

Fiona Collins

My Stay Well Plan

Introduction

This is my Stay Well Plan. It sets out how I want the people in my life – family, friends, work colleagues and medical professionals – to support me to stay well.

It is set out in the following sections:

- **What helps me stay well**
- **What contributes to me becoming unwell**
- **Our action plan to help me stay well**

What helps me stay well?

Time with Alex	I have been particularly well since Alex and I have been together. We make sure that we create space and time to just 'be' with each other – either in the house or going for a walk every day, out for a meal or to the cinema at least once a week
Time with friends	Friends are really important to me. Our friends are spread around the country so we have to be really proactive about seeing them. We try to make sure that we have people come to stay, or plan visits or days out at least once a month. The friends that we see every month are: Lucy and Tim Sue and Simon Malcolm
Work	Work is a really important part of my life – it is not just a job but part of who I am. I work long hours but the work I do is an important focus for me.
Exercise	I love going to the gym and try to plan this into my week (1 hour at Jims Gym each week). Exercise

	definitely keeps me positive and feeling good about myself and that helps me stay well
Sleep	I need to make sure that I get 6 –7 hours a night or at least one lie in at the weekend!
Acupuncture	This is great for my general well-being as well as a key treatment if I do get ill. I see my therapist, Mr Joseph, every month.
Spotting warning signs and taking action	<p>I do get warning signs that I am getting ill:</p> <ul style="list-style-type: none"> ▪ Not sleeping ▪ Overworking ▪ Avoiding being with friends or going out ▪ Controlling food ▪ Over-exercising <p>Alex and my friends and key work colleagues have an agreement that they will tell me straight if they think that any of these things are becoming a problem.</p> <p>See my communication chart for details.</p>

What contributes to me becoming unwell?

Lack of light	I am most likely to get depressed in the autumn and winter.
Over work	I can get into a downward spiral of overwork (working 45 hours a week, and staying away from home more than once a week)
Lack of exercise	Not getting enough exercise affects my mood and my self esteem
Not getting enough sleep	Too little sleep (less than 7 hours) over a prolonged period (more than 2 weeks) can start a downward spiral and lead to depression
Ignoring warning signs and taking action	The most important contributing factor to my becoming unwell is that I ignore the warning signs and keep going as though nothing is wrong

Our action plan to help me stay well

The key to my staying well is that my Alex, my friends, family and work colleagues are honest and open about how they perceive my mood. We figured this out several years ago and everyone who is close to me is comfortable doing this.

There are some specific actions we will take:

- I will continue to have regular acupuncture. This helps my general well being and will enable early symptoms to be picked up by the Doctor
- Alex and I will keep in close contact with Social Services and be clear if we need additional support
- Alex and I will work together to make sure that I am able to go to the gym. We share child care responsibilities at the weekend and make sure that we each have the chance to sleep in on one of the 2 weekend days
- We will make sure that we continue to plan time with friends and family on at least a monthly basis, both having people to stay and visiting friends around the country
- We will monitor my mood closely in the autumn and winter and plan a week's holiday in the sun if necessary (or if it feels like a good idea!)

Finally, we have agreed that, in the unlikely event that Alex is worried about my mental health and we cannot agree that I need support or agree a way forward between us, that he will:

- Contact Social Services
- Contact Barney and Terry who will support me to get the support I need
- Contact Morris who will help sort out work issues

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