



CNWL recovery
& wellbeing college
Hope • Control • Opportunity



Central and
North West London
NHS Foundation Trust

My Health and Wellbeing Plan

Second edition



Name:



Wellbeing for life

My Health and Wellbeing Plan was originally based on the work of Mary Ellen Copeland who developed a Wellness, Recovery, Action Plan (WRAP).

The first edition, was developed with staff and people with lived experience of using services at CNWL, this second edition has been updated within the CNWL Recovery and Wellbeing College.



World Health Organisation in 1948 defined good health as:

“...a state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity” (WHO 1948)

This remains the definition today

If we are living with health difficulties they have the potential to get in the way of us being able to live the life that we want.

This plan is designed to support your health and wellbeing. Each one of us is unique and each of us has different experiences which impact on our health and wellbeing.

We may need the chance to make sense of what has happened; how we can find hope, and how we can rebuild our life.

Many people who have rebuilt a meaningful life have shown us that in order to do this there are three vital ingredients.

Hope: We need to trust in the possibility that things can get better; sometimes it is just a glimmer, a little spark.

Control: We need to feel that we have choice and that we are in the ‘driving seat of our life’.

Opportunity: We need the chance to feel and be part of the world again, the chance to rebuild a sense of self and our life.

Completing 'My Health and Wellbeing Plan'

The plan is intended to be versatile and voluntary. Whether you complete it or not it is your plan, and you can choose whom you would like to share it with.

It is up to you what feels right; you can start from the beginning and work your way through, or pick out specific sections that you would like to work on right now.

Each of us is the expert on ourselves, we understand and know what works for us, what things upset us, what things help us to feel well. For all of us life has ups and downs, and we will all react differently to situations.

The more that we learn about ourselves the easier it is to plan and put things in place to lessen the impact of difficulties on our health and our life.



My Health and Wellbeing Plan

Your plan is divided into five parts:

Part one

'Remembering who I am'

Part two

'Taking care of me and my health'

Part three

'Coping with the ups and downs in life'

Part four

'My Hope and Dreams'

Part five

Advance Statement: of preference and wishes (separate document)



Part one

Remembering who I am

Sometimes who we are (our identity) can get lost or all consumed by events that have happened to us and around us.

For some of us, if we receive a diagnosis it can become our main identity; the lens that we see ourselves through. It is easy to forget who we really are. Other people may also relate to us as our 'diagnoses'.

If we lose a sense of who we are; there is a danger that we also lose our aspirations, interests, roles and responsibilities, important things which give our life meaning.

When we are trying to deal with everyday life, it can be difficult to hold onto all the things that make us who we are; it can help to write things down which we can draw on in the future.

This section is intended to help you remember that you are a special and unique person, by thinking about the meaning, purpose and value in your life.



**“Don’t forget to remember
who you are, where you come
from, where you have been thus
far, it’s so easy for the hard times
to leave scars, when you forget
to remember who you are”**

Cathy Bolton (1998)



Anything that we care about deeply is a reflection of our values. Values bring meaning to our life; they can also point us in the direction we want to go.

Use this space to write down all the things that you value in your life , including the people that are important to you


A large, empty rectangular box with a thin black border, intended for the user to write down their values and important people in their life.

What are the things in your life that make you feel hopeful and inspire you; these could be a person, music, poetry, nature...

Things that make me feel hopeful and inspire me

What are the things that give you a sense of inner peace and happiness? For some people this may be their 'connection to a higher power', their faith, or for others it could be the beauty of the natural world.

What gives me a sense of inner peace and happiness?



It can sometimes be hard to want to take care of ourselves, to feel that we are worth caring about.

What can you do, to treat yourself with the same level of kind, understanding, caring, concern that you would show to anyone you cared about.

What can I do that might help me through a difficult, painful experience?

What can I tell myself in difficult times?





Part two

Taking care of me
and my health

This part of the plan , aims to help you think about the things in your life that do, or could, support your overall health and wellbeing and help you to get the most out of life.

Our emotional, psychological and physical health are closely linked; we cannot separate our body from our mind. What affects one will affect the other and so it is important that we think of our 'whole' (holistic) health and identify the things that might have an impact on it.

It is important to remember that often small changes in our lifestyle can have a huge impact on our health and our life.

This section starts with the 'Five Ways to Wellbeing' which were developed in 2008 by the New Economics Foundation (nef), after they were commissioned by the Government to identify a set of evidence based actions to improve overall health and wellbeing.

The Five Ways to Wellbeing are used by health organisations, schools and community projects across the UK.



Five Ways to Wellbeing

Connect: With the people around you. Building these connections will support and enrich you every day.

Be Active: Discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Take Notice: Be curious and aware of the world around you and what you are feeling.

Keep Learning: Try something new or re-discover a new interest. Learning new things can be fun and well as helping us feel more confident.

Give: Carrying out an act of kindness. Show somebody that you care about them.



