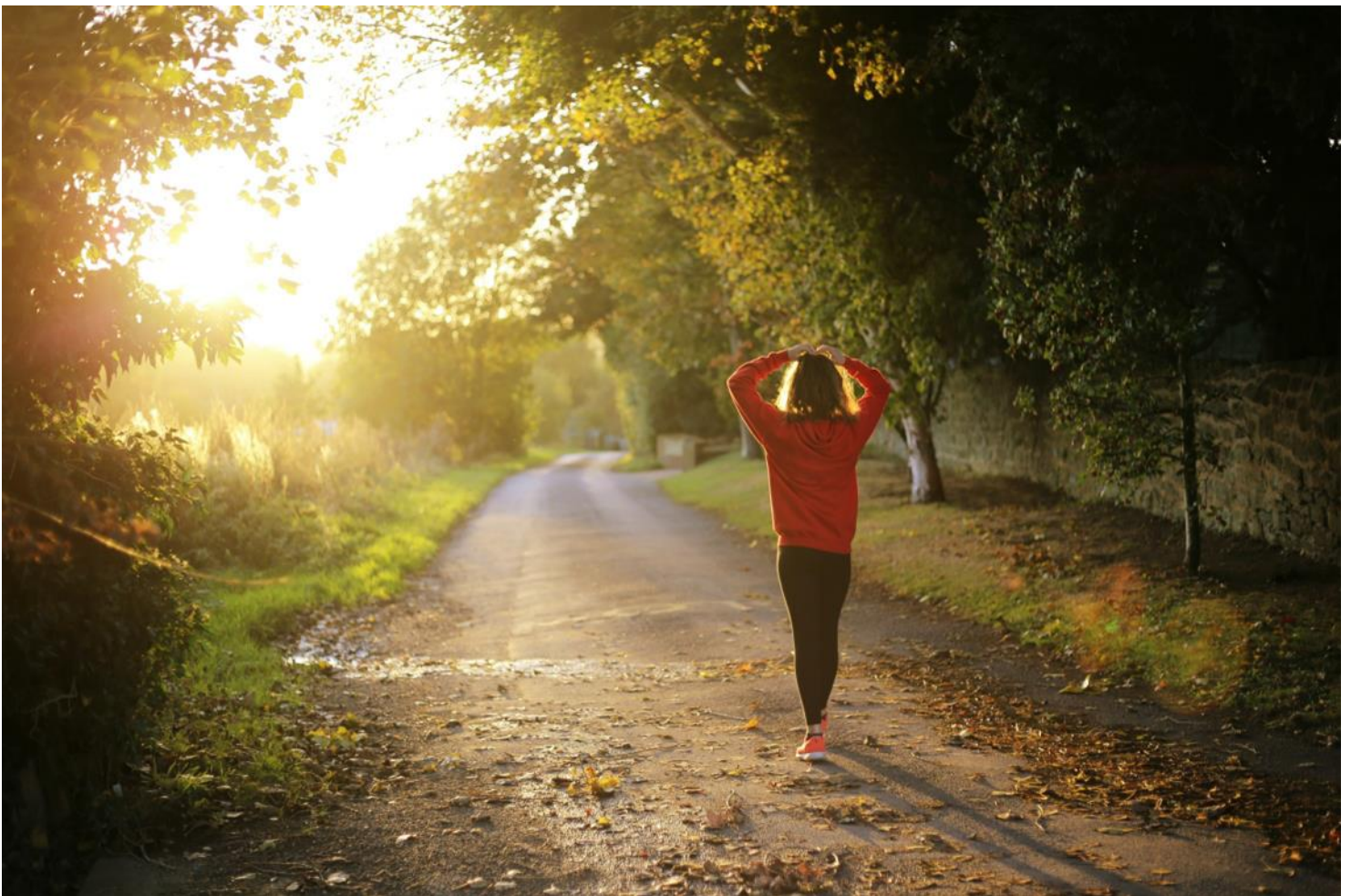


Your Life And Recovery Journey



Welcome

Welcome to the Your Life and Recovery Workbook. You can use it by itself or use it along with the Your Life and Recovery video or groups if they are available.

We will use the idea of a forest to tell a story about life. We will talk about significant life events, which could be a significant loss, the death of a loved one, a trauma, the onset of a mental illness or a reoccurrence of that experience, a physical illness, a substance use issue, or an injury that leads to a physical disability. Significant events may happen more than once in your life.

To illustrate the impacts of these events and what happens afterwards, we will talk about a process called recovery, which means finding **your** way in life and living the life **you** want. The workbook will also guide you through a process of developing plans that can help to define what Recovery looks like for you, what Wellness looks like for you and how to deal with any periods of Crisis that you may encounter.

We hope this workbook will help you explore, think about, and create strategies or plans to help you stay well and pursue the life you want. This is your life so use the parts of the workbook that are helpful to you and leave the parts that are not.

We encourage you to talk to your personal and professional supporters about your ideas, especially if you would like them to be involved in your life and recovery.

We would like your feedback please use one of the options below:

Use this link: [Survey](#) or scan the QR code.



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Your Life as a Walk in the Forest

Imagine that you're taking a walk in the forest. It's a lovely day.

Think of this forest picture as a time in your life when you felt well.

How would you describe your life or your feelings when you are well?



All of the sudden you see a fire!

You might panic, feel anxious or terrified. After the forest fire, the forest looks barren.

The trees are dead. The animals are gone.

You may have experienced a crisis, like this fire, in your life.

A crisis could be a significant loss, the death of a loved one, a trauma, a mental illness, gender based violence, racially motivated crime, a physical illness, a substance use issue, or an injury that leads to a physical disability.



In a crisis you might panic, feel anxious or terrified. You might suffer significant losses. You might lose hope that things will change. You might think your life will always be this way. Other people might tell you this too. We all have difficult times. You aren't alone.

