Wellness Self-Management Personal Workbook

Developed by
The New York State Office
of Mental Health (NYSOMH)

&

The Urban Institute for Behavioral Health (UIBH)

Workbook Development Team

Anthony Salerno, Ph.D. Chairperson, Co Director, Evidence Based Practices Initiative, NYSOMH

Paul Margolies, Ph.D., Director of Rehabilitation Services, Hudson River Psychiatric Center, NYSOMH

Andrew Cleek, Psy.D., Director, UIBH

ACKNOWLEDGEMENTS

The Wellness Self Management WSM Personal Workbook was created as a joint effort between the New York State Office of Mental Health (NY SOMH and the Urban Institute for Behavioral Health UIBH.

The initial development of the WSM Personal Workbook was made possible through the support provided by Sharon Carpinello, R.N., Ph.D., for mer NYSOMH Commissioner. Its continued devel opment, finalization and dissemination have been made possible by the active leadership of Michael Hogan, Ph.D., NYSOMH Commissioner.

The Workbook Development Team is grateful for the efforts of Sheetal Rayancha, UIBH administra tive assistant, whose help with the initial draft of this Workbook was indispensable. We also give spe cial thanks to Robyn Katz, former Director of the Bureau of Adult Community Services, for her exten sive editing of the initial draft.

Appreciation is also extended to the following individuals for their contributions:

Peter Beitchman, D.S.W., Executive Director, The Bridge, Inc.

Peter C. Campanelli, Psy.D., President & CEO, The Institute for Community Living, Inc. ICL

Cathy Cave, L.C.S.W., Director of Cultural Competence, NYSOMH

Amy Colesante, Office of Recipient Affairs, NY SOMH

Rosa M. Gil, D.S.W., President & CEO, Comuni life, Inc.

Sharon Gold, L.C.S.W., Director of Continuing Day Treatment, The Bridge, Inc.

Chris Keane, F.N.P., ICL

Harvey Lieberman, Ph.D., Consultant to ICL

Benjamin R. Sher, M.A., L.M.S.W., Director of Training, ICL

Tony Trahan, Office of Recipient Affairs, NY SOMH

Caren Weingart, L.C.S.W., Clinical Supervisor, The Postgraduate Center for Mental Health

This Workbook has been piloted at ten agencies af filiated with UIBH and at Hudson River Psychiat ric Center in Poughkeepsie, New York. The Work book has been shaped by feedback provided by the consumers, staff and leaders of these organizations. Without their efforts, the Workbook could not have been developed.

The Workbook includes material that has been re printed or modified with permission from:

OMH Office of Recipient Affairs. (2005). Recommendations: Infusing Recovery Principles in the Illness Management & Recovery Resource Toolkit. Albany: New York State Office of Mental Health

Ryan, S.W., Littrell, K.H., Sowers, C., & Peabody, D.D. (2003). *Solutions for Wellness* 2nd ed.) (© Eli Lilly and Company . Available at www.treatment team.com

Weiden, P.J., Scheifler, P.L., Johnson McCrary, K. et al. (2003). *Team Solutions* ($3^{\rm rd}$ ed . © Eli Lilly and Company . Available at www.treatmentteam. com

This Workbook also includes material reprinted or modified from sources in the public domain. These include:

Mueser, K., and Gingerich, S. (2003). *Illness Man agement & Recovery Implementation Resource Kit*. Washington, DC: United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. Available at http://download.ncadi.samhsa.gov/ken/pdf/toolkits/illness/02.IMR_Users.pdf

Onken, S., and Dumont, J. (2002). Mental Health Recovery: What Helps and What Hinders? A National Research Project for the Development of Recovery Facilitating System Performance Indicators. Alexandria, VA: National Technical Assistance Center for State Mental Health Planning.

The Workbook represents an adaptation of exist ing open source reports and educational materials, as well as considerable new material created by the Workbook Development Team. Adaptations gener ally involved changes in language, format, sequenc ing of topics and organization of lessons. Further more, the Workbook was designed to reflect the principles of recovery, recognize the role of cultural and religious values, highlight the connection be tween mental and physical health and address the challenges of providing WSM services in a group modality.

