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MAKING YOUR OWN DECISIONS

Making your own choices about your health is important. It can be a good first step to think about other parts of your life that you would like to change.

“It’s the simple things that keep us well, showering and looking after teeth and trying to eat good food.”

TAKE ONE STEP AT A TIME

Too much advice and information about so many areas of your life can make it hard to know where to start. Finding one simple thing to start with and building from there can make it easier.

2

“My worker said ‘well let’s just try one thing first. How about eating an apple every time you visit the centre?’ So I did and I found I liked them.”

FIND A FRIEND TO GO WITH YOU

Going to appointments can be difficult. Asking a friend to come along with you can make it easier and less stressful.

3

LOOKING AFTER YOUR HEALTH

4

LEARN FROM EACH OTHER

Having people to share things with and learn from can make things easier. Having someone who understands what you are going through and won't judge you can make you feel better.

“It’s hard to go to appointments on my own. Too much waiting and I get panicked and worried. I feel better and cope better when someone is with me.”

“Having people who are now friends, to talk to who understand and also help me when I need it has changed my life.”

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KEEP ACTIVE

Being active and having lots of good things to do is good for your mental health. Find something you'd like to do, like a walking group or arts and crafts.

“I love the knitting group. I make things and chat with people who understand me. I also knit at home in the evenings - it keeps me busy and stops me thinking too much.”

TRY AND MAKE A PLAN

Sometimes things don't go the way we think they will. Having a plan to deal with different situations and cope better can help make everyday life easier.

“I now try to think about things before they happen and different ways to handle things. I have a 5 minute fast dance - makes me smile and others laugh!”

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