Your emotions might be distressing, negative or intense. They may be uncomfortable or even painful. But all your emotions are natural and part of being a human being. Allowing yourself to experience all of your emotions helps you to be resilient and to recover.

What emotions did you experience?

Recovery after a Significant Life Event



After a fire, the forest may look barren but it's not dead forever. There is a natural regeneration process. Plants start to grow by themselves. But these new plants can be easily trampled.

Human beings are the same.

After a trauma, a devastating loss, serious illness (physical or mental) or injury we start to think about our lives again. "What am I going to do? What's going to

become of me?" This is part of a natural healing process, part of a recovery process. It's important to protect this process and not judge them. We never know what ideas will develop.

What thoughts do you have/did you have as you start(ed) your recovery process?

What were the signs that you were recovering from this event?

Your Resilience

Resilience is your ability to make it through and successfully adapt to challenges. It is your ability to persist when things are difficult. Unfortunately, your resilience can be worn down over time and make you feel unmotivated and vulnerable.

Life events that are difficult and distressing are an inevitable yet unwanted part in any person's life. While they are often difficult to get through there are ways can increase your resilience, including exploring your identity, awakening hope, increasing your connections, reducing harm in your life, and learning the skill of making effective choices. There are numerous choices we can make — both within ourselves and in our actions in the world around us.

What helped you get through a significant life event?

What did you do to return to wellness?

Your Supporters

During significant life events that are distressing, it's helpful to have support.

Health care support can be family and friends, peers, people in your community, a counsellor, your doctor, a crisis line, the emergency department at the hospital or a psychiatric in-patient unit.



Who are/were your supporters during a significant life event?

How did they support you as you recovered from your significant life event?

Following a crisis your supporters may change. Health care support can be family and friends, peers, a mental health or substance use service or staff, a crisis line, a self-help group, peer support or a clubhouse.

Who are your supporters today?

Taking Stock of Your Quality of Life

The World Health Organization Quality of Life tool (see Appendix A on page 37) is something you can use to help us take stock of our quality of life. There are 26 questions about your life as it is now. The questions ask you to rate a statement about your life on a scale from 1-5 or Very Satisfied all the way to Very Dissatisfied. Answer the questions you can as best you can. There are no right or wrong answers. These are your answers.

Some of the questions might feel a little personal or this whole thing might seem over-whelming. For instance, Question 26 asks how satisfied you are with your sex life. You don't have to answer this and you don't need to share any details.

As you consider the things that are important to you, this questionnaire can help you take stock of your quality of life in different areas. You can see what parts we are satisfied with, and what parts you are less satisfied with or even dissatisfied with.

You can see how you are doing in areas that you value and find important. You can decide if you would like to do something different to improve one or more areas. The scores for each coloured section is only to help you see where you feel your quality of life is better and where it's not as good. You can use this in conversations with supporters. If you repeat this questionnaire regularly it can help you take note of how you feel about your life over time and whether the things you are trying are helping you.

Quality of Life Scale

The following questions ask how you feel about your quality of life, health, or other areas of your life. Read each question along with the response options. Please circle the number below the response option that best describes your experience in the past **two weeks**. If you are unsure about which response option to select, the first response you think of is often the best one.

	Very poor	Poor	Neither poor nor good	Good	Very good
1. How would you rate your quality of life?	1	2	3	4	5
	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
2. How satisfied are you with your health?	1	2	3	4	5
	An extreme amount	Very much	A moderate amount	A little	Not at all
3. To what extent do you feel that physical pain prevents you from doing what you need to do?	1	2	3	4	5
4. How much do you need any medical treatment to function in your daily life?	1	2	3	4	5
	Not at all	A little	A moderate amount	Very much	An extreme amount
5. How much do you enjoy life?	1	2	3	4	5

Hopes and Dreams

The Importance of Hopes and Dreams

As you recover, you might start having ideas or feelings of what you want to do, things you need for yourself. Or you might have a picture of what you want your life to look like. Hope is the belief in the possibility of a desirable future. Your dreams make that future more real by imagining the details and feeling drawn to that dream. Hope is awakened by your thoughts and dreams. When you have hope, you become energized and want to pursue your dreams.

This is different for everyone. It can be things like:

- getting back to school
- Learning what you need
- Staying out of hospital
- Getting a job
- Doing something important
- Having friends
- Staying well
- Getting through the day
- Expressing your gender
- Feeling connected with your community
- Finding a life partner



Some people may dismiss your hopes and dreams. They may think they are unrealistic or are unwanted changes. They may think you should not do them or not accept them. But it's common for people to have hopes and dreams even if they know they won't come true.

The person who only plays sports on the weekend may still dream of competing at the Olympics. The person who dreamed of being an astronaut and never made it may still have the same feelings when they look at the stars through their telescope. Research tells us that thinking about our hopes and dreams can improve our mood for a short time. Think about how you feel when you are planning a trip or when you're thinking about winning the lottery.

Hopes and Dreams help you to move forward, to try new things. They can give you a sense of direction. It's helpful to nurture them even if you don't know how they will happen or if they will happen. They can give you energy and a sense of hope for the future. And they might lead you to other things you want.

Awakening Your Hopes and Dreams

Let's start with a few questions to help awaken your hope.

If you were granted a handful of wishes, what would they be?

If you could be your best self and live your life exactly as you want, what would you do differently?

One place (or more) you would like to visit

One person (or more) you want to meet or talk to

One thing (or more) you would like to do

One thing (or more) you would change about yourself

Here are some other ways to start discovering your own hopes and dreams. Try one or more.

- make a collage
- write a list of things you want
- write a story
- text some ideas to yourself
- draw pictures
- find movie clips of things that interest you
- find images on the internet
- find pictures of hobbies you've had in the past



What did you discover about yourself?

