



Herefordshire and Worcestershire  
**Wellbeing and  
Recovery College**

# My Recovery

Name: \_\_\_\_\_

Date: \_\_\_\_\_



**NHS  
CHARITIES  
TOGETHER**

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# Introduction



This resource has been developed to help you plan your recovery.

This resource will be yours to use throughout your recovery. It will cover your plan to recovery, your skills and development, information regarding living a healthy lifestyle, and help you plan to maintain your recovery. It has been designed to help you grow beyond what has happened in the past by taking control over your challenges and move forward, set new goals, and take part in meaningful activities and relationships.

# What is Recovery?

**Recovery can mean different things to different people. It is not always about recovering from illness but about recovering your life.**

Here are some examples of what recovery can mean or involve:

“Recovery is both a personal journey and a process, not a destination or cure.”

“A person with mental health problems can recover even though their illness is not cured.”

“Recovery brings the message of hope that the prospect of a meaningful life is possible despite serious mental illness.”

“Recovery is about building a meaningful and satisfying life, as defined by the person themselves, whether or not there are ongoing symptoms or problems.”

“Recovery is a unique journey – a meaningful mystery tour to reclaim/recover past skills and dreams and discover new possibilities, dreams and sense of self.”

You may want to use this space to add your own definition – what recovery means or looks like for you.

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# The CHIME Framework for Personal Recovery

**There are five things that all people need, and are deserving of, in their lives. These are Connectedness, Hope and Optimism, Identity, Meaning and Empowerment. These five things make up the 'CHIME' factors which will underlie all the elements of recovery and wellbeing.**

## 1. Connectedness

Connectedness means having support from other, healthy relationships and feelings of community.

## 2. Hope & optimism

Hope and optimism include having belief in your own recovery and being motivated to change. This can involve having dreams and aspirations.

## 3. Identity

During recovery you can work towards rebuilding a positivity sense of identity and overcoming stigma. This means having a clear and positive view of who you are as person, even with your past or circumstances.

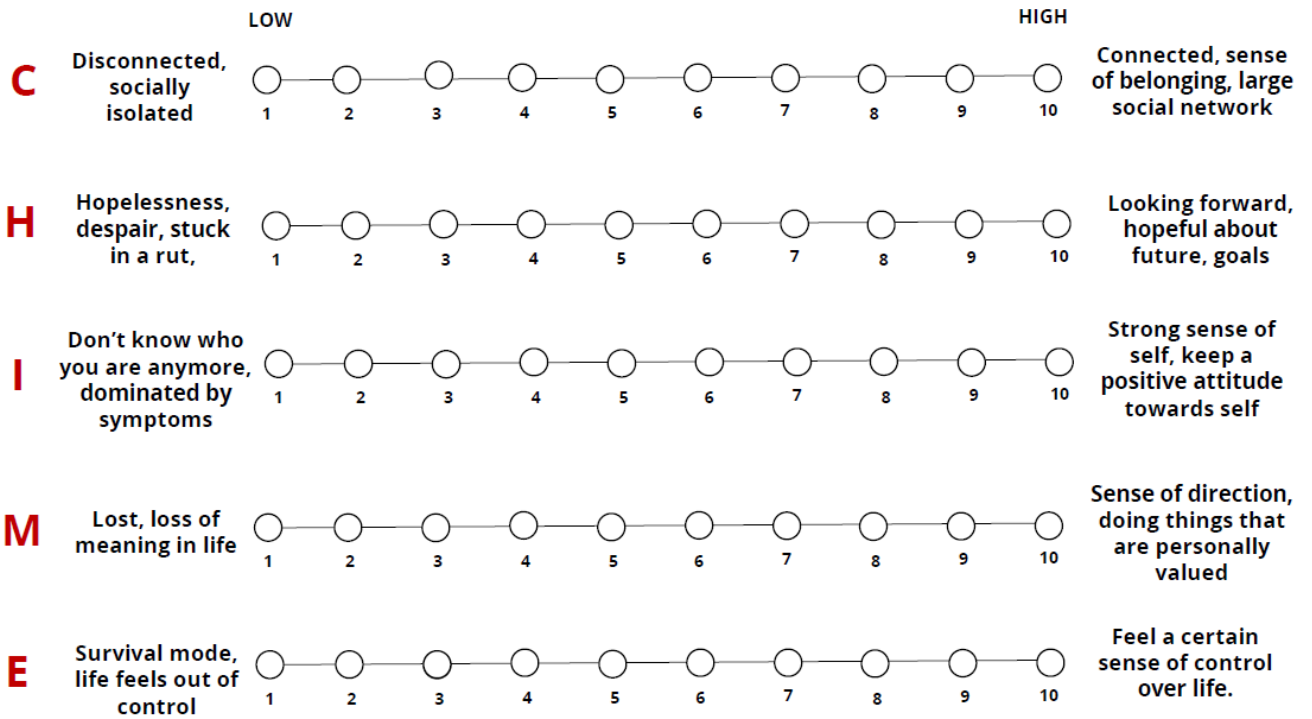
## 4. Meaning

This relates to having meaningful life experiences, social roles, and social goals.

