

Ideas to help spark your thinking when filling out your Plan

Pick any ideas that fit for you -- Add your own ideas -- Use your own words

#2 Signs that I'm doing okay:

- ... I can laugh at myself; find my sense of humor
- ... I feel that life is good; I am grateful
- ... I have confidence in myself; I'm not ashamed or afraid
- ... I can balance both positive and negative aspects of life
- ... I can think things through and am in control of my actions, thoughts, feelings
- ... I make time to see friends; I feel sociable, safe, secure.
- ... I participate in meaningful activities or work; I feel connected to society
- ... I feel energetic, calm and strong.
- ... I take time to exercise
- ... I don't feel nervous or anxious; I'm curious, interested, not bored;
- ... I am focused; I can concentrate; I'm not easily distracted
- ... I enjoy sound sleep; I like waking up

#3 Early signs that I'm not feeling well:

- ... changes in sleep habits: fatigue, insomnia; wanting to sleep all the time
- ... changes in eating; stop eating or eat compulsively
- ... more sensitivity to what I see, hear, smell, or touch
- ... seeing figures, hearing voices
- ... I stop taking care of myself
- ...I start believing that people are against me, but know that my thinking is off
- ... I am bothered by thoughts I can't get rid of
- ... I feel like harming myself or others
- ... I think about getting back into addictive behavior
- ... I feel more anxious or depressed; I experience more panic
- ... I get confused or have increased difficulty with memory
- ... I experience racing thoughts
- ... I'm more irritable or angry; I disagree with people a lot
- ... I stop answering the phone or knocks on the door; I don't open my mail

#4 What I can do to help myself:

- ...hum; sing; read; lie down and rest; take a nap; talk with friends
- ...tell the voices to go away; think "STOP"
- ...watch TV or a video; go to a movie; listen to music
- ...help other people
- ...debate with the voices
- ...exercise; take a walk; clean a room
- ...journal; write a letter; do my hobby
- ...take a bath or shower; soak my feet; fix my fingernails
- ...let someone know that I am having symptoms and what they are
- ...use my mindfulness skills
- ...safely release my anger or frustration
- ...use alternatives to harming myself
- ...make myself a treat or a good meal or buy a flower
- ...pet my dog or cat
- ...breathe
- ...take time to be by myself
- ...call somebody who understands; call a peer support person

#5 Ways others can help me:

- ... listen to my story long enough to really hear what I'm saying
- ... talk to me; encourage and reassure me; show me my successes
- ... encourage me to pace or move around, to listen to my music, to draw or paint
- ... call my peer support person
- ... remind me of my goals, my interests, my connections
- ... hold me; breathe with me; help me become aware of what is happening
- ... ask me if I am hearing voices and how loud they are
- ... tell me that you want to help; ask me what I want from you
- ... accept and respect me; understand that I am doing the best I can
- ... treat me the same as when I am not having problems; take me seriously
- ... give me space; leave me alone
- ... treat me gently, calmly; slow me down
- ... help me communicate my needs to professionals;
- ... if you give me any instructions, make them clear and write them down
- ... problem solve with me on concrete things I can do to take care of myself
- ... be aware of how the volume of your voice affects me
- ... ask me if I've eaten; feed me _____

#6 What I don't want - What doesn't help :

- ... keeping me waiting
- ... dismissing, forgetting, or ignoring what I tell you
- ... asking immediately whether I'm a danger to my self or others
- ... talking to me
- ... touching me
- ... not listening to me; making assumptions about what I need
- ... telling me what to do or what not to do; nagging me; lecturing me
- ... judging me, or criticizing me, or labeling me
- ... trying to control me or threatening me
- ... making me sign a safety contract
- ... putting me in the hospital
- ... taking my choices away; taking my clothes away
- ... putting me in restraints
- ... overwhelming me or pushing me to do things I'm not ready for
- ... patronizing or talking down to me

#7 I know I need to get help when:

- ... there are too many noises and sounds-I can't focus on what I want to hear
- ... a voice (not my own) tells me to do things and I can't ignore it
- ... I am convinced that people are out to get me
- ... what I see in the mirror is not me
- ... I talk in ways that don't make sense to others
- ... it feels like something is crawling on my skin
- ... I have a plan to hurt myself or others
- ... I feel out of control
- ... I can't stand myself
- ... I engage in addictive behavior
- ... I can't stand how I feel – I have to do something now!