**Example: First-Name Last-Name**

**Staying Well Plan.**

**Version 1.**

**13-December-2021.**

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| **When I am well** | **Everyday activities that keep me well** | **Reminder list to keep me well** |
| 1. **I am incredibly honest.** 2. **I believe in myself and follow my instincts.** 3. **I do not hide from feeling emotions.** 4. **I help others.** 5. **I engage.** 6. **I am able to deal with my thoughts appropriately.** 7. **I can see the Positive in a lot of things in addition to the Negative.** 8. **I like banter.** | 1. **I listen to Music.** 2. **I engage in Technical/Software work.** 3. **I do not take unnecessary sick days.** 4. **I take my Medications.** 5. **I have Social interaction.** | 1. **Be incredibly honest.** 2. **Believe in myself and follow my instincts.** 3. **Do not hide from emotions.** 4. **Stay in touch with people.** 5. **Engage in things.** 6. **Be honest with/about my thoughts.** 7. **Acknowledge my thoughts as being a part of me, no matter how preposterous they may seem.** 8. **Enjoy banter.** |

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| **TRIGGERS: *These are external events/circumstances that make me feel like I’m becoming ill.***   1. **Unexplained vomiting, especially if accompanied by simultaneous self-defecation.** 2. **Certain people and/or their behaviours, especially those with High IQs but low EQs.** 3. **Perception of Non-Verbal Communication.** 4. **Lack of sleep.** 5. **Belief that certain people are disrupting my life, and especially without justification.**   ***How do I deal with my trigger? What can I do to manage this event/situation to stop it getting worse?***   1. **Analyse my physical and emotional responses in the moment, and then breathe and calm down.** 2. **Talk to people.** 3. **Reduce alcohol intake.** 4. **Cognitive Behaviour Therapy (CBT) helps.** | |
| **Early warning signs/symptoms*. Internal signs that things are not going well/subtle signs of change in the way I am thinking /feeling/behaving.***   1. **Vomiting and simultaneous self-defecation.** 2. **Lack of tolerance for some people, especially those with High IQs yet low EQs.** 3. **Focusing on Non-Verbal Communication.** 4. **Anger.** 5. **Lack of sleep.** 6. **Belief that certain people are disrupting my life, and especially without justification.**   **More advanced signs/symptoms.**   1. **Persistent and possibly uncontrollable Anger.** 2. **Obsessing about Non-Verbal Communication.** 3. **Obsessing about [Co-]Freemasons.** 4. **Considering the possibility of disruption of my life by Security Services and/or [Co-]Freemasons.** 5. **Taking unnecessary sick days.** | **Coping Strategies/Responses/Action plans:**   1. **Cognitive Behaviour Therapy (CBT) strategies.** 2. **Early intervention (e.g. contact the relevant Mental Health Services).** |
| **What would my family/friends notice if I was becoming unwell?**   1. **They would notice I am Tired/Fatigued.** 2. **They would notice I am Angry.** 3. **They would know that I was taking unnecessary sick days.** | **What do I want them to do?**   1. **Contact the relevant resources.** 2. **My sister has permission to contact all relevant Health Services on my behalf.** 3. **Talk to me.** |
| **Crisis**  **When thoughts return in force, or when thoughts start to intrude on normal functioning.** | **Safety Plan**  **In the extremely unlikely event of becoming suicidal, immediate intervention should ensue.** |
| **General Interventions & Useful Phone Numbers:**  **GP: +353 1 621 4224**  **Sister: Mobile Phone Number Available On Request.**  **Therapist: Mobile Phone Number Available On Request.**  **Mental Health Services: +353 1 795 6100**  **Gardaí: +353 1 666 7300**  **Emergency Services: 112 or 999** | |