How balanced is your lifestyle?
Think about home, work, social life, leisure, physical activity, learning, spiritual and creative activities as well as what you do to relax.

Small changes in our lifestyle can make a huge difference to our overall health e.g. exercise, eating healthily, sleeping well, meeting others.

It can be helpful to make a list of the unique things that you enjoy,

and the resources that you can access that promote a sense of overall wellbeing for you. This is particularly important at times when things may be difficult as it can act as a reminder of things that you could do that could be helpful.

Different things will work for different people. Some things we might need to do every day, others we can do less frequently but they are just as important

My list of things which promote a sense of wellbeing

The things I need to do each day

The things I need to do less often

A healthy lifestyle can make a significant difference to your physical health. As well as lifestyle there are other things to consider in terms of looking after our physical health.

Questions to ask myself :

- Have I had my annual physical health check with my GP or healthcare team?
- Am I entitled to a free NHS Health Check?
- Have I attended cancer screening appointments?
- If I take medication; have I had my annual review?
- When was my last visit to the dentist?
- Have I had my eyes tested?
- Have I had a hearing test?

What action do I need to take?

For many of us, we know how we ought to be looking after our health and wellbeing, but for all sorts of reasons, things might get in the way of wanting, or feeling able to.

What might get in the way?

What might I need others to do?

Is there anything that I need to avoid?

Creating a 'First Aid Box' can be helpful. Knowing where to go for what you need is crucial, from a mindfulness CD or a favourite food to a sticking plaster and medications, it is unique to you.



Write something that you have identified from you first aid box

Examples include:

- Mindfulness CD
- Favorite music
- Phone number for support
- Favorite bath salts
- Candle
- Poetry / books



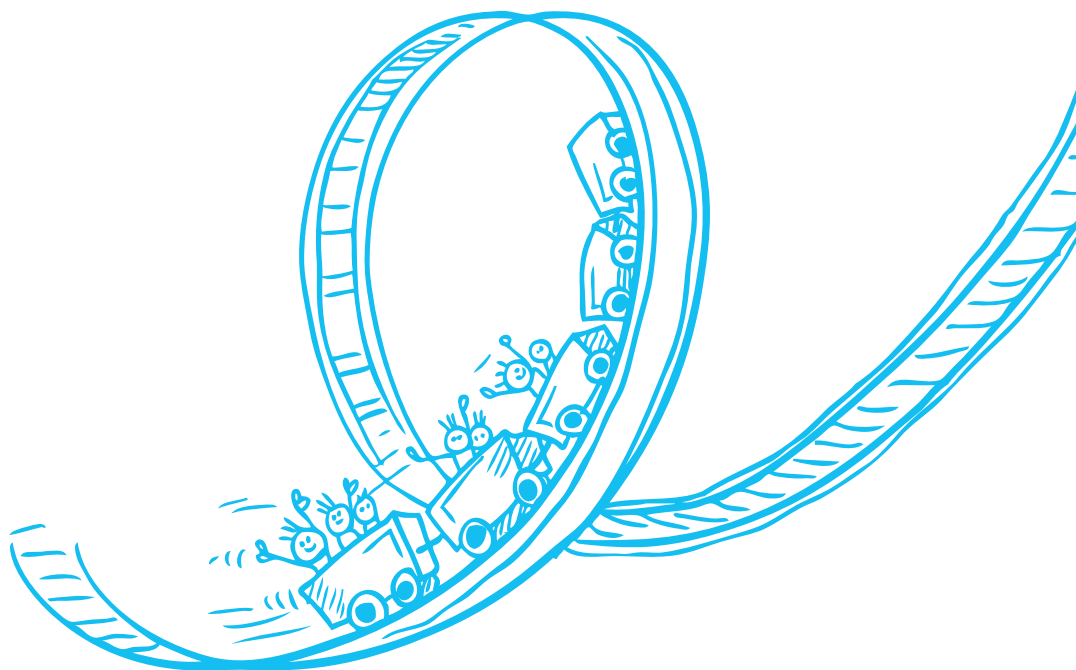
Part three

Coping with the ups and downs of life

This part of the plan acknowledges that there might be times and situations in our lives that are more difficult than others. Ups and downs in life are all part of being human. Some things we have control over, other things we don't.

By getting to really know ourselves, we can notice those things that have an impact on our health and wellbeing. It gives us the chance to plan in advance how to take extra care of ourselves, and identify what we might need other people to do to support us.

There might also be times in our life despite our best efforts, when we become less well. Noticing things early on gives us the opportunity to act and implement our plan and support.



Use this space to think about those events or circumstances which have an effect on how you are feeling. These things could be anniversary dates of loss or trauma, bereavement, financial problems, family or relationship difficulties.

The things that might affect how I am feeling and indicate that I need to take extra care of myself

Once you have thought about the things that might affect how you are feeling, it can be helpful to identify if there is anything that would help you take care of yourself. It is important to also identify if you need support from others and what they might need to do.

