

## Your Coaching and Wellness Plan On line version

This Plan is best completed with someone you feel at ease and safe with (a close friend, a member of your family or a trusted person at school/college). It will take about half an hour to complete. Try and do it when you are feeling OK – then keep it somewhere you can easily find it so that you can refer back to it when you're not feeling OK. If you start to experience your warning signs you can work through the steps until you feel safe.

You may find it helpful [to listen to Dr Sarah Temple talk about emotions and feelings](#) and make the link between neuroscience and mindfulness. You can find out more by watching this [audio powerpoint](#) -the video clips referred to are all on our [community website](#).

Too scientific for you? Try [watching Amy talking about Dan Siegel's Hand Model](#).

If you are only able to see this first section with the list of steps, go back to [EHCAP](#) and scroll down to near the bottom where the plan is loaded on the webpage.

Step 1 : My warning signs

Step 2 : My moments of calm when I'm feeling good

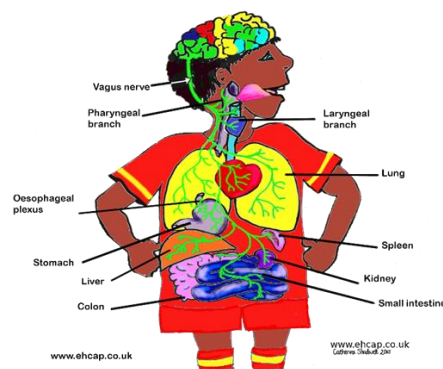
Step 3 : Make my environment safe

Step 4 : Things I can do by myself

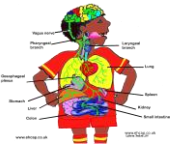
Step 5 : Connect with people and places

Step 6 : Friends and Family I can talk to

Step 7 : Professional Support



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## STEP 1: My warning signs

Warning signs are changes in thoughts, feelings, moods, behaviours or physical symptoms that suggest you may be becoming unwell. Knowing your warning signs can help you take action early.

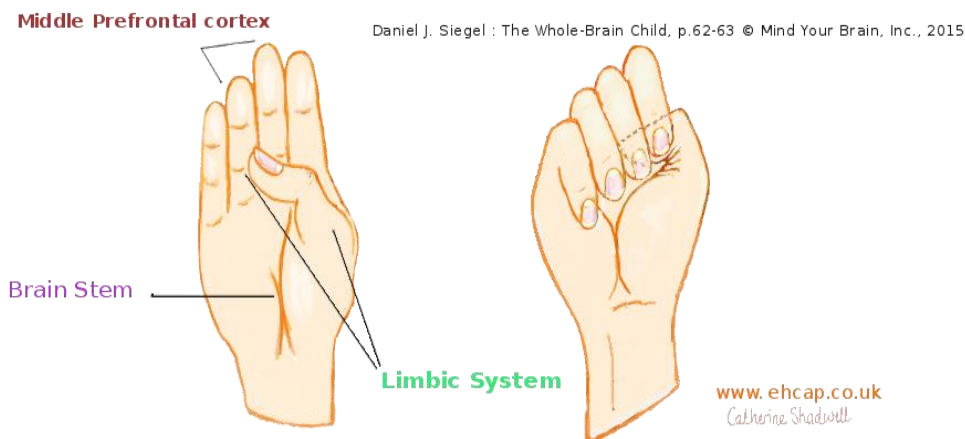
At Alpiri we support you to understand what happens in your brain when you're getting stressed out—take a look at [‘Dan Siegel’s Hand Model’](#) and [‘John Gottman’s Emotion Coaching’](#).

If you're having trouble working out your own warning signs, it can help to work with an [Alpiri Coach](#) or with a GP, teacher, trusted adult or key adult at school/college, psychologist or psychiatrist. Your close friends and family are also in a good position to spot any changes that you might not be aware of.

**My warning signs (when I think my lid is going up):**

### SUGGESTIONS :

*Feeling like a burden, Feeling hopeless, Feeling like I’ve hit rock bottom, Feeling trapped, Having trouble sleeping or sleeping too much, Drinking to cope, Taking drugs, Withdrawing from family and friends, Conflict with people, Dramatic mood changes, Struggling to keep up with my usual routine, Worrying about little things, More fussy than usual about my food, Heart rate up, Sweaty, Head aches, Tummy pains, Binge eating, Feeling unusually tired, Feeling anxious about everyday things, Overwhelmed by anxiety, Difficulty getting organised or planning ahead*



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## STEP 2: My moments of calm (when I'm feeling good and my lid is down)

When you're having thoughts or feelings that overwhelm you, it's easy to get caught up in the pain you're feeling and forget the positives in your life. Thinking about moments when you feel calm, happy and 'tuned in' may help you 'bring your lid down'. [Find out more about 'Flipping Your Lid'](#)

