**Example: First-Name Last-Name**

**Staying Well Plan.**

**Version 1.**

**13-December-2021.**

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| **When I am well** | **Everyday activities that keep me well** | **Reminder list to keep me well** |
| 1. **I am incredibly honest.**
2. **I believe in myself and follow my instincts.**
3. **I do not hide from feeling emotions.**
4. **I help others.**
5. **I engage.**
6. **I am able to deal with my thoughts appropriately.**
7. **I can see the Positive in a lot of things in addition to the Negative.**
8. **I like banter.**
 | 1. **I listen to Music.**
2. **I engage in Technical/Software work.**
3. **I do not take unnecessary sick days.**
4. **I take my Medications.**
5. **I have Social interaction.**
 | 1. **Be incredibly honest.**
2. **Believe in myself and follow my instincts.**
3. **Do not hide from emotions.**
4. **Stay in touch with people.**
5. **Engage in things.**
6. **Be honest with/about my thoughts.**
7. **Acknowledge my thoughts as being a part of me, no matter how preposterous they may seem.**
8. **Enjoy banter.**
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| **TRIGGERS: *These are external events/circumstances that make me feel like I’m becoming ill.*** 1. **Unexplained vomiting, especially if accompanied by simultaneous self-defecation.**
2. **Certain people and/or their behaviours, especially those with High IQs but low EQs.**
3. **Perception of Non-Verbal Communication.**
4. **Lack of sleep.**
5. **Belief that certain people are disrupting my life, and especially without justification.**

***How do I deal with my trigger? What can I do to manage this event/situation to stop it getting worse?***1. **Analyse my physical and emotional responses in the moment, and then breathe and calm down.**
2. **Talk to people.**
3. **Reduce alcohol intake.**
4. **Cognitive Behaviour Therapy (CBT) helps.**
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| **Early warning signs/symptoms*. Internal signs that things are not going well/subtle signs of change in the way I am thinking /feeling/behaving.***1. **Vomiting and simultaneous self-defecation.**
2. **Lack of tolerance for some people, especially those with High IQs yet low EQs.**
3. **Focusing on Non-Verbal Communication.**
4. **Anger.**
5. **Lack of sleep.**
6. **Belief that certain people are disrupting my life, and especially without justification.**

**More advanced signs/symptoms.**1. **Persistent and possibly uncontrollable Anger.**
2. **Obsessing about Non-Verbal Communication.**
3. **Obsessing about [Co-]Freemasons.**
4. **Considering the possibility of disruption of my life by Security Services and/or [Co-]Freemasons.**
5. **Taking unnecessary sick days.**
 | **Coping Strategies/Responses/Action plans:**1. **Cognitive Behaviour Therapy (CBT) strategies.**
2. **Early intervention (e.g. contact the relevant Mental Health Services).**
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| **What would my family/friends notice if I was becoming unwell?**1. **They would notice I am Tired/Fatigued.**
2. **They would notice I am Angry.**
3. **They would know that I was taking unnecessary sick days.**
 | **What do I want them to do?**1. **Contact the relevant resources.**
2. **My sister has permission to contact all relevant Health Services on my behalf.**
3. **Talk to me.**
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| **Crisis****When thoughts return in force, or when thoughts start to intrude on normal functioning.** | **Safety Plan****In the extremely unlikely event of becoming suicidal, immediate intervention should ensue.** |
| **General Interventions & Useful Phone Numbers:****GP: +353 1 621 4224****Sister: Mobile Phone Number Available On Request.****Therapist: Mobile Phone Number Available On Request.****Mental Health Services: +353 1 795 6100****Gardaí: +353 1 666 7300****Emergency Services: 112 or 999** |