What are some of your hopes and dreams?

Exploring Your Hopes and Dreams

When exploring your hopes and dreams, think about a time far enough in the future that your current situation doesn't act as a limitation. This can be 5, 2, 1 year, 6 months or a week in the future, whatever seems right to you. Or it can be related to an event: "when I'm working" or "when I move".

What is the timeline of your hopes and dreams?



The following exercises help you to describe your hopes and dreams in a way that inspire you. Add as much detail as you want so you feel excited by them.

Your Best Place to Live

You may have ideas and preferences about where you want to live and how you want to live. Knowing your own preferences helps you to create a good space for yourself.

Where would you like to live? (an area of town, parks or stores around you, rural/city, etc.)

Who you want to be around you? (roommates, neighbours, family, etc.)

More about my best place to live:

The Importance of Community

Community can mean different things to different people. It is not just about where you live. It can be a group of people, a common activity or a common identity that brings people together. You don't necessarily connect with each member of a community equally but you share a lot of the same values or desires. Being a part of community and contributing to is very important for people and can help to define identity and role. Contributing does not always mean doing something for it might be as simple as being a part of it.

What does community mean to you?

What is your role in your community or what would you like your role to be in your community?

What do you get from being part of your community or what would you like to get?

What do you contribute or what would you like to contribute to your community?

More about your community and contributions

Your Connections

Let's continue from your community to the people you connect with. Meaningful connections can make life more enjoyable and purposeful. Connections can include friends, partner, family, pets, spiritual connections with yourself and something beyond yourself.

Who do you have a connection, friendship or relationship with?

Who would you like to have or strengthen a connection with?

What things do you or can you do to build connections, friendships, relationships with others?

More about your connections

Your Wellness

Wellness is about how you feel physically, mentally, emotionally and spiritually. It can include self- help, health education and personal physical health. You can feel healthy in one area and have challenges in other areas.

What do you already do for your wellness?

Some wellness tools could be:

- Meditation
- Crafting
- Reading
- Exercise
- Listening to music

What wellness ideas would you like to try or add to your routine?

What do you need to do to maintain your wellness?

Daily	Weekly	Monthly	Yearly	Occasionally
<i>e.g. Brush Teeth 2 times a day</i>	<i>e.g. Yoga class 3 times a week</i>	<i>e.g. Call Aunt</i>	<i>e.g. Renew home insurance-Mar 14</i>	<i>e.g. Buy cleaner for kitchen</i>

Spending Your Time

How you use your time can influence your energy, motivation, self-image and experience. Thinking of what activities are meaningful to you, bring enjoyment or important to you is helpful. You have the power to choose how you spend and manage your time.

How would you like to spend your time? Describe a day that is pleasurable, interesting, and meaningful.

What are some hobbies or interests you have or would like to develop?

Who do you or who would you like to spend your time with?

What other things are important to your hopes and dreams?

Your Compass

Your Values

If you are walking through the forest, it's easy to get lost without a compass. A compass always points in one direction. By looking at it you can see which direction you are going. It doesn't tell you which direction you should go, only the direction you are going.

In your life, you also need a compass. Your values, or what is important in your life are your compass.

They often come from your culture, family and life experiences. Your values say something about who you are. Your life compass always points in one direction. By knowing your values, you can have a stronger sense of yourself and your own direction.



Values could be things like:

- having loving and caring relationships,
- being an attentive parent (child or pet),
- being healthy,
- being intelligent,
- being authentic.

You can see if your actions are in line or not in line with what is most important to you. There is no right or wrong about the direction you choose but it helps to know what is important to you.

You can take note of how you feel when you do things in line with your values and not in line with your values. You can also start noticing the things you like, prefer, want and don't want. During times of stress, it's easy to lose touch with your values. Sometimes we decide that past values or others' values are no longer important to us and that other values are more important.

Try this next exercise, it can help you start to identify your values.

My Values Worksheet

1. Circle or check all values that matter to you. Add values that are important to you that are not on the list.
2. From your list, choose your top 5.
3. Find 3 guiding values. These are values that you want to keep in mind when making choices that affect your life. They may be different from your top 5. For example, you may want to emphasize a value that is new for you but important when making choices, the values you want to always remember.

Acceptance	Financial security	Integrity	Responsibility
Achievement	Forgiveness	Love	Self-worth
Ambition	Happiness	Loyalty	Sobriety
Authenticity	Hard work	My contributions	Solidarity
Communication	Health	Motivation	Spirituality
Compassion	Helpfulness	Patriotism	Trust
Courage	Honesty	Pleasure	Truthfulness
Creativity	Hope	Power	Uniqueness
Diversity	Human rights	Pride	Wisdom
Excellence	Inclusivity	Privacy	_____
Fairness	Independence	Reason	_____
Family	Inner Peace	Respect	_____

My top 5 values

My 3 guiding values

Your Identity

Your identity is your sense of who you are, your unique self. Your identity can include or be influenced by your family and life roles, your gender, your sexual orientation, your race or ethnicity, your interests, groups, world view, life events, strengths, dreams, jobs, culture, skills and anything that defines who you are.

Identities can change over time, or you can choose to change your identity.

Use these questions to explore some of the things that have made you who you are.

How would you define your identity?

What is most important about who you are?

What adventures or highlights have you had in your life?

What goals have you had in your life?

What successes or achievements helped shape your current identity?

What are your gifts, talents or qualities as a human being?

What life lessons have you learned?

What turning points or life changing moments have you had?

When has someone made a difference in your life or shown you the way in life?

What relationships are you proud of or are meaningful to you?

Using Your Compass

With a compass, it is easier to find your way in the forest. You start discovering the kind of landscape and terrain you like. Maybe it's a flat, wide path with open sky near the river. Maybe a mountain trail. You also discover the terrain you don't like. Maybe it's a rocky cliff side or a dense forest.