## 5. Empowerment

Empowerment includes taking control over your life, focusing on your strengths, and taking personal responsibility for your wellbeing.

# CHIME Scale



	Description	Score
<b>C</b>	How connected are you?	/ 10
<b>H</b>	How hopeful are you about your recovery at the moment?	
<b>I</b>	Do you feel like you have a strong sense of who you are outside of your mental illness?	
<b>M</b>	What makes life meaningful?	
<b>E</b>	Do you feel a general sense of control over your mental health and life?	
		/ 50

# Signs of Recovery

Sometimes it is helpful to record the small steps taken towards recovery. For example, it may be that you have been unable to go out of your front door and have just been for a walk, or you had difficulty concentrating and have just done some reading etc. This log is to remind you of the progress you make during recovery and how far you have come.

<b>Date</b>	<b>Sign of Recovery</b> <i>Example: Went outside for a walk</i>	<b>How it made me feel</b> <i>Example: Proud, relaxed</i>



# People who give me hope

Other people are a vital ingredient on our journey. This section may help you identify people who have influence on your journey and who are prepared to be 'holders of hope' when the 'going gets tough'.

<b>Name</b>	<b>Contact details</b>	<b>How they can help me</b> <i>Example: they help me do my grocery shopping; they talk to me when I feel lonely</i>

## Things that keep me well and make me feel good

### **Things that make me feel good:**

*Examples: Cup of tea/coffee, time with a special person, creating a piece of art or music, going for a walk, run or cycle ride, watching a film, visit a place that has happy memories.*

You may wish to also record when these things make you feel good or who with you enjoy doing them most.

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# Triggers

We can all learn to manage our ups and downs by identifying our triggers.

## What are triggers?

Triggers are external events or circumstances that may cause you to have a dip in your mental health. Triggers are unique to you and often go unnoticed by other people.

## What are my triggers?

Think about a time in the past when you have begun to feel unwell or found life difficult to cope with and consider what was happening, when it was and where.

Use the table below to write down your personal triggers – you can add to this at any time. Some common triggers are:

- Painful anniversaries (a separation or bereavement)
- Some people find times of year difficult such as Christmas.
- Physical illness

## How can I cope when I feel triggered?

Once you have identified a trigger think about what you can do to keep yourself well, it may include doing more of the things that make you feel better like meeting with a friend or going for a walk with your dog.

<b>My triggers</b>	<b>The action I could take</b>

# Early warning signs

It is helpful to note down any warning signs that have previously led to a relapse and perhaps record when they appear and if you have any strategies for coping with them.

## Early Warning Signs could be....

- My mood is changing
- My thoughts are changing
- I am not keeping in touch with people
- My sleep pattern is altered
- My diet is altered
- I am struggling to cope
- Other people have noticed a change

The action you take might involve telling someone else that things have changed as well as making use of your coping strategies.

<b>Signs things are breaking down</b>	<b>The action I could take</b>

# My Skills and Development



This section will help you identify the skills you have gained through your life experience, in education and training and through work. These are skills you can develop further and draw upon to support your recovery. You can also set goals for your future and plan how to reach them.

# Things I am good at

**Things that I am good at:**

*Examples: getting on with people, cooking, drawing, painting, pottery, music, or sport, organising/running a home, car maintenance or gardening*

You may wish to also write about some happy memories of you doing some of the things you are good at.

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# My Skills

# My Development

**This section is for thinking about skills, training, work, and opportunities you would like to focus on in the future. You may also like to research or think about how you may achieve these goals.**

*Skills I would like to develop further:*

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*Training/education I would like to do in the future:*

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*What I would like to do in the future:*

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# Goal Setting

Use this section to plan how you are going to achieve the goals you have – these may be short term goals or long-term dreams you have. You may wish to consider the time frame desired for these goals and who/what can help you achieve them.

