

# My plan

Making changes when you're feeling low can be tough. This plan is here to help you take small, realistic steps. You don't have to do it perfectly – every effort counts. Be kind to yourself as you try things out.



STEP 1

What matters to me



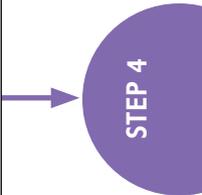
STEP 2

What do I want to focus on and what I will do



STEP 3

Use this space to jot down how you are feeling day-to-day



STEP 4

My review - How it's been going

What went well?

What was hard?

How have I been feeling – emotionally and physically?

What I will do next:

- Keep the same step       Make it smaller/easier       Try something new

GETTING BACK ON TRACK WHEN THINGS DON'T GO TO PLAN

Having a setback plan helps you get back on track. Remember setbacks are normal – they can happen for many reasons or no obvious reason at all. Jot down ideas that might help when things don't go to plan, and use the 'How to plan for setbacks' worksheet if you'd like to go into more depth.

REACH OUT FOR SUPPORT

If you are struggling, contact family, friends, your healthcare professional, or an appropriate professional or service.

If you're feeling distressed, in a state of despair, suicidal or in need of emotional support, phone NHS 111 or any of the helplines below.

- Call 999 if you or someone else is in immediate danger and there is a risk of physical harm, or if you have seriously harmed yourself.
- NHS 111 Mental Health option
- Samaritans 116 123
- Mindline 0800 138 1692 or 01823 276 892