Each step is a choice that takes you in one direction or another. You can use your compass to see if you're going in the direction you want.

The way you think of yourself now is important. Equally important is how you wish to think of yourself and develop yourself in the future.

Having a hopeful vision of the future provides motivation to make change and helps you make effective choices in the present that will carry us where we want to go.

Your Current and Future Identity

On the next few pages, you will illustrate the way you currently see yourself (identity) and would like to see yourself in the future. Please use the list of examples key words provided as inspiration to find words that describe you. Use your own words. The circle represents you as a whole, a summary of how you see yourself. ** Note fillable version has limitations.*

Identity Now

1. Choose as many words as you need to best describe yourself. Use your own words which might not be in the example list.
2. Put the words in the picture in any way that shows how they are part of your identity. For instance, you can divide the picture into areas for each word with larger pieces for word that describe more important aspect of who you are. Or you can use colour to show how these words interact. Be as creative as you want.
3. When you look at your picture, circle the qualities/traits you like and underline the ones you don't. This might help you identify things you would like to change in your identity.

Future Identity

Review Your Values and Your Identity worksheets. Think about parts of yourself from an earlier time in your life that you had to let go of because of the reality of your situation. For example, maybe you used to be a musician or perhaps you loved nature or socializing but had to let these go because of life changes, barriers or challenges.

1. Choose the words that describe the parts of your identity you want to keep or reclaim or develop. Put the words in the picture in any way that shows how they are part of your identity.
For instance, you can divide the picture into areas for each word with larger pieces for word that describe more important aspect of who you are. Or you can use colour to show how these words interact. Be as creative as you want.
2. Look at your picture and write a short sentence about yourself. For example, "I am a grandmother that my children turn to for wisdom about raising their children."
3. Write down one or two steps or choices that you can take to move in this direction.

My Identity Worksheet

It is impossible to create a comprehensive list of everything that can be included in your identity. The following list provides **EXAMPLES** for inspiration only. Please use your own words to describe who you are.

Gender

Two Spirit
Transgender
Non binary
Gender fluid
Cisgender
Male
Female

Nation/Ethnicity/Race

Haida Gwaii
Stó:lō
Asian-Canadian
Indo-Canadian
African-Canadian
German
French-Canadian

Sexual Orientation

Pansexual
Gay
Lesbian
Bisexual
Asexual
Fluid
Heterosexual/straight

Religion/Philosophies

Jewish
Muslim
Christian
Buddhism
Hinduism
Baha'i
Wicca
Jehovah's witness

Hobbies

Knitting
Drawing
Poetry
Pottery
Blogging
Gardening
Photography
Music

Achievements

Reaching goal
Graduating
Obtaining job
Learning new skill or language
Overcoming challenge
Moving to new country
Winning a race/contest
Getting your driver's license

Education/Social Status

Elder
Entrepreneur
Athlete
GED graduate
Tradeswoman
College/university diploma
Creative class

Communities

Band
Identity-based
Motorcycle
animal
Sports community
Recovery
Faith-based

Health

Spiritual
Yoga
Meditation
Mental or physical Health
Disability
Support groups
Grief and loss