Most notably, we are indebted to the work of Kim Mueser, Ph.D., and Susan Gingerich, M.S.W., who developed the comprehensive Illness Management and Recovery IMR practice and related resource kit. The WSM Workbook incorporates many of the topic areas from the IMR resource kit. In addition, the IMR emphasis on a comprehensive curriculum and key clinical practice competencies, such as mo tivational, educational and cognitive behavioral ap proaches, served as the conceptual foundation for the WSM Workbook and related training materials.

The Workbook development team was also influenced by the Psychiatric Rehabilitation approach

developed by Dr. William Anthony and colleagues at Boston University. An adaptation of the ROPES teaching technique forms the foundation for the format utilized in the Workbook's lessons.

We are grateful for the contributions of the partici pants in the Illness Management and Recovery dis semination project, which received support from NYSOMH and the Substance Abuse and Mental Health Services Administration and funds from the Robert Wood Johnson Foundation. Participants' work and feedback heavily influenced the development of this Workbook. Additionally, we appreciate the thoughtful and constructive feedback of the members of several focus groups who reviewed these materials as they were developed.

We also wish to acknowledge the contribution of Eli Lilly and Company, which developed the Solutions for Wellness and Team Solutions educational materials, disseminated through the University of Medicine and Dentistry of New Jersey. Some of the material was directly incorporated into the Work book, and the development of new material was guided by the simplicity and clarity of language of the Lilly material.

Please note: No person or agency may reproduce, reprint or distribute the WSM Workbook without the prior written approval of the New York State Office of Mental Health. Requests for approval should be directed to wsm@omh.state.ny.us

WELCOME!

Congratulations on your decision to take more control over your life!

As current and former recipients of services, we know it takes a lot of courage and hard work to make changes. The effects of mental illness can make even the simplest of tasks seem very difficult and drain us of our energy and resources. However, as you will learn in the first chapter, everyone can recover from mental illness and you are in control of your own recovery. You are the expert on yourself and no one can tell you what your path to recovery will look like. You will have to decide what works for you and what doesn't. Your Workbook is designed to help you with these decisions.

For many of us traditional treatment has been only a part of our recovery. To get the most out of this program, we encourage you to develop real, authentic relationships by listening to and learning from people in your group and from others; to share your experiences with your peers; to co-lead the group; to find a buddy and to follow through on your Action Steps. Real life happens outside of the clinic and your Action Steps will help to make it real for you.

You are about to start on an adventure. What you do now will determine who you will become.

We wish you well on the journey,

The Bureau of Recipient Affairs New York State Office of Mental Health

WELLNESS SELF-MANAGEMENT (WSM) PERSONAL WORKBOOK

Table of Contents

Introduction

Topic 1: What	Is Wellness Self-Management (WSM) and How Can It Be Helpful to You?
Lesson 01	Wellness Self-Management Program Overview
Lesson 02	WSM: Important Points
Topic 2: Gettii	ng the Most Out of the WSM Program
Lesson 03	What Is Your Role in the Program?
Lesson 04	Understanding Positive and Negative Thinking
Lesson 05	Getting to Know Each Other
	Chapter 1: Recovery
Topic 1: What	Is Recovery?
Lesson 06	Visions of Recovery
Topic 2: Settin	ng Goals Helps Recovery
Lesson 07	•
Lesson 08	Understanding Barriers that Get in the Way of Achieving Goals
Lesson 09	Using Strategies to Overcome Barriers that Get in the Way of
	Achieving Goals
Topic 3: Under	standing What Helps and What Hinders Recovery
Lesson 10	What Helps Recovery?
Lesson 11	What Hinders Recovery?
Lesson 12	Choosing Your Own Recovery Strategies
Topic 4: Your (Cultural Background and the WSM Program
Lesson 13	How Your Cultural, Religious and Family Background Affects the
	Decisions You Make about Mental Health Treatment
Topic 5: Perso	nal Strengths and Outside Resources Help Recovery
Lesson 14	Recognizing and Using Your Personal Strengths
Lesson 15	Recognizing and Using Your Cultural and Community Resources 52
Topic 6: Social	l, Cultural, and Community Supports Help Recovery
Lesson 16	Social Supports Help Recovery
Lesson 17	Using Self-Help and Peer Support
Lesson 18	Connecting to Your Community
Lesson 19	Meeting New People
Lesson 20	Getting Closer to People

