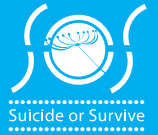


# My Mental Health Maintenance Plan Daily Maintenance



If you write your plan down it is harder to ignore it – you can stick your plan up in a prominent place so that you see it every day or keep it somewhere that you know you will look every day. You can even set reminders for yourself on your phone or computer to remind you of what you need to do to maintain your mental wellness, or you can develop a daily checklist that you carry with you wherever you go. The next few worksheets were designed to help you in developing your “Mental Health Maintenance Plan”. You don’t have to stick rigidly to these and can develop your own ones but these might help to give you a place to start.

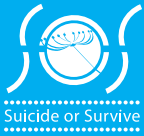
When using the worksheets, try to be as specific as possible – the more specific you are the harder it is to kid yourself into not doing the things on the lists!

Think about things that you need to do every day to maintain your mental health and list them below – you don’t have to think of everything now as you can add to the list over time.

Every day I need to:

A large, empty light blue rounded rectangular box intended for writing a daily maintenance plan.





# My Mental Health Maintenance Plan Daily Boosters

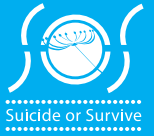
Now think about things that you can do every day to boost your mental health. You can make a list as long as you like and then choose 2 - 3 things from the list each day to boost your mental health. These are like your mental health treats – they give you a lift and put a smile on your face. They are different from your daily maintenance activities.

Things I can do to boost my mental health:

A large, empty light blue rounded rectangular box intended for the user to write their mental health boosters.



# My Mental Health Maintenance Plan Daily Maintenance Checklist



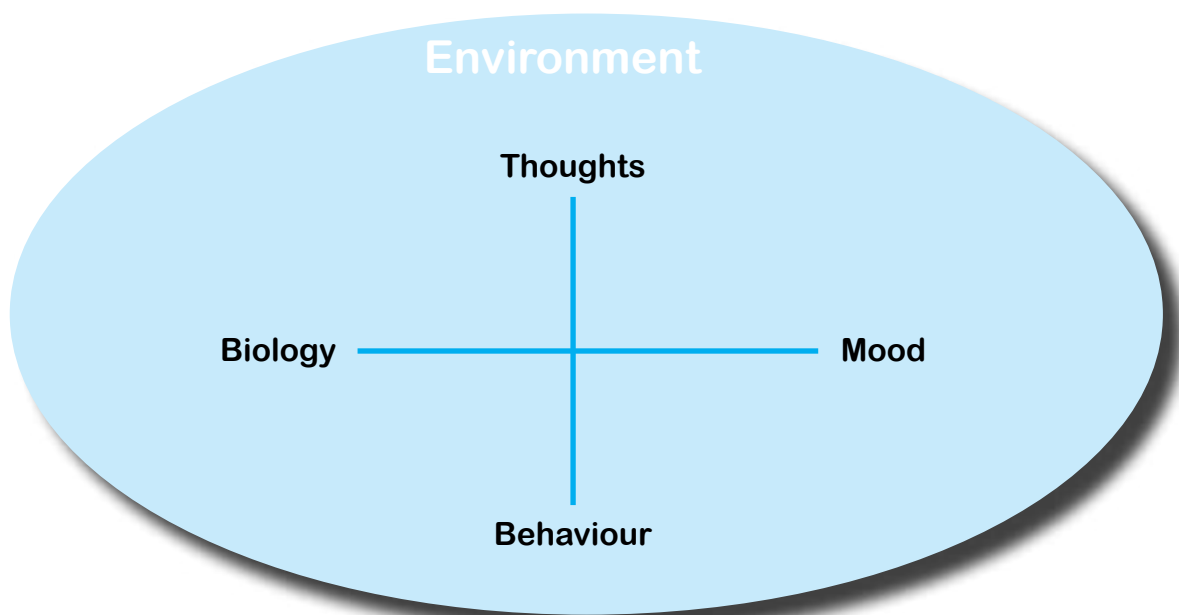
Sun									
Sat									
Fri									
Thur									
Wed									
Tue									
Mon									
Date: Daily Maintenance Activity									



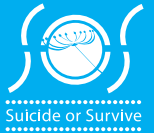
*A man is but the  
product of his  
thoughts. What he  
thinks, he becomes.  
Gandhi*

On average a human-being has about 60,000 thoughts every day. For every thought there is an associated change in our mood. Imagine you have just won the lotto – how does this thought affect your mood? For most of us this thought will elevate our mood. Now imagine you have lost the winning ticket before you cashed it in – how does this thought affect your mood? For most of us this thought will lead us to feel low or down. The thought generates the mood – if you are thinking positively you will feel more positive.