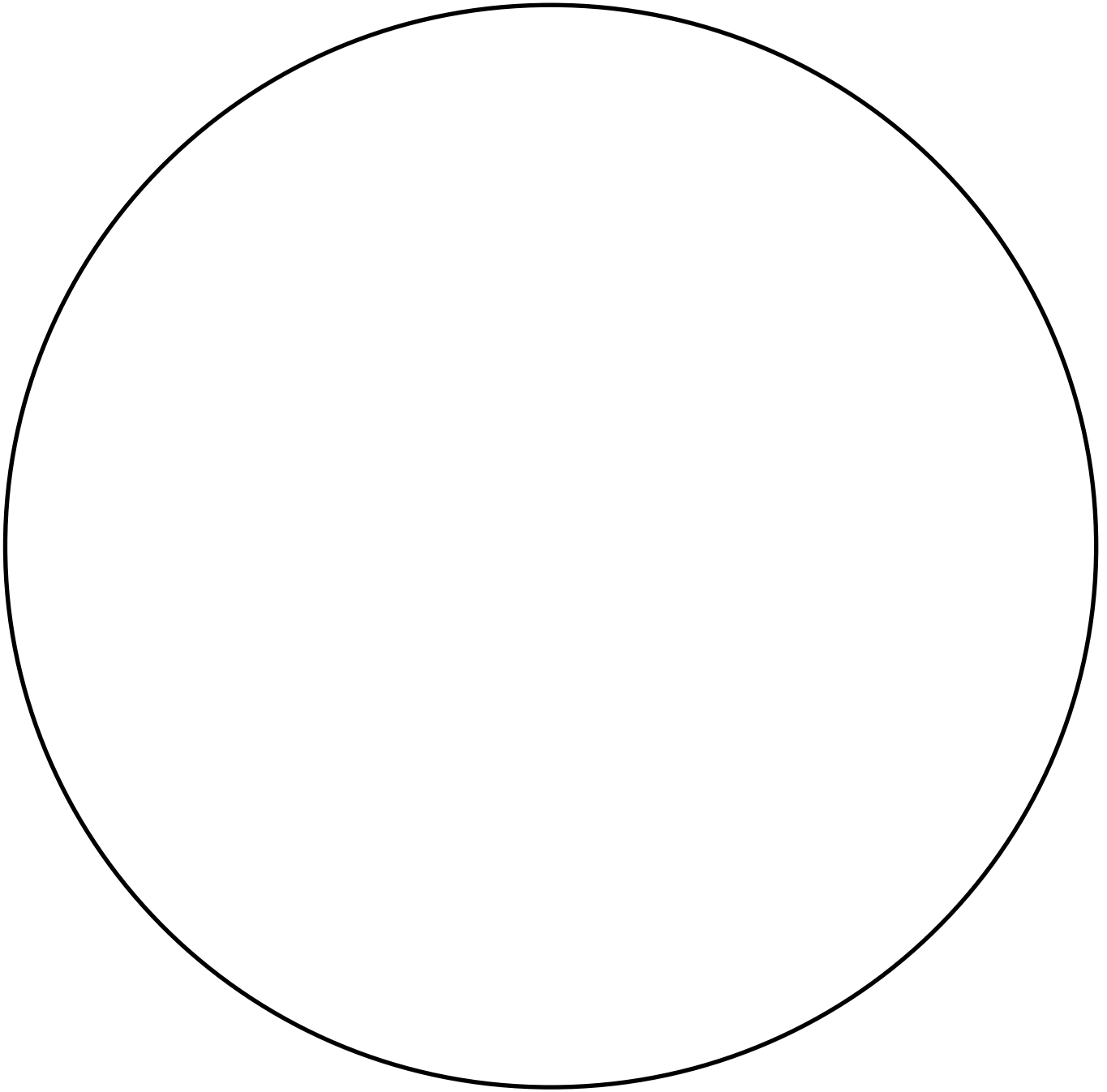
Others

Language
Ancestry
Name
Travel
Comedy
Roles
Experiences

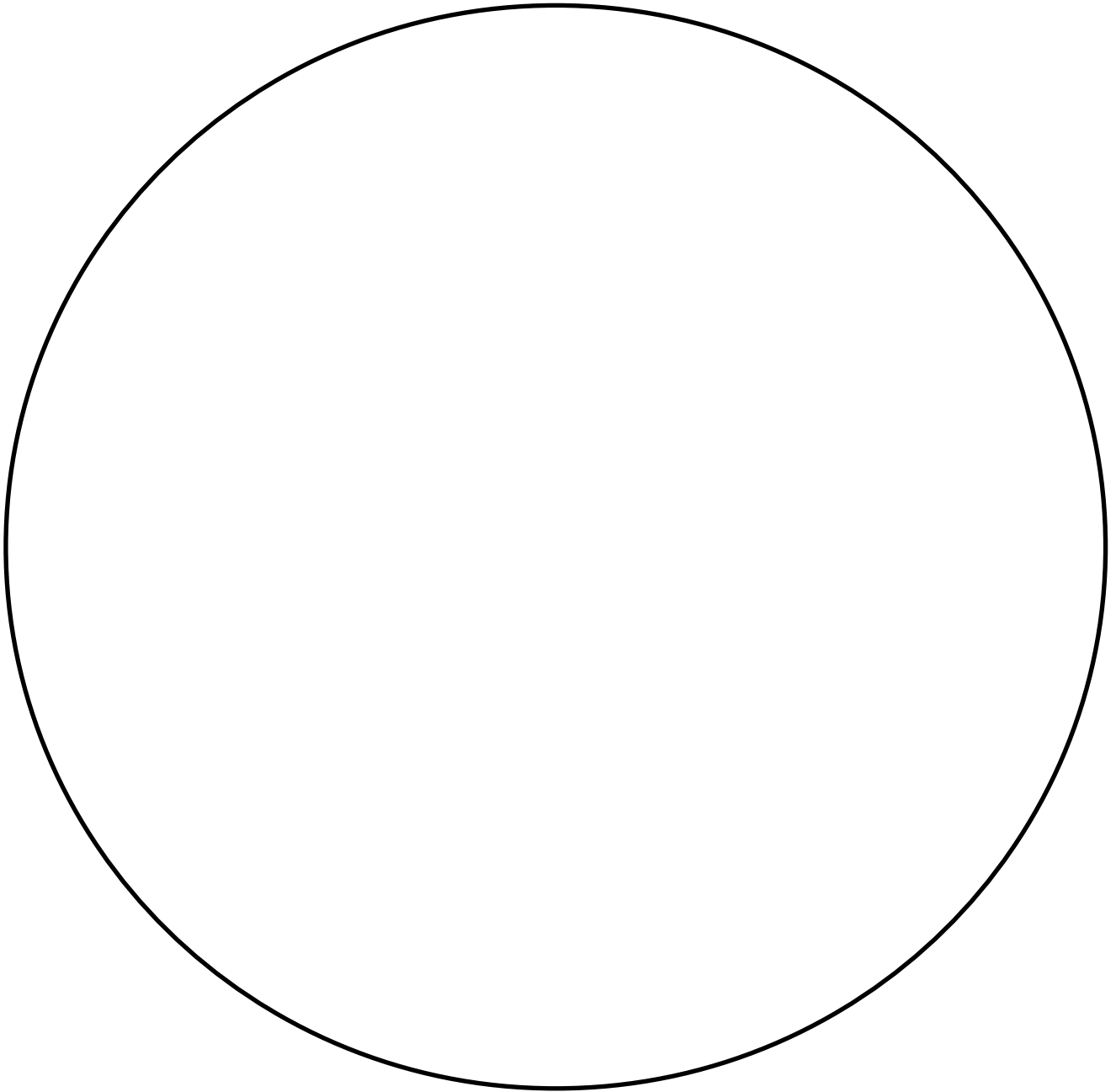
Add you own examples

Add your own examples

My Identity Now Worksheet



My Desired Identity Worksheet



A sentence about me:

A step or choice I have made or can make to bring me closer to my future identity:

Expressing Your Identity

We each express our identity in our own unique way. You might express aspects of our identity in your clothes, hairstyle, jewelry, tattoos, speech, communities you belong to, choice of volunteer or paid work, YouTube videos and published works, music and many other ways. You may express some of your identities differently in different situations and sometimes you may choose not to express aspects of your identity at all. Or you may restrict that expression to a few close friends or specific communities. In some cases you might even choose to express the opposite of your felt identity in order to be accepted, feel safer or other personal reasons. The parts of yourself that you might choose to express differently might include your gender, sexual orientation, ethnicity, religion, political views, ideologies, and other aspects of yourself that you consider more private or feel unsafe to express in certain circumstances.