Chapter 2: Mental Health Wellness and Relapse Prevention

Topic 1: Practi	ical Facts about Mental Health and Mental Illness
Lesson 21	Introduction to Practical Facts about Mental Health and Mental Illness 69
Lesson 22	Symptoms of Mental Illness—Part I
Lesson 23	Symptoms of Mental Illness—Part II
Lesson 24	How Is Mental Illness Diagnosed?
Lesson 25	Understanding the Causes of Mental Illness
Lesson 26	Coping with the Stigma of Having a Mental Illness Diagnosis
Topic 2: Copin	g with Stress and Symptoms
Lesson 27	What Is Stress? Why Is It Important to You?
Lesson 28	Identifying Your Personal Signs of Stress
Lesson 29	How to Prevent Stress in the First Place
Lesson 30	Coping with Stress: What Works? What Doesn't?
Lesson 31	Using a Step-by-Step Formula to Improve a Problem
Lesson 32	Thoughtfully Choosing a Mental Health Problem to Work On 109
Lesson 33	Choosing Strategies for Coping with Specific Problems and Symptoms 112
Lesson 34	Checking on Your Progress in the WSM Program
Topic 3: Makin	ng Treatment and Mental Health Services Work for You
Lesson 35	Choosing Types of Mental Health Services that Are Right for You
Lesson 36	Practical Facts about Medication
Lesson 37	Understanding Side Effects
Lesson 38	Coping with Side Effects
Lesson 39	Using Medication Effectively
Lesson 40	Working Effectively with Your Doctor
Topic 4: Relap	se Prevention: Developing and Using Your Wellness
Self-N	Management Plan
Lesson 41	Relapse Prevention: What Is It? Why Is It Important to You?
Lesson 42	Understanding Your Personal Triggers for Relapse
Lesson 43	Knowing Your Early Warning Signs
Lesson 44	Completing Your WSM Plan: Relapse Prevention
Lesson 45	Completing Your WSM Plan: Managing a Relapse

Chapter: 3 Living a Healthy Lifestyle and Mental Health Recovery

Topic 1: What l	Is a Healthy Lifestyle and Why Is It Important?
Lesson 46	What is the Connection between a Healthy Lifestyle and Mental Health
	Recovery?
Topic 2: Using	Physical Healthcare Services to Stay Healthy
Lesson 47	Identifying and Using Your Healthcare Resources
Lesson 48	Getting Help for Your Physical Health Problems
Lesson 49	Understanding the Most Common Serious Physical Health Problems 169
Topic 3: Exerci	sing: Fun, Health and Fitness
Lesson 50	Exercise and Mental Health Recovery
Topic 4: Healtl	ny Food and Nutrition: Practical Tips
Lesson 51	Learning Healthier Eating Habits and Mental Health
Topic 5: Avoidi	ng and Reducing Unhealthy and Dangerous Activities
Lesson 52	Understanding How Smoking, Alcohol, Drugs and Unsafe Sex
	May Hurt Your Recovery
Lesson 53	Understanding Pros and Cons: Deciding if Smoking, Alcohol,
	Drugs and Unsafe Sex is a Problem
Lesson 54	Making a Decision to Change Unhealthy and Dangerous Activities 184
	WSM Wrap-Up
Topic 1: Wellne	ess Self-Management Plan
Lesson 55	My Wellness Self-Management Plan
Topic 2: Reviev	w of What Has Been Learned
Lesson 56	Endings and New Beginnings
	What Have I Learned? How Has It Affected My Life?
Annendix A: O	uality of Life Progress Checklist

Good News

"Long-term studies have consistently found that half to two-thirds of people diagnosed with major mental illness go on to a significant or complete recovery. Data show that even in the second or third decade, a person can still go on to a complete recovery. I believe you can be one of the ones to recover."

Patricia Deegan, Ph.D.

