved and make a contribution or perhaps practice weekly acts of kindness <http://www.voluntaryimpact.org.uk/volunteering/>

### Relate and Connect with others

- Talking and sharing your feelings with someone you trust often helps. MIND community navigators have details of local counsellors or ask your Nurse or GP for psychological therapy referral
- Plan to meet up with friends or family
- If communication is hard, try a letter as a way of preparing what to say to someone.

### Exercise and care for your body

- If you are taking medication, take it at the same time of day, don't stop without GP advice.
- <http://www.northamptonshiresport.org/get-active> - to find various types or group exercise.
- <http://www.walkinginnorthants.co.uk/groups.php> - for walking groups.

### Awareness

- Breathing exercises & relaxation techniques e.g. breathe in on 7 and out on 11
- Online mindfulness <http://palousemindfulness.com/>

### Try something new – Learn or be creative

- Adult education - Learn2b have a range of free wellbeing courses telephone 01604 368023 or email: Learn2b@northamptonshire.gov.uk
- Read yourself well – self-help books/audio books are available from local libraries
- Access computerised cognitive behaviour therapy (e.g. [www.livinglifetothefull.com](http://www.livinglifetothefull.com))
- Plan to do things today that help you feel/remain well
- Keep a diary - what are you learning, what is helping you feel better?
- Turn worries into challenges and try to set goals to solve them

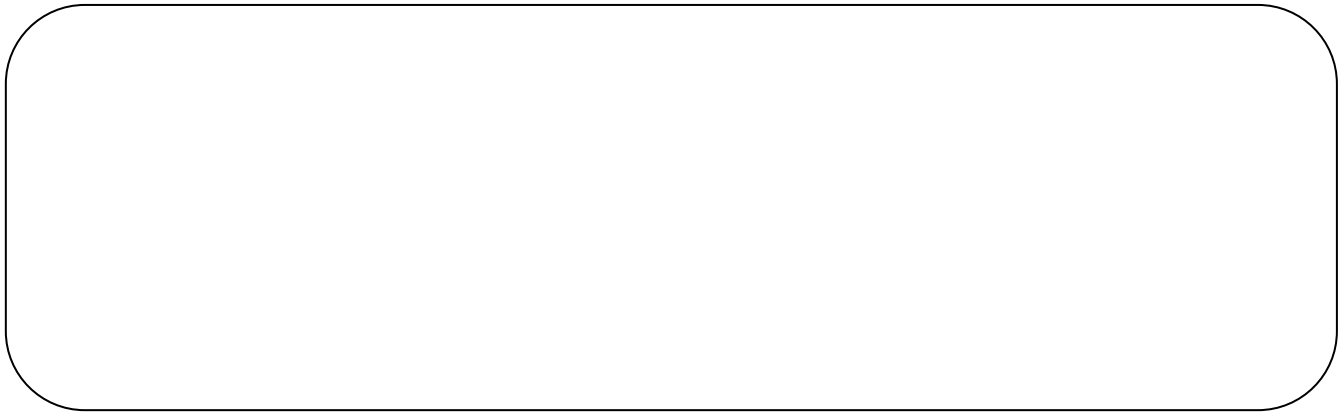
**Well-being plan:** Aim for three changes you can make that will help you to feel better and help you stay well. <http://www.firstforwellbeing.co.uk> Tel: 0300 1265000 for more information

	What am I going to do?	How will this help me?	When will I do this by?
1.			

**Plan for when things are not going so well:** Identify your red flags (early warning signs) if you are starting to spiral downwards (such as your thoughts, feelings, reactions) and develop an action plan of what to do when things get tough.

**If I really can't cope I will:** Think about who you can call for support and what distractions and calming activities will help you to get through the day or through the next few hours.

**Talk to: NHS 111 , Samaritans 116123 Watch <http://www.connectingwithpeople.org/stayingsafe>**



### **Useful Contacts**

Adult Social Care – 03001261000	Mind – 01604 634310
Age UK - 01604 611200	Community Navigators - 01536 523216 or 01933 223591
Northamptonshire Carers - 01933 677907	GP out of hours – 111
Total Voice – Advocacy - 0300 330 5499	Women’s Aid - 0845 1232311
Relate Relationship Counsellors - 01604 634 400	Citizens Advice Bureau - 0344 111 444
Substance to Solutions (S2S) - 01604 211304	National Debt line - 0808 808 4000
Samaritans - 116 123	CRUSE - 07772 428532

### **Useful Websites**

[http://www.moneysavingexpert.com/credit-cards/mental-health-guide?utm\\_source=mental-health-guide](http://www.moneysavingexpert.com/credit-cards/mental-health-guide?utm_source=mental-health-guide)  
excellent debt resource

<http://www.asknormen.co.uk>  
County wellbeing resource site.

[www.changingmindscentre.co.uk](http://www.changingmindscentre.co.uk)  
Lots of resources including Learn 2 B and read yourself well

<http://www.mhnorthants.org.uk/>  
Mental health charities working together across Northants - directory