Some examples of times when you express your identity differently might include:

Avoiding to wear your usual clothes or express your cultural or ethnic identity because you think this might give you more equality in career advancement or job opportunities.

Expressing a gender that is expected of you by others rather than your gender because you think others might make comments or act in ways that make you feel uncomfortable.

Wearing your religious symbols hidden under your clothes to avoid being treated differently at work, school or in certain social circles.

Here are some examples of ways you may express your identity:

Clothes/jewelry/hairstyle	Communities/membership	Choice of relationships
Voice/words/language	Diet/foods	Behaviours
Movement/Dance/Sport	Celebrations/event	Body/tattoos/piercings
Poetry/blogs/videos	Music	Symbols/decorations/flags

It may take time to come to terms with certain aspects of yourself and you may change the way you express your identity over time.

What are some of the ways you express your identity?

Are there aspects of yourself that you only share with specific people in your life, communities or place?

Are there aspects of yourself you hide, express differently, or don't express at all?

**Do you wish you expressed certain aspects of your identity to more people or to everyone?
What impacts your decision?**

Do you plan on expressing your identity or specific aspects of it more in the future? What would need to shift to move you in that direction?

What aspects of yourself do you feel good about expressing right now that you want to keep or felt good about expressing in the past that you might want to reclaim?

A step or choice you have made or can make to bring you closer to express who you are freely is:

Your Life or Recovery Plan

A Plan to Create the Life You Want

Life journeys can be challenging. You may have had challenges that have gotten you off track. Now is a good time to choose a different path and move toward a future that feels hopeful, promising and meaningful. It is a good time to think about the future you want for yourself and to make a plan for this journey to the life you want to live.

It is important to remember that you will get off track at times. We all do. However, when you have created a My Life or Recovery Plan with your vision and the steps you will take, you can use it to help you get back on track later. It can help guide your journey. My Life or Recovery Plans are easy to change when you find something that doesn't work for you, or you find you need to add something you want to start or stop doing.

Review the previous pages about defining your values, future identity, hopes and dreams and spirituality.

1. **Guiding values**—Write down your guiding values. Your recovery plan will help you get to a life based on these values.
2. **Hopes and dreams**—Identify the hopes and dreams that are most inspiring and meaningful to you. Summarize your hopes and dreams in your recovery plan. A few words and phrases are usually enough.
3. **The way things are now**—think about your current circumstances in the same areas as your hopes and dreams. Write a few words about this.
4. **Starts and stops**—List things you want to do differently. What do you want to START doing that will help your journey? What will you choose to STOP doing? These will move you closer to the life you want to live. You are changing habits you have by thinking about choices.
5. **A step closer**—pick a time in the near future (a few months away) and describe what will look different in your life as you move forward. Write this in a way that will let you say, “Yes I achieved that,” or “No, I didn't make that this time.”

I will and others will—these are steps or tasks you will take and ask others to take to help you move closer to the life you want to live.

My Life or Recovery Plan Worksheet

My 3 guiding values: _____

My hopes and dreams:

The ways things are now— my life now

Starts—things would get better if I could start...

Stops—things would get better if I could stop...

A step closer—choose something you can easily tell when you've achieved.

I will—steps I'm willing to take and do to actively move toward my hopes and dreams

Others will—things others can do to help me move toward my hopes and dreams. List who these people are

Finding Your Way

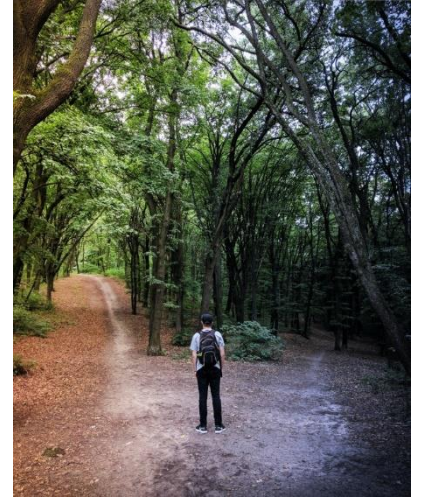
In the forest, sometimes the path is simple. One path is clearly marked. It seems to make sense. Sometimes the choices you make in your life are simple and clear. You can make them easily.

Sometimes the path is confusing. You can't see which way you should go. Or the easiest path takes you in the wrong direction. What makes you feel better at first may not take you where you want to go in the long run.

Sometimes the hard path may lead you in the direction you want to go but it's scary.

Remember, you don't always have to be moving. You can stop and rest. Take time to look for and notice the beauty around you.

Notice and experience your journey, even the challenging parts.



Try the skills on the next few pages to build your choice-making skills:

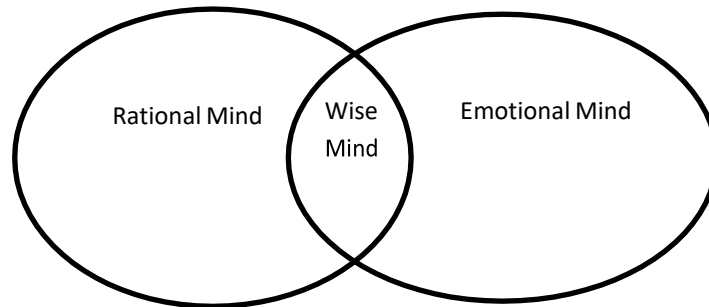
- Stop, Breathe and Think—This skill helps you get into your Wise Mind
- Wise Mind—This skill helps to use your Wise Mind to make effective choices and use information from both your emotions and your thinking
- S.O.A.R.—this skill helps you take thoughtful steps in making a choice and learning from it to make future effective choices

Stop, Breathe and Think

Sit on a chair or on the floor.