What do I need to do to take care of myself?

Is there anything I need others to do?

Sometimes our body gives us signals that things are not OK with our health. Sometimes these signals are very subtle such as changes in our sleep pattern or appetite. It is important to identify our signals, so that we can do something about them before things get worse.

What signals might I notice?

Is there anything I can do, that might have helped in the past, or anything I could try?

Unfortunately there can be times, despite our best efforts, when things can get more serious. By identifying this as early as possible, it gives us or others the chance to do something about it, and take care of ourselves.

If things were to get more serious, how would people know that I needed their help?

Important contact numbers and details

Name	Contact number

**“Take the first step in faith.
You don’t have to see
the whole staircase, just take
the first step”**

Martin Luther King Jr.



Part four

My hopes and dreams

It can be hard, if you have a lot of difficult things going on in your life, to think about your hopes and dreams, but they are really important. They can help guide you and give your life a direction that feels meaningful.

Some people find it helpful to think of their dream or goal as a series of smaller steps. This not only makes it feel manageable but, also helps build your expectation of success as you go.

By breaking things down into smaller steps, you can do something in the here and now, rather than putting your life on hold, with your hopes and dreams in the distant future.



When it comes to thinking about your hopes and dreams, what sorts of things are likely to bring you real happiness?

What are my personal goals, hopes and dreams?

What first steps could I take?

Sometimes there can be things that get in the way.

What might get in the way of me pursuing my hopes and dreams?

Is there anything that I can do?

**“Dreams are renewable.
No matter what our age or
condition, there are still untapped
possibilities within us and new
beauty waiting to be born”**

Helen Keller



Resources that you might find helpful:

Change 4 Life:

has lots of tips and resources to help you make changes for a healthier future.

www.nhs.uk/change4life

MIND:

advice and support to empower anyone experiencing a mental health problem.

www.mind.org.uk

Natural England:

visit the Walking for Health website to find your local health walk scheme.

www.wfh.naturalengland.org.uk

NHS Choices:

information on a wide range of health issues and living well.

www.nhs.uk

Rethink:

information, services and a strong voice for everyone affected by mental illness.

www.rethink.org

Self Management UK:

a range of free self management courses in local community venues as well as online.

www.selfmanagementuk.org

It is also important to remember that libraries are a valuable resource for finding out what is going on in your local community.

Use this space to write anything that is important to you and has not been covered already or that you want to use as a reminder.

A large, empty rectangular box with a thin purple border, intended for the user to write their notes or reminders.



Part five

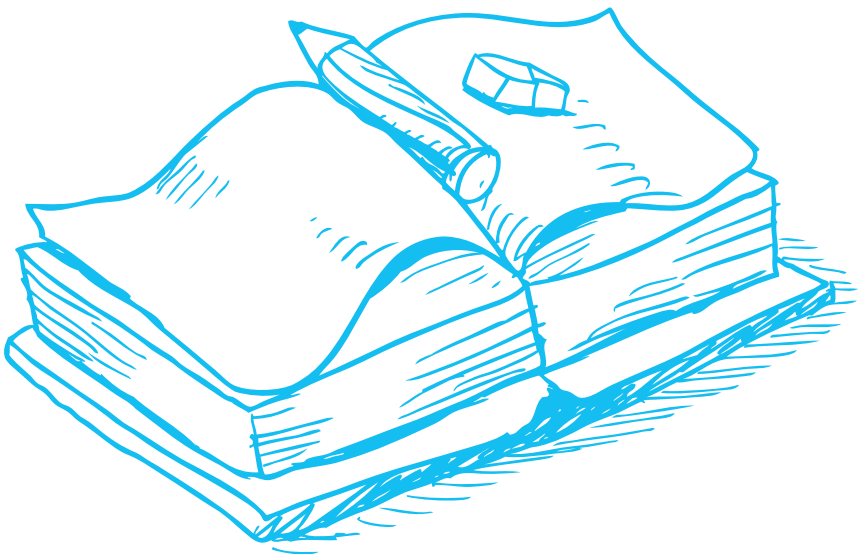
My advance statement

Part five of the plan is a separate document, so that it can be shared with others to ensure that they know what you would like to happen in the event that you would be unable to tell people yourself.

In the case of an emergency or a time when you may not be able to advocate for yourself, it can be helpful to plan in advance and discuss with others what your preferences and wishes are for care, support, and treatment.

My Advance Statement is held by / with:

Name	Contact details



**“What lies behind us and
what lies before us are tiny matters
compared to what lies within us”**

Ralph Waldo Emerson 1803 - 1882

Contact us

Visit the website to access our prospectus, enrolment form and timetable online at www.cnwl.nhs.uk/recoverycollege



Follow us on Twitter

www.twitter.com/cnwlrc

If you prefer, we can post you a copy of the prospectus and timetable. Just send us an email or give us a call: Phone **020 3214 5686**

Email recoverycollege.cnwl@nhs.net

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish