

# STAYING WELL

## Contact details

### NHS Berkshire Talking Therapies

0300 365 2000 (option two)

[talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk)

<https://talkingtherapies.berkshirehealthcare.nhs.uk>

## Check in:

I will check in with myself  every week  every 2 weeks  monthly

I will remember to do this by \_\_\_\_\_

## Key points to remember:

Empty box for key points to remember.

## Follow-up appointment:

If you need immediate support, please contact your GP, NHS 111, the Samaritans on 116 123, or in an emergency, go to A&E.

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# MAINTAINING PROGRESS

## Next steps

Completing treatment may be a positive step for you and a sign that things have improved. You might also feel anxious or concerned that you may experience symptoms again in the future. If you do, you can use this booklet to help you.

Everyone has bad days and experiencing anxiety, stress and low mood is a normal part of everyday life. Setbacks can be common and you will always experience ups and downs. This is not a failure – it is part of the recovery process. Try to be compassionate with yourself and think of how you can take care of yourself right now.

## Lapse or relapse?

### Lapse:

- Short-term
- Challenges or setbacks
- Learn from and act
- Still able to use skills

### Relapse:

- Long-term
- Worsening of symptoms
- Unable to use skills

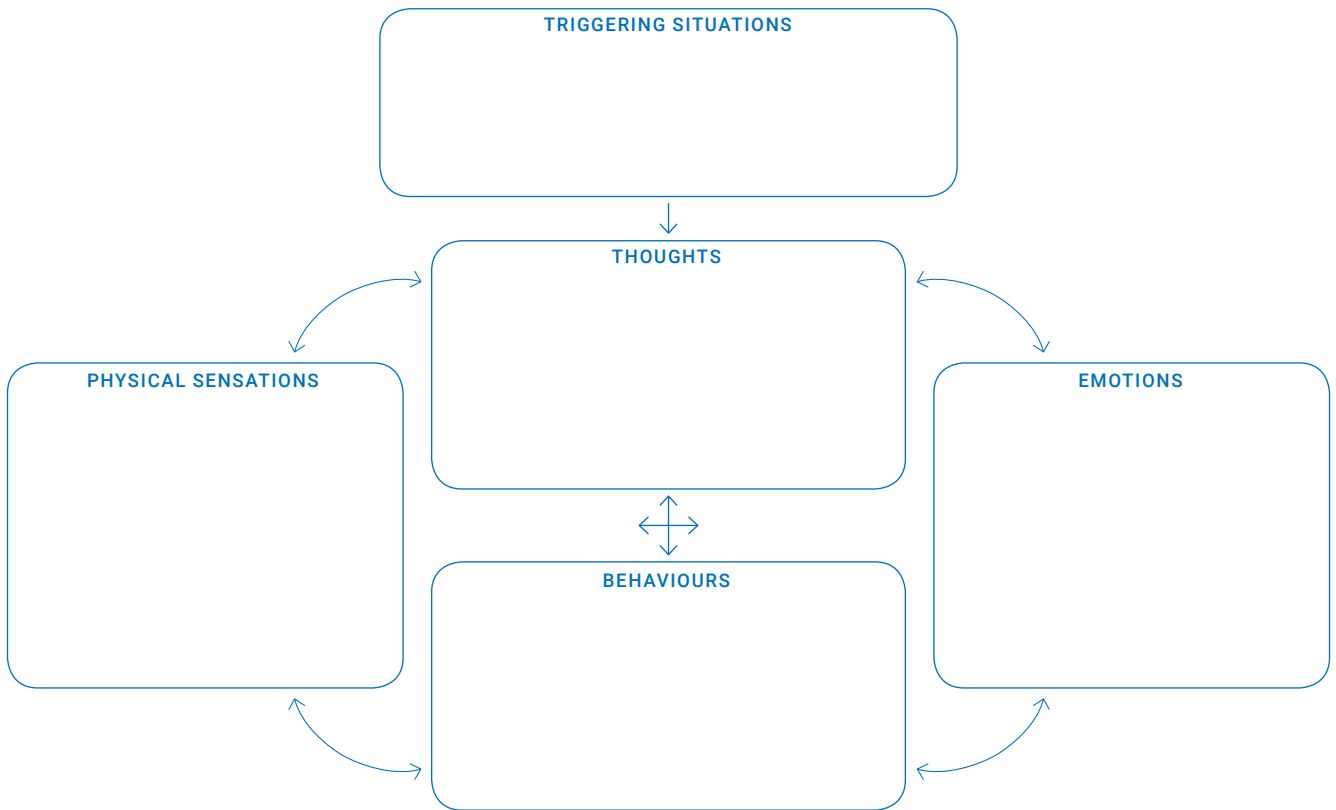
## Keep going

Practicing each skill takes time but it will help you to deal with things. Continuing to keep diaries and monitoring sheets can help you to keep track of your progress. Remember how far you have come, rather than just focusing on the things you still want to do.

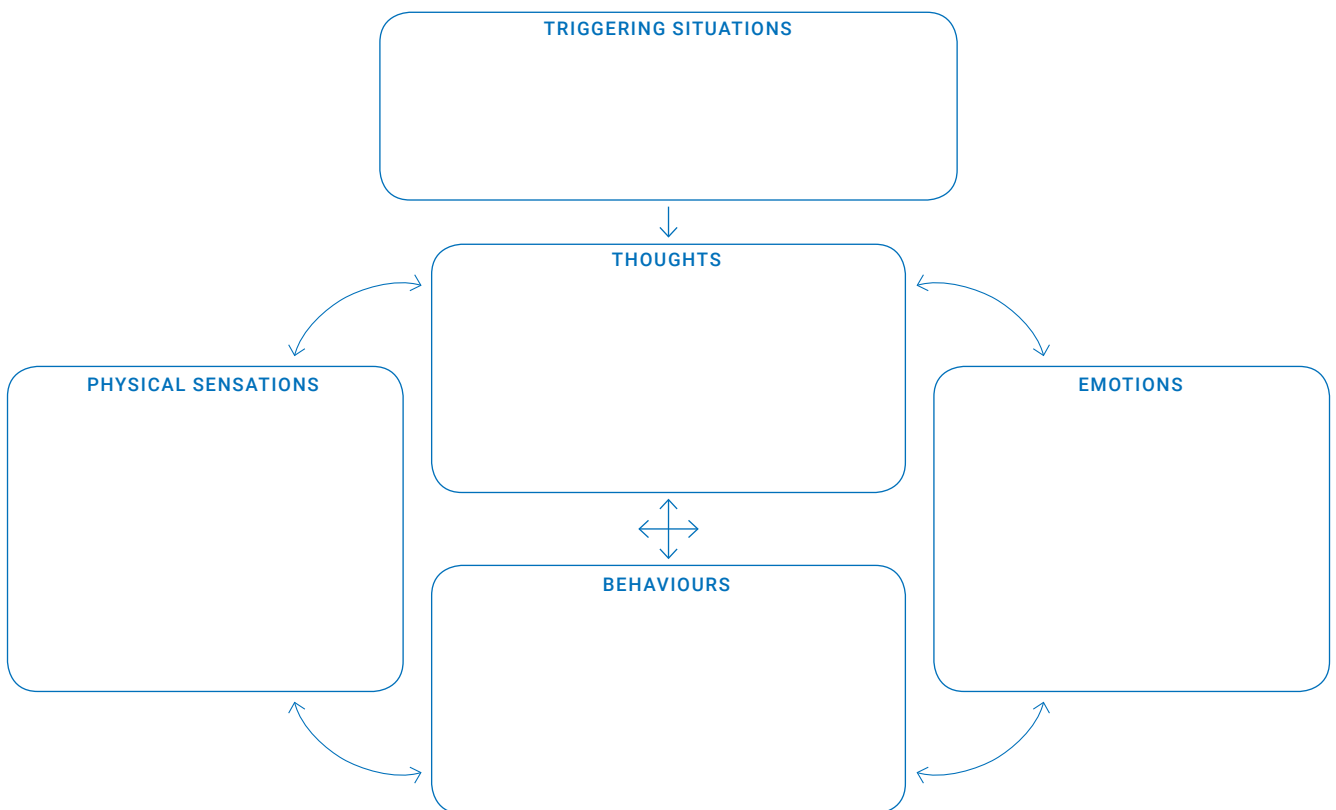
It might be helpful to schedule a regular review for yourself of how you are doing once a month or more often - to systematically monitor how you are feeling, review your progress, and consider whether you need to take any action.