SMART goals



**Goal 1:**

Action I can take to achieve this goal:

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**Goal 2:**

Action I can take to achieve this goal:

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**Goal 3:**

Action I can take to achieve this goal:

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**Goal 4:**

Action I can take to achieve this goal:

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**Goal 5:**

Action I can take to achieve this goal:

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**Goal 6:**

Action I can take to achieve this goal:

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# Planning for a healthy body and mind



# Eating well

Eating a healthy balanced diet can make a real difference to your physical and mental health. It can help you stay at a healthy weight and prevent certain long-term (chronic) diseases such as heart disease, stroke, and diabetes. As well as eating a balanced diet, you need to balance the amount of calories in the foods and drinks you consume with the amount of calories your body uses.

A balanced diet means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Foods to include:

- Fruit and vegetables (5 portions a day)
- Starchy foods like potatoes, bread, rice, or pasta
- Dairy or dairy alternatives.
- Beans, pulses, fish, eggs, meat, or other protein.
- Drink plenty of water

## ***Healthy eating on a budget***

It is possible to buy healthy foods on a budget. Some things you might consider are:

- Looking at special offers on healthy options in shops and supermarkets.
- Buying fruit and veg from a shop/greengrocer can be cheaper than the supermarket.
- Oily fish is good for you. Tinned fish such as salmon, mackerel or sardines can be cheaper than fresh.
- Add items such as rice, pasta, lentils, and beans to bulk up the food

## **Eat yourself happy**

5 key nutrients which can help prevent and protect us from depression.

### **1. Folic Acid (Vitamin B)**

Folic acid (vitamin B-9) is important in red blood cell formation and for healthy cell growth and function. It also supports healthy brain function.

*Foods containing folic acid:*

- Green Leafy Vegetables e.g., spinach, lettuce, cabbage, broccoli.
- Fish e.g., tuna, shrimp
- Meat e.g., turkey
- Nuts and seeds e.g., peanuts, cashew nuts
- Beans and Pulses e.g., chickpea, black beans
- Fruit e.g., oranges

### **2. Omega 3 fatty acids (Essential fatty acids)**

Essential fatty acids affect many aspects of health. Functions of essential fatty acids include improving immunity, cell signalling, mood and brain health, plus decreasing inflammation. They are also associated with mental health.

*Food containing Omega 3 fatty acids:*

- Fish e.g., salmon, mackerel, fresh tuna, trout
- Seeds e.g., flax
- Nuts e.g., walnuts

### **3. Selenium (Minerals)**

Selenium is a vital nutrient for human health, playing important roles in thyroid function, metabolism, and immune response. It's also a powerful antioxidant, helping to protect cells from damage. It can also improve symptoms of depression and anxiety.

*Foods containing Selenium:*

- Whole grains e.g., wheat germ, barley, rye
- Meat e.g., turkey breast
- Fish and seafood e.g., halibut, salmon, fresh tuna
- Vegetables e.g., mushrooms, spinach
- Nuts e.g., Brazil nuts
- Dairy e.g., mozzarella cheese

#### **4. Tryptophan (Amino Acid)**

There are several health benefits from the naturally occurring tryptophan found in foods including better sleep, increased emotional wellbeing and higher pain tolerance.

*Foods containing Tryptophan:*

- Lean meat e.g., skinless chicken and turkey
- Dairy e.g., plain yoghurt, eggs, cheddar cheese
- Nuts e.g., almonds, pecan
- Seeds e.g., poppy or pumpkin
- Pulses e.g., lentils, chickpeas
- Whole grains e.g., porridge oats, brown rice
- Fruits e.g., bananas, plums, strawberry

#### **5. Zinc (Mineral)**

Your body uses zinc to heal wounds, support the function of your immune system, develop your reproductive system, develop your sense of taste and smell and lots of other things.

*Foods containing Zinc:*

- Fish and seafood e.g., oysters, mussels
- Cereals e.g., fortified breakfast cereals
- Nuts e.g., cashews
- Dairy e.g., low fat yoghurt, Swiss cheese
- Pulses e.g., chickpeas, kidney beans
- Meat e.g., chicken, lamb, pork
- Vegetables e.g., mushrooms, spinach
- Fruits e.g., blackberries, kiwi

# Keeping active

To stay healthy adults aged 19-64 should try to be active daily and do at least 150 minutes of moderate activity each week and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders, and arms).