Presentation: "I Don't Think It Was My Treatment Plan That Made Me Well": Self Directed Recovery and the Role of the Mental Health Professional, 2005

INTRODUCTION

WELLNESS SELF-MANAGEMENT (WSM) PROGRAM OVERVIEW

LESSON 01

IMPORTANT INFORMATION

- Wellness Self Management WSM is a program for people who have had experi ences with mental health problems that have resulted in disappointments in life.
 People who participate in this program are looking to improve their success and satis faction in important areas of life.
- Throughout this Workbook, you will see the word RECOVERY. This word is often used to mean overcoming drug and alcohol problems. In this Workbook, you will learn that the word RECOVERY means some thing different when applied to mental health problems.
- As human beings we are all involved in managing our mental and physical well be ing. Handling stress, solving problems, get ting along with others, coping with disap pointments and keeping a balanced life are part of everyone's day-to-day challenges.
- It's important that we don't spend too much time and energy managing our men tal and physical health. If we do, then there is not much time and energy left to accomplish goals and enjoy life.
- Learning how to manage mental health problems frees up time and energy to pur sue goals and enjoy life.
- For some people, managing mental health problems and trying to stay healthy take up a lot of time and energy. In fact, a person's mental health problems could become the center of his or her life. A person may for

- get that he or she is a person with goals, values, strengths, needs, dreams, desires and talents. Instead, a person may think of him or herself as a mentally ill person first and foremost.
- Sometimes, the mental health system may focus too much on a person's mental health problems and not pay enough attention to the person's wants and goals.
- In the WSM Program, the focus is on you as a complete person first and foremost.
- Many of the topics in the WSM Program are based on research findings. These find ings show that learning about these topics and applying what is learned can make a difference in people's lives.

The eight goals of the Wellness Self-Management Program

- Learning about recovery and what it can mean for you
- Making the best use of your mental and physical health services
- Learning how mental health and physical wellness will help you to achieve your goals and support your personal recovery
- Staying well by decreasing symptoms of a mental health problem
- Learning how to manage day to day stress and prevent relapse
- Staying well by connecting with others.

- Staying well by living a healthy lifestyle
- Recognizing and building on your cultural values and experiences to support your personal recovery.

Wellness Self Management can be used in individual or group meetings. These meetings happen at least once a week and usually last at least 30 minutes.

How this Workbook is organized

The Workbook has 57 brief lessons that are divided by topic area into three major chapters:

- **Chapter 1:** Recovery
- **Chapter 2:** Mental Health Wellness and Relapse Prevention
- **Chapter 3:** Living a Healthy Lifestyle and Mental Health Recovery

Each of the 57 lessons in the Workbook is divided into three parts:

- **Important Information:** The first section of each lesson introduces the topic and the key facts for thought and discussion.
- **Personalized Worksheet:** The work sheet helps you think in more detail about the information and apply it to yourself and to your own life.
- **Action Step:** The Action Step box asks you to write down a small step to take that will help you learn more about the topic area or apply it in your own life.

Very Important Point!

WSM is a program that covers many different topics. Some of the topics will be very important to you. You may want to discuss these topics in greater detail than the WSM group can offer. Bringing these topics up in meetings with other mental health professionals may help you get the most out of the WSM program.

PERSONALIZED WORKSHEET: Choosing goals important for you

are the eight goals of the WSM Program. Please check the boxes next to the goals that apportant for you. It is OK to check as many goals as you like:
Learning about recovery and what it can mean for you
Making the best use of your mental and physical health services
Learning how mental health and physical wellness will help you to achieve your goals and support your personal recovery
Staying well by decreasing symptoms of a mental health problem
Learning how to manage day to day stress and prevent relapse
Staying well by connecting with others
Staying well by living a healthy lifestyle
Recognizing and building on your cultural values and experiences to support your personal recovery.

Discussion Point:

How would accomplishing any of these goals make a difference in your life?

"Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it."

-William Durant, American philosopher

WSM IMPORTANT POINTS

LESSON 02

IMPORTANT INFORMATION

What Wellness self-management is about

Building on your personal strengths

- Personal strengths are your skills, knowl edge, talents, interests, intelligence, values, personal qualities and physical character istics that you can build on to help your recovery.
- In WSM you learn how to use your per sonal strengths to support your recovery.

Making informed decisions

 In WSM you learn information that may help you make decisions that work for you.

How your cultural background affects your recovery

- Your family background, religious upbring ing, life experiences and the language that you speak may have an effect on how you experience and deal with mental and physi cal health problems.
- Understanding the connection between your cultural background and the WSM program will help you make decisions that work for you.

