STAY STRONG PLAN

Name ........................................................................................................

DATE.........../........../........

Client No..................

STEP 1  Family and friends

I trust ____________________ and ____________________ to give advice about my treatment.

STEP 2  What keeps us strong?

PHYSICAL

FAMILY AND SOCIAL AND WORK

MENTAL AND EMOTIONAL

SPIRITUAL AND CULTURAL

Art and Craft

Dance

Spiritual Belief

Medication

Good Tacker

Health Centre

Other

Teach Kids

Work

Know About Illness

Support

Family

Think Positive

Exercise

Hunting
STEP 3  Worries which can take away our strength

PHYSICAL
- Sleep Worry
- Not Eating
- Not Moving
- Physical Illness
- Not Getting Enough Sleep

FAMILY AND SOCIAL WORK
- Family Worry
- Miseducation
- Gambling
- Tense, Unhappy
- Not Caring for Self
- Not Working
- Not Drinking

MENTAL AND EMOTIONAL
- Anxiety
- Sadness
- Depression
- Self-Harm
- Learning Disability
- Self-Harm
- Does not feel normal

SPIRITUAL AND CULTURAL
- Worries about God
- Worries about life

STEP 4  Goals and steps

Making goals and steps for change is like playing football. To kick one goal takes a lot of small steps on the way. To win a season final takes even more. Just one step can make a difference.

a) Goals I have for changing worries

Goal One:
Step 1
Step 2
Step 3

Goal Two:
Step 1
Step 2
Step 3

(b) Other things to do that help (e.g. see GP)
1.
2.
3.

Good things about these goals for change are:

My early warning signs are:

Signed: Client ..............................................................  Signed: Service Provider ..................................................