1. Focus on your breathing, how your breath feels as you breathe in and out.
2. Notice your thoughts and feelings. Allow yourself to let these things go as you breathe out.
3. Notice how you feel as you continue to breathe in and out a few more times.
4. Practice this skill to bring you to your Wise Mind.

Wise Mind



Emotional Mind

The emotional mind occurs when your thinking and actions are mostly controlled by your emotions. Extreme emotions can take over your ability to think clearly and see all of the options you might have. Choices made from extreme emotions can bring a lot of harm into your life.

Rational Mind

The rational mind occurs when you approach things only intellectually, thinking logically. Logical thinking is difficult and facts may be distorted or misinterpreted. Logic is only part of the picture necessary to make an effective choice.

Wise Mind

The Wise Mind occurs when the emotional and rational minds come together. They are more effective when they are both used together. When you are in your Wise Mind you are balanced and use both your emotions and your thinking to make choices.

There is more than one way to get into your Wise Mind. The goal is to become relaxed but focused. You want to be able to pay attention to thoughts and sensations without reacting to them or judging them.

Stop, breathe and think
Vigorous exercise
A quiet walk

Meditation
Warm bath or shower
Listening to calming music

Name your thoughts or
feelings focus on facts, not
good or bad

S.O.A.R.—Situation/Options and Outcome/Action/Review

These 4 steps can help you make more effective choices.

S—Situation—What is your situation?

Your first step is to analyze your situation and prepare to explore your options. Describe your circumstances. Is there anything blocking you from making an effective choice? Check to see if you are in your Wise Mind.

- Think about how this choice is connected to your future or how you want it to help you.
- Are any “Choice Blockers” present? For example: substances (alcohol, drugs), extreme emotions, symptoms, or other things that affect your ability to think effectively.
- How will your choice affect others?

O—Options and Outcome—What outcome do you desire and what options do you have?

- What do you want the result to be?
- What options do you have?
- Are there any skills or strengths you can rely on? For example: Have you been down this road before? If so, what did you learn last time that can help you now?
- Will this choice get you closer to your future Hopes and Dreams?
- What are the pros and cons of your options?
- What other information do you need before you can decide?

A—Action—Take Action

Take the action you chose and make a plan to follow it through. Stay on course and don't give up unless you realize you made the wrong choice. If it isn't going well, troubleshoot and make adjustments. Use Plan B if your first plan does not work out.

R—Review and Learn from the Results

Effective Choice Making requires looking back at the results of your choice to see if you got the results you wanted.

- List what happened.
- Did you get the results you wanted?
- If yes, great! What went well so you can use this again in the future?
- If no, what did you learn? Use this information in the future so you get better results.

S.O.A.R. Choice Making Worksheet

Situation—What is the situation?

Outcomes—what do you want the result to be?

Options—what options do you have?

Option

Pros

Cons

Action—which option did you choose?

What is your plan?

What is your plan B?

Review and Learn—Do this soon after taking action

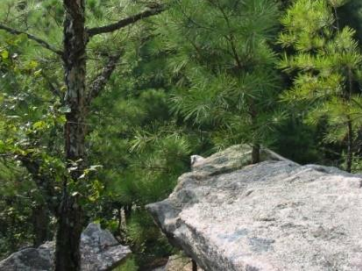
What happened?

Did you get what you want? Y e s N o

What went well?

What could you do differently/better next time?

Choice and Control



Things may not always go well. At times someone else may make decisions for you. Talking about your values and hopes and dreams can help you take back some of your decision making power.

What areas of your life do you have personal control over?

What would help you feel like you have more personal control?

What things might make you feel unwell or throw you off track?

Examples: Certain scents, sights, sounds, tastes, places, people, memories

What wellness tools can you use to manage your stressors (see Your Wellness on p. 13)?

Examples: Follow your plan for maintaining wellness; Avoid the trigger; Use distractions; Take a deep breath; Go for a walk

At times you might feel like you have no choice at all or no good choices. Choices aren't always good or bad. What is useful is to know why you are choosing one over another. Think about the impacts of those decisions to you and others and think about what is most important to you at the time. Look at your values compass and decide whether it is taking you towards or away from your own values, hopes and dreams.

Things don't stay the same all the time. In the forest, the weather can change so it's helpful to have proper clothing. In your life, wellness tools and strategies can help you to stay well and adjust to changes or challenges.



What are your signs that indicate you need to take action to return to wellness?

Examples: Inability to experience pleasure; Avoiding others or isolating; Feeling disconnected from my body; Inability to focus or concentrate

What actions will you take when you experience early signs of becoming unwell?

Examples: Tell a supporter/counsellor how I am feeling and ask them to help me figure out how to take action; Write in my journal

What are the signs that you are now unwell?

Examples: Feeling fragile; responding irrationally or out of proportion to the circumstance; sleeping too much or being unable to sleep; increasing substance use

What actions will I take when I am unwell?

Refer to *Wellness Tools* and write down things that help reduce symptoms when they have progressed to this point. These now need to be detailed and specific. Examples:

- Call my doctor or key health care provider and ask for/follow their instructions
- Arrange time off from some responsibilities/work/school
- Make arrangements with supporters to get help right away if my symptoms worsen

Crisis Plan

In the forest, smoke is a sign that there might be fire. In your life, these are signs that things are getting worse. You might lose your job and not be able to get out of bed for a week. You might lose someone close and have a hard time doing the simplest of tasks. You may be physically unwell and not be able to sleep. These might be signs that you need to do something to help yourself.

