

5 Ways to Wellbeing

These 5 things can help us all feel well in ourselves and they can all contribute to our wellness:

Connect

Be active

Take notice

Keep learning

Give

Are you feeling more prepared?

Ask your service provider for more information on these wellness techniques or if they have any other strategies for keeping you on the right path.

Remember to do what is right for you.



This leaflet was created in collaboration with a member of the Service User Network.

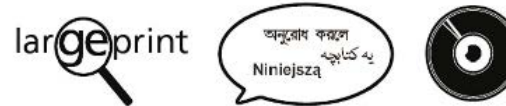


And select the option for mental health crisis

Patient Advice and Liaison (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



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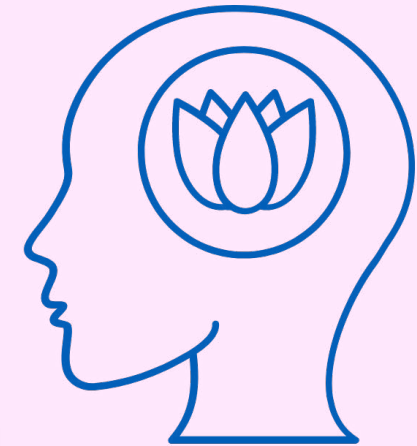
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Wellness Planning

Created by a service user, for a service user.



No matter where you are on your recovery journey, these tools could help when you can't seem to make sense of a single thought.

This leaflet will provide you with some great tools to maintain your own mental wellness.

As a service user, I collected lots of tools to help my recovery and I made full use of all of them.

I wanted to share these with you, to pay it forward in the hope that you too, can find some use out of these tools.

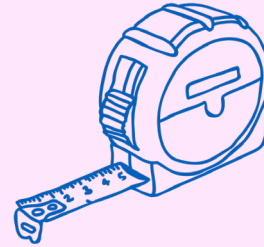
The idea of some of these tools may be a little daunting at first but remember: **you have nothing to lose in trying and you may find one of these techniques helps you.**



Wellness Plan

There is no “one size fits all” solution to wellness planning.

What works for you may not work for someone else, but each person will know what makes them feel happier, calmer or more grounded.



When you think about your wellness plan, make sure you do it on a good day.



Set aside a few minutes to think about **what keeps you well, what makes you happy and what calms you down when you're feeling overwhelmed?**

Remember:

It's okay not to be okay.

It's okay to ask for support.

Ask questions and set yourself reasonable goals.

Sharing Circles

This can sound scary or daunting, but don't panic. This exercise is not about sharing all your deepest feelings or things you wouldn't feel comfortable sharing.

This exercise is just to help you decide **what you want to share, and with who and why?**

Flower of Life

The flower of life resembles a sunflower.

It can be completed in as much detail as you wish. Each part of the flower will represent a different aspect of your life, from your hopes and dreams, to your everyday life.

Wheel of Life

The wheel of life is used to map out how you're feeling about different aspects of your life, simply by grading each area on a scale of 1-10.

Let's Be Agreement

This is an agreement between you and anyone who provides you support or care.

It can help secure boundaries to keep you both safe and comfortable.