

Example: First-Name Last-Name

Staying Well Plan.

Version 1.

13-December-2021.

<b>When I am well</b>	<b>Everyday activities that keep me well</b>	<b>Reminder list to keep me well</b>
<ul style="list-style-type: none"><li>0. I am incredibly honest.</li><li>1. I believe in myself and follow my instincts.</li><li>2. I do not hide from feeling emotions.</li><li>3. I help others.</li><li>4. I engage.</li><li>5. I am able to deal with my thoughts appropriately.</li><li>6. I can see the Positive in a lot of things in addition to the Negative.</li><li>7. I like banter.</li></ul>	<ul style="list-style-type: none"><li>0. I listen to Music.</li><li>1. I engage in Technical/Software work.</li><li>2. I do not take unnecessary sick days.</li><li>3. I take my Medications.</li><li>4. I have Social interaction.</li></ul>	<ul style="list-style-type: none"><li>0. Be incredibly honest.</li><li>1. Believe in myself and follow my instincts.</li><li>2. Do not hide from emotions.</li><li>3. Stay in touch with people.</li><li>4. Engage in things.</li><li>5. Be honest with/about my thoughts.</li><li>6. Acknowledge my thoughts as being a part of me, no matter how preposterous they may seem.</li><li>7. Enjoy banter.</li></ul>

**TRIGGERS:** *These are external events/circumstances that make me feel like I'm becoming ill.*

- 0. Unexplained vomiting, especially if accompanied by simultaneous self-defecation.
- 1. Certain people and/or their behaviours, especially those with High IQs but low EQs.
- 2. Perception of Non-Verbal Communication.
- 3. Lack of sleep.
- 4. 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?***

- 0. Analyse my physical and emotional responses in the moment, and then breathe and calm down.**
- 1. Talk to people.**
- 2. Reduce alcohol intake.**
- 3. Cognitive Behaviour Therapy (CBT) helps.**

**Early warning signs/symptoms. *Internal signs that things are not going well/subtle signs of change in the way I am thinking /feeling/behaving.***

- 0. Vomiting and simultaneous self-defecation.**
- 1. Lack of tolerance for some people, especially those with High IQs yet low EQs.**
- 2. Focusing on Non-Verbal Communication.**
- 3. Anger.**
- 4. Lack of sleep.**
- 5. Belief that certain people are disrupting my life, and especially without justification.**

**More advanced signs/symptoms.**

- 0. Persistent and possibly uncontrollable Anger.**
- 1. Obsessing about Non-Verbal Communication.**
- 2. Obsessing about [Co-]Freemasons.**
- 3. Considering the possibility of disruption of my life by Security Services and/or [Co-]Freemasons.**
- 4. Taking unnecessary sick days.**

**Coping Strategies/Responses/Action plans:**

- 0. Cognitive Behaviour Therapy (CBT) strategies.**
- 1. Early intervention (e.g. contact the relevant Mental Health Services).**

<p><b>What would my family/friends notice if I was becoming unwell?</b></p> <ul style="list-style-type: none"> <li>0. They would notice I am Tired/Fatigued.</li> <li>1. They would notice I am Angry.</li> <li>2. They would know that I was taking unnecessary sick days.</li> </ul>	<p><b>What do I want them to do?</b></p> <ul style="list-style-type: none"> <li>0. Contact the relevant resources.</li> <li>1. My sister has permission to contact all relevant Health Services on my behalf.</li> <li>2. Talk to me.</li> </ul>
<p style="text-align: center;"><b>Crisis</b></p> <p><b>When thoughts return in force, or when thoughts start to intrude on normal functioning.</b></p>	<p style="text-align: center;"><b>Safety Plan</b></p> <p><b>In the extremely unlikely event of becoming suicidal, immediate intervention should ensue.</b></p>
<p style="text-align: center;"><b>General Interventions &amp; Useful Phone Numbers:</b></p> <p><b>GP: +353 1 621 4224</b></p> <p><b>Sister: Mobile Phone Number Available On Request.</b></p> <p><b>Therapist: Mobile Phone Number Available On Request.</b></p> <p><b>Mental Health Services: +353 1 795 6100</b></p> <p><b>Gardaí: +353 1 666 7300</b></p> <p><b>Emergency Services: 112 or 999</b></p>	