## ***Moderate exercise***

This could include walking quickly, cycling or swimming. Moderate activity will raise your heartbeat and help you break into a sweat, but you should not be so breathless that you cannot speak.

Alternatively, you could do 75 minutes of vigorous exercise a week which could include jogging, running, football, hockey, netball, or aerobics.

## ***Strength exercises***

This could include lifting weights, working with resistance bands, doing exercises that use your own body weight, such as push-ups and sit-ups, heavy gardening, such as digging and shovelling or yoga.

*For more information check out the NHS website.*

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

Check out what is available near you:

Worcestershire Health and Wellbeing Resources

[Mental health and support for adults | Worcestershire County Council](#)

Herefordshire Health and Wellbeing Resources

<https://www.talkcommunitydirectory.org/>



What exercise or physical activity do I most enjoy?

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How do I feel after exercising?

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How can I increase the level of exercise that I do? Who could I talk to about this? (GP, mental health practitioner, lifestyle advisor)

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# Smoking and Alcohol

## *Smoking*

Unfortunately, there's no getting away from the fact that smoking is bad for you. Why not try to quit? There's now so much support available to help you quit that it could be worth trying. You can even keep a record of the benefits you gain.

## *Getting help to stop smoking.*

- Go to see a GP who could prescribe nicotine replacement patches or gum, or medication to help you stop smoking.
- Join an NHS stop smoking service locally that can offer one to one support.
- You can contact NHS smoke free to find your nearest services. [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk).

## *Alcohol Consumption*

If you drink more than the recommended daily limits of alcohol your health can suffer. You could end up with liver problems, reduced fertility, high blood pressure, increased risk of heart attack and certain cancers.

The Chief Medical Officers advise that, if you choose to drink, it's safest to drink no more than 14 units a week (for both men and women). It's also important to spread any drinking over three or more days, with several drink-free days and no bingeing.

The alcoholic content of similar types of drinks can vary – check the label and for more information go to [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

### Medication and alcohol.

Some medication for mental health conditions can interact negatively with alcohol. It is recommended that you avoid alcohol or limit your intake. You can find out more by reading the information leaflet that comes with your medication or asking your GP.

#### *Tips for cutting down on alcohol*

- Let your friends and family know so that they can support you.
- Take it a day at a time
- Choose smaller alcoholic drinks e.g., have a small glass of wine instead of a large one.
- Choose alcoholic drinks that are lower in strength. Drinking non-alcoholic drinks in between alcoholic drinks.

# Sleep and relaxation

Problems with sleep can affect how you feel physically and mentally. Certain medications can impact on your sleep pattern causing you to sleep too much or not enough.

*To get better sleep, you could try:*

- Relaxing before going to bed with a warm bath, reading a book or listening to a radio.
- Exercising regularly but avoiding vigorous exercise too close to bedtime.
- Cutting down on caffeine especially in the evening. Avoiding too much food or alcohol late at night.
- Going to bed and waking up at roughly the same time each day.
- Having a bedroom that is dark and quiet
- Having a comfortable bed.
- Not having a TV in the bedroom.

*IF YOU CAN'T GET TO SLEEP, GET UP AND DO SOMETHING RELAXING. GO BACK TO BED WHEN YOU FEEL SLEEPY.*

If you regularly suffer with sleep problems, try making some changes listed above. If they don't help it might be useful to speak to your GP who may offer you some medication for a short time so that you can get back into a good sleep pattern.

Questions you can ask yourself daily to assess how well you are sleeping:

1. How long did you spend sleeping during the day?
2. What time roughly did you fall asleep?
3. What time did you wake up?
4. How well do you feel you slept?
5. For how long were you awake during the night?
6. How tired did you feel when you woke 1-10 – 1 being very tired, 10 not at all tired?

# Taking care of me

Taking care of yourself involves having regular check ups from your GP and dentist.

## *GP (General Practitioners)*

If you do not have a GP, you can register to one. Anyone in England can register with a GP surgery. It's free to register. You do not need proof of address or immigration status, ID, or an NHS number. You might be able to register with a GP surgery that's not in the area you live.

GP surgeries are usually the first contact if you have a health problem. They can treat many conditions and give health advice. They can also refer you to other NHS services.

Find a GP that suits what you need. Some GP surgeries offer more services than others. You can look up GP surgeries to see what they offer and how they compare.

## *Dentists*

Oral health refers to the health of the teeth and gums and is important for our overall wellbeing

There is no need to register with a dentist in the same way as with a GP because you are not bound to a catchment area. Simply find a dental surgery that is convenient for you, whether it's near your home or work, and phone them to see if there are any appointments available.