Your crisis plan is a means by which you can keep track of what does and does not work for you in maintaining wellness and managing periods of feeling unwell so you can live your best life. This plan will be created and tailored by you – it will be *your plan*.

Having your crisis plan written down will provide you and your supporter with a quick reference guide of what is most effective for you in your wellness.



Your plan can be used for everyday life as well as to prepare for events, both planned and unexpected. Your plan will help:

- Decrease and manage unwanted or troubling thoughts, feelings and behaviors
- Empower you to make positive choices and decisions regarding your health
- Improve the quality of life
- Take steps towards identifying/achieving your goals and dreams

By having and using your plan, you may have fewer difficult times and when wellness challenges arrive, you will be better prepared to get through them.

On the following pages are some tools to help you create your own crisis plan or prepare for an advance care plan for yourself.

After you have completed your crisis plan, if you would like to add an Advance Care Plan to your health record, please talk to your health care provider about filling out an Advance Care Planning Record.

As you continue your journey through life, you may notice that it is different than before your crisis. That's okay. You're learning and growing. Knowing your values or your compass and connecting with your hopes and dreams or what you want can help you find your way in life. In the end, it's about you living your own life the way you want.

My Crisis Plan Worksheet

This is what I am like when I'm well (You can copy items from page 3.)

This is what I am like when I am unwell. Be clear and specific in describing each symptom and for how long you have been experiencing it that indicates you require assistance with care and decision-making.

I want the following people to support me in these ways. See p. 6

Examples:

Name	Y/N	Relationship	Phone Number	Role/Notes
Mary Doe	Yes	Psychiatrist	xxx-xxx-xxxx	Mental health care, medications
John Doe	Yes	Neighbour	xxx-xxx-xxxx	Daily pet care
Jane Doe	No	Aunt	xxx-xxx-xxxx	Becomes too upset
Joe Doe	No	Cousin	xxx-xxx-xxxx	Offers unsolicited advice

Name	Y/N	Relationship	Phone	Role/Notes

These tasks need to be taken care of by my supporter(s)

Examples:

Name (Relationship)	Task
<i>Jane (Friend)</i>	<i>Call employer to arrange time off work</i>
<i>Mom</i>	<i>Care of children and pets</i>
<i>James (Brother)</i>	<i>Pay bills at the end of the month</i>
<i>Jack (Friend)</i>	<i>Buy groceries as needed</i>

Name (Relationship)	Task

Please DO these things to help support me

Examples:

- Let me talk and listen non-judgmentally
- Ask me what I need at that moment
- Check in that I am eating nutritious food, and am taking my vitamins and other medications
- Check in to see if I have what I need for my hobbies or to listen to music I like

Please do NOT do these things

Examples:

- Do not force me to talk
- Do not criticize me for what I may have done/not done
- Do not take over without asking me first what I would like done
- Do not tell me what will cure me

The following are treatments that may be suggested by my clinical team, my experience with them and whether I am open to trying them

Your clinical team may suggest treatments that your supporter(s) are not familiar with. Make a list of what treatments might come up and note your previous experience(s) with them. Also add whether or not you want to try them during your crisis.

Examples: Medications you have tried; Transcranial Magnetic Stimulation (TMS); Hospitalization(s); Alternative Therapies

Treatment	My experience	To try/not try

Quality of Life Scale

The following questions ask how you feel about your quality of life, health, or other areas of your life. Read each question along with the response options. Please circle or check the number below the response option that best describes your experience in the past **two weeks**. If you are unsure about which response option to select, the first response you think of is often the best one.

	Very poor	Poor	Neither poor nor good	Good	Very good
1. How would you rate your quality of life?	1	2	3	4	5

	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
2. How satisfied are you with your health?	1	2	3	4	5

	An extreme amount	Very much	A moderate amount	A little	Not at all
3. To what extent do you feel that physical pain prevents you from doing what you need to do?	1	2	3	4	5
4. How much do you need any medical treatment to function in your daily life?	1	2	3	4	5

	Not at all	A little	A moderate amount	Very much	An extreme amount
5. How much do you enjoy life?	1	2	3	4	5
6. To what extent do you feel your life to be meaningful?	1	2	3	4	5
7. How well are you able to concentrate?	1	2	3	4	5
8. How safe do you feel in your daily life?	1	2	3	4	5
9. How healthy is your physical environment?	1	2	3	4	5

	Not at all	A little	Moderately	Mostly	Completely
10. Do you have enough energy for everyday life?	1	2	3	4	5
11. Are you able to accept your bodily appearance?	1	2	3	4	5
12. Have you enough money to meet your needs?	1	2	3	4	5
13. How available to you is the information that you need in your day-to-day life?	1	2	3	4	5
14. To what extent do you have the opportunity for leisure activities?	1	2	3	4	5

	Very poor	Poor	Neither poor nor good	Well	Very well
15. How well are you able to get around?	1	2	3	4	5

	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
16. How satisfied are you with your sleep?	1	2	3	4	5
17. How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
18. How satisfied are you with your capacity for work?	1	2	3	4	5
19. How satisfied are you with yourself?	1	2	3	4	5

	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
20. How satisfied are you with your personal relationships?	1	2	3	4	5
21. How satisfied are you with your sex life?	1	2	3	4	5
22. How satisfied are you with the support you get from your friends?	1	2	3	4	5

	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
23. How satisfied are you with the conditions of your living place?	1	2	3	4	5
24. How satisfied are you with your access to your health services?	1	2	3	4	5
25. How satisfied are you with your mode of transportation?	1	2	3	4	5

	Never	Seldom	Quite often	Very Often	Always
26. How often do you have negative feelings, such as blue mood, despair, anxiety, depression?	5	4	3	2	1

We hope you have found this workbook helpful and would like your feedback please use one of the options below:

Use this link: [Survey](#) or scan the QR code.