# RECOGNISING CHANGE

What did things look like when I started treatment?



How are things for me now?



# REVIEW OF TREATMENT

What have I learnt about myself?

*e.g. I can cope, I need to contact friends, exercise helps*

What techniques have been useful and why?

*e.g. worry time, problem solving, activity scheduling*

What progress have I made towards my goals?

*e.g. meeting friends once a month, exercising daily*

What can I continue to do in the future to keep myself well?

*e.g. use techniques, talk to friends*

# THINGS TO LOOK OUT FOR

It is important to notice changes in your mood and triggers for this. To help you stay well, it can be helpful to know what action to take if you notice things getting worse.

Think about your thoughts, behaviour, emotions and physical symptoms. You might also want to consider possible setbacks or challenges that might occur.

Early Warning Sign	Action Plan
<i>e.g. becoming irritable, sleep difficulties, not exercising, cancelling plans</i>	<i>e.g. contact friends, go for a run, spend time relaxing, stick to a sleep routine, use techniques</i>
<b>If I notice....</b>	<b>Then I will...</b>

# CHECKING IN WITH YOURSELF

You might find it helpful to use this sheet every week/ 2 weeks/ month to regularly review how you're doing.

How has my mood been in the last week/ 2 weeks/ month?

What has gone well?

What techniques have I used to stay well?

Have I noticed any early warning signs? *Check page 6*

Do I need to take any action now to stay well?

*If so, what am I going to do? When am I going to do it? Refer to action plan on page 6*

Are there any obstacles or barriers to completing these actions?

*If so, this is how I can overcome them:*

# MOVING FORWARD

Remember that you have the skills and ability to continue your recovery journey. It takes time and regular practice of the skills and techniques you have learnt to see improvements and get the most benefit from them.

- Be compassionate to yourself (*page 3*)
- Be aware of your 5 areas cycle (*page 4*)
- Remember the progress you have made (*page 4 and 5*)
- Practice what you have learnt and found helpful (*page 5*)
- Continue to make changes (*page 5*)
- Be aware of your early warning signs (*page 6*)
- Regularly review how you are doing (*page 7*)
- Seek further help if you need it (*page 9*)

## Social Network

*These are the people I can contact if I need support, e.g. family, friends and healthcare professionals:*



# FURTHER SUPPORT/ RESOURCES

Now you have completed treatment, you may find that you need further support to help you with your journey.

## Useful Information

*If you feel you need further support, please contact your GP to discuss the options available to you.*

*The Samaritans are a confidential listening service available 24 hours a day, 7 days a week. You can contact them on 116 123.*

## Re-referral

If your symptoms return and you are unable to manage them on your own using the skills you have learnt, you can seek further support by re-referring to our service. You can do this online, via telephone (contact details on page 1), or your GP can refer you.

*With thanks to the NHS Talking Therapies services in Thames Valley (Healthy Minds in Buckinghamshire, Talking Space Plus in Oxfordshire and Talking Therapies in Berkshire) and Milton Keynes for their time and commitment to the development of these materials.*

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