### My moments of calm:

### SUGGESTIONS:

*When I'm with a special friend, a special family member, my pet, my Grandparents, when I'm being creative, my faith or spirituality, helping others, painting, sitting still, walking slowly thinking about my feet on the ground, yoga, massage, meditation, mindful breathing*

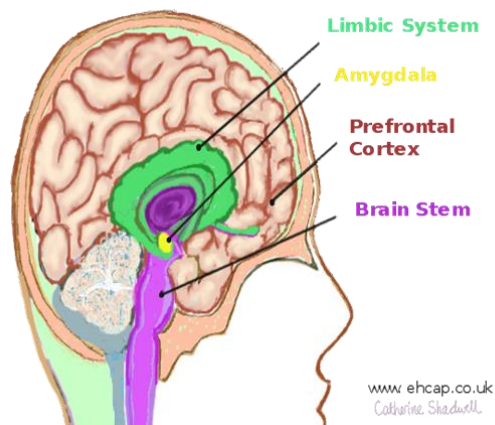
## STEP 3: Make my environment safe

Having a safe space is important. This includes making the environment around you safer, or taking yourself out of unsafe situations or stressful situations (especially if it's stress that goes on and on).

### Things I can do:

### SUGGESTIONS

*Give my medication to someone else to look after, Lock up or get rid of anything that could be used to harm myself, Avoid people who upset me, Avoid driving when I'm feeling stressed out, Talk with my teacher or a key adult at school, my GP, my trusted friend (see step 6), Contact Child Line*



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## STEP 4: Things I can do by myself (to help bring my lid down)

Work through the activities that you identified below. If an activity isn't helping you, try another one.

You might also like to try some activities that other people found useful like doing some exercise, taking a shower or watching a favourite movie.

### Things I can do by myself:

### SUGGESTIONS

*Go for a walk outside, Do some exercise, Play with a pet, See a movie, Watch a favourite film, YouTube clip or TV show, Listen to music, Be creative (e.g. drawing, painting), Write something, Get outdoors, Do some gardening, Practice relaxation techniques like breathing exercises, mindfulness and meditation Take some time out to treat myself to a small thing I usually enjoy, Take a shower or bath*

*If you are super sensitive to taste, smells and you get anxious easily or have difficulty sleeping you may want to find out about sensory integration – try things like a weighted sock on your lap or over your shoulders*

*“Much of today’s popular advice ignores the world of emotions. Instead, it relies on child-rearing theories that address the children’s behaviour, but disregard the feelings that underlie that behaviour” (Gottman, 1997)*

<https://emotioncoaching.gottman.com>

Chapter 1 Session 5 for summary of relationship styles



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## STEP 5: Connect with people and places

It can be hard to socialise when your emotions are all over the place or your lid is jammed up, but just being around other people can improve your mood.

Remember that connecting with others doesn't necessarily have to be about talking and interacting. You could try going to a busy park or café, or invite a friend over to do an activity where you don't have to make conversation, like watching a movie or playing sport.

**Make a list of people you could spend time with or social places you could go:**

### SUGGESTIONS

*Go to a busy park, Invite a friend over to watch a film, Spend some time in a café, Go to the library, Go to a sports match, Go to a concert or live show*

## STEP 6: Friends and family I can talk to

Write down here the names and contact phone numbers of people you feel really safe with – the people you go to when things are really tough. This may be your Mum or Dad, but it may be someone completely different. It can be really helpful to share this plan with them and give them a copy.

If you don't feel you can talk to friends or family about your feelings, you might find it helpful to speak with :

- [Child Line](#) - free on line, on the phone support for young people and children under the age of 19 years whatever the issue big or small
- [Samaritans](#) - offer a safe place for you to talk any time you like, in your own way, no matter how old you are.

### My supporters

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## STEP 7: Professional support

Professional support is always available when things become too much. If one service doesn't work for you, try another. In an emergency, always [call triple nine \(999\)](#).

- Child Line – 0800-111
- Samaritans - Whatever you're going through, free any time, from any phone on 116 123.
- More Links [www.youthwellnesspod.com](http://www.youthwellnesspod.com) and [www.iwara.co.uk](http://www.iwara.co.uk)
- [Too Much Information Campaign](#) - could you have Asperger Syndrome or Traits?

Make a list of contacts you can use – it's important to work these out when your lid is down.

### My contacts

*The framework for this Plan has been adapted from [beyondblue's](#) BeyondNow suicide safety planning app. beyondblue is an Australian non profit organisation working to promote good mental health, tackle stigma and discrimination, and provide support and information on anxiety, depression and suicide.*

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