Dental surgeries will not always have the capacity to take on new NHS patients. You may have to join a waiting list, look for a different dentist who is taking on new NHS patients, or be seen privately.

## *General check ups*

Getting a check-up is a good way to stay healthy. Any health problems you may have can be picked up early and dealt with when they're more likely to be easier to treat. You could think about getting a physical health check like a regular M.O.T. All you need to do is make an appointment for a check-up with your practice nurse.

### *What will the Nurse check?*

- Your Blood pressure

You may have had this when a cuff was put around your arm while you are sitting down. This will let you know if your blood pressure is high, normal, or low. If it's out of normal range, the nurse may suggest you eat a healthier diet, take regular exercise, and reduce your intake to healthy limits of alcohol. This is likely to reduce your blood pressure. If life changes are not enough, you may also be offered medication to lower your blood pressure.

- Your cholesterol

This is tested with a simple blood test and looks at how much cholesterol is in your blood. Cholesterol is a fatty substance that your body needs to function normally. If you have too much it can build up in the arteries that carry blood around the body. This can restrict the blood flow to the heart, brain and the rest of the body, if your cholesterol is high, your practise nurse can help you lower it by suggesting a balanced diet that reduces the amount of fatty food you eat. Regular exercise and stopping smoking can also lower cholesterol levels, you may also be offered medication to lower it.

- Your weight

They will weigh you to make sure you have a healthy weight that is right for your height. If you're overweight or underweight the nurse can support, you to either lose or gain weight.

- Your Blood Sugars

Blood sugar is tested with a small finger prick test and is often used to check for and monitor diabetes.

- Your lifestyle

They might ask how much exercise you take and if you smoke. If you want to make changes the nurse can offer you information about support that is available.

- Medication review

As well as a check-up, it is important to have a regular review of any medication you are taking with your GP. Common side effects that some people experience is weight gain, drowsiness, sexual problems. Not everyone will experience side-effects. A medication review is an opportunity to discuss how any side-effects impact on you or your health and help you to deal with these side-effects. Local pharmacies can also offer you a private consultation to do a medicines check-up which can help you to understand if you are taking your medicines properly and are getting the most from them as well as giving you an opportunity to talk about any queries you have.



# Planning to maintain my recovery



# Planning routine

Having a routine can help with lots of different things such as sleep and managing your emotions. It helps to do a variety of different activities through the day.

## Creating Routine

Having a routine can help with lots of different things, like sleep and managing your emotions. It helps to do a variety of different activities through the day.

It doesn't matter that your routine is different from normal, but it is important that you have a routine. So, get up, eat meals, and go to bed at the same time every day, even at the weekends! Do what works for you.

## Planning Your Day

There are lots of options you can use to plan out your day and to help you stick to that plan. You can use technology or a diary/notebook/planner to help with this.

## Finding Balance

It is important to do a bit of what you love every day. That doesn't mean you should play computer games or be on social media all day. Doing a little bit of what you love is always good for you. You need a balance of activities throughout the day. You need something active, something quiet and relaxing, something to make your brain work and something with other people. You also need a balance between things you must do (school, work, brushing your teeth, eating ...) and things you want to do.

# Reflecting on my mood

Mood-tracking can help you monitor how your mood varies and aid you in better understanding stressors and triggers that can cause the negative emotions you experience

	Happy 	Sad 	Calm 	Angry 	Other 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

This tool can help you to identify what you do on days you feel happiest and what you do on days you feel worse.

There are also a number of Apps for tracking your mood

# My helpful resources

Use this space to record resources that you find helpful to your recover.

1. Resource:

Contact details:

How this resource helps me:

2. Resource:

Contact details:

How this resource helps me:

3. Resource:

Contact details:

How this resource helps me:

4. Resource:

Contact details:

How this resource helps me:

5. Resource:

Contact details:

How this resource helps me:

# Five Ways to Mental Wellbeing

*Here are five general ways to improve your mental wellbeing to revisit throughout your recovery that are often great ways to improve your mood.*

## 1. Connect

Connect with the people around you such as family, friends, colleagues, and neighbours. This could be at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

## 2. Be Active

Step outside. Go for a walk or run. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

## 3. Take Notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch, or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

## 4. Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

## 5. Give back

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

***Everyone's journey is unique. Use these pages to include anything that hasn't been covered that is important to you and your recovery...***





Herefordshire and Worcestershire

# Wellbeing and Recovery College

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