The diagram below explains this a little further:



# Think Your Way to Wellness



We all live in an environment – whatever that might be. That environment has an influence on us but it does not determine how we think, feel or behave. Most of the time there is little we can do to change our environment (though there may be, from time to time). Our thoughts and biology interact with this environment to create our mood and we tend to behave in different ways according to our mood. For example, if we are living in a tough economic environment, like today, we might tend to think negatively – we might think ‘this is hopeless’ and this is likely to affect our mood in that we may feel down and when we feel down, we tend to lack motivation and withdraw from things that make us feel good – we eat poorly, sleep poorly, don’t take exercise (all affecting us physically), and we may also isolate ourselves from others and stop doing the things we previously enjoyed. This in turn affects our thoughts which become even more negative - ‘it will never get better’- which affects our mood and behaviour even more negatively resulting in a downward spiral.

The good thing is that even if you are not in control of your environment, you can learn to control how you think and therefore you can control how you feel and behave.

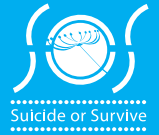




Anthony DeMello tells a story about an eagle's egg to illustrate how our thinking can limit us in terms of achieving our potential. In the story, an eagle's egg is accidentally dropped into a chicken's nest. The chicken hatches the egg and when the baby eagle comes out, he looks around him, takes his lead from the other chickens and scratches around in the dirt pecking for seeds. He lives his life doing this unquestioningly. One day a large shadow crosses the sky and the eagle looks up and sees the most majestic creature he has ever seen, swooping and diving in the sky. He asks one of the chickens what the creature is. The chicken tells him that it is an eagle, the most beautiful and powerful bird in the skies but not to mind that as he is a chicken. The eagle goes back to his scratching and pecking never realising that he too is an eagle.

The message in the story is that we all have the potential to be greater than we are today. But we often limit this potential because we want to be like everyone else, we don't want to be different or stand out in a negative way, so we go along with the status quo. How we think about ourselves, others, and the world around us, determines how we live our lives but it can restrict us in terms of achieving our potential.

# Our Potential



We often don't even allow ourselves to think about what we really want, in case we don't get it and are disappointed. But if we're not clear about what we want, we can end up doing the same thing, day in, day out, and restricting the level of satisfaction we can gain from life. Or we may have ideas about what we want but discount them because of a negative view of ourselves or our lives – 'I wouldn't be able to do/ achieve that' or 'that's not for the likes of me' – once again limiting our potential.

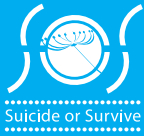
If we know what we want, and allow ourselves to have dreams and hopes, we can look at what needs to be done to make these dreams and hopes a reality – we can then convert our thoughts into action and start moving towards achieving our potential.

How we think determines how we live our lives. If we believe that something is possible for us, it is more likely to be because we are more likely to act to make it so.

You can use the next worksheet to start doing some blue sky thinking about what you want from life – a wish list for yourself. Once you have listed the things you want from your life you can then start to think about what you would have to do to make these things happen and who could help you with them. Then you can make a plan of action. Things won't always go according to plan but the plan is made up by you and can be changed by you if your situation changes or if life throws something at you that knocks you off course a bit.

As always this worksheet can be added to, or taken away from, as you go on with your life but it might give you a useful place to start.





# My Wish List for My Life

Take some time to think about what you really want from life. Don't restrict yourself to thinking about what would fit in to your life as it is now – think about what you want for yourself for the future. Record your thoughts in the first column. Then think about what you would have to do to achieve these things – be as practical as possible. Record this in the second column. Now think about who could help you to do these things and record this in the third column. You now have the start of an action plan that you can use to help you to come closer to reaching your potential.

What I want from life	What I could do to achieve this	People who could help