Overcoming negative thinking

- It is very common for people to hold be liefs and ideas that stop them from taking steps to improve the quality of their lives.
- In the WSM program, you will have op portunities to identify and change ideas and beliefs that may be holding you back.

Taking small Action Steps

- The WSM Program is designed to help in dividuals take small steps that may result in important changes.
- Taking small steps can often make a big difference in a person's life.
- In this program, you choose which steps you want to take.
- Some topic areas will be more important to you than others. However, the more steps you take, no matter how small, the more you will get out of the program.
- Having an action plan will increase the chances that you will follow through on taking a step that will support your recov ery.
- Some Action Steps help you continue your learning between group meetings.

PERSONALIZED WORKSHEET: Thinking more about Action Steps

Below is a long list of possible Action Steps you may choose to take as you participate in the WSM Program. Check the steps that apply to you. If you decide to complete an Action Step after a lesson in the WSM Program, this menu may help you decide which Action Step to try.

MENU OF ACTION STEPS

When your Action Step is to better remember or find out more about the topic in the WSM Program	I'm interested in trying this kind of Action Step
Read written materials related to the topic.	
Re-read the Workbook material on your own.	
Find out more about the topic through the internet.	
Talk to a professional person (case manager, counselor, psychiatrist, nurse, pharmacist, etc.) to learn more about the topic.	
Talk to a family member or friend to get his or her opinion about the topic.	
Talk to a peer (someone who is also working on their mental health problems) about his or her experiences and opinions.	
Talk to a pastor, priest, rabbi or other spiritual counselor in your community to learn more about the topic.	

When your Action Step is to practice something you learned in the WSM Program	I'm interested in trying this kind of Action Step
Ask someone you trust to support you in practicing a new skill.	
Pick a time and place where you can practice your new skill without distractions.	
Write down the steps of the skill and carry the steps with you to read before you try it out.	

When your Action Step is to express your thoughts and feelings about the topic in the WSM Program	I'm interested in trying this kind of Action Step
Express your thoughts and feelings about the topic through creative activities such as writing a poem or an essay, drawing a picture, playing a song that relates to the topic, etc.	

When your Action Step involves getting support from others	I'm interested in trying this kind of Action Step
Talk to one or more people you trust about your involvement in the WSM program. Invite them to learn about the program and let them know how they can be helpful.	

When your Action Step involves connecting with resources in your community	I'm interested in trying this kind of Action Step
Make a phone call to set up a meeting.	
Ask someone to join you in visiting community resources, such as self-help and advocacy groups, cultural programs, educational programs, religious or spiritual groups, social clubs or other groups in your community.	

When your Action Step is to practice leadership	I'm interested in trying this kind of Action Step
During the WSM group, you may be offered an opportunity to lead or co-lead a lesson of interest. You would meet with the WSM group leader and work out a plan to lead one or more of the lessons in the WSM Program.	

Discussion Point:

What Action Steps are you most interested in trying?

WHAT IS YOUR ROLE IN THE PROGRAM?

LESSON 03

IMPORTANT INFORMATION

This lesson focuses on ways to get the most out of the WSM Program. Some ways to do so are described below.

Be an active participant.

- You can do a number of things to get the most out of this program.
 - Take your participation very seriously. Attend scheduled group meetings.
 - Follow your program's policy for learn ing the material if you miss a group.
 Depending on the program, this may in clude attending a make up group, cover ing the material in an individual session, reviewing the material with another group member or reviewing the mate rial on your own.

Complete the Action Steps at the end of each lesson. It isn't enough to learn something in the group. It is important to take what you have learned and then use it in real life. The more Action Steps that you complete, the more that you will learn.

Think about how your cultural values and beliefs influence what you are learn ing.

Learn from each other.

- WSM group members have an opportunity to learn from each other.
- Group members have a great deal of knowledge and experience to share that adds a lot to the information printed in the Workbook.

Follow the ground rules.

- For everybody to benefit from the group, ground rules are needed.
- Ground rules allow everybody to feel safe and learn together.
- Some common ground rules are listed here. Your group may want to make additional ground rules.

Treat people with respect.

One person speaks at a time.

Stay on topic.

What is said in here stays in here.

Choose to practice leadership in the WSM group.

• In many WSM groups, you may be offered a chance to be the group leader for a lesson of interest to you. Usually, two group mem bers choose a topic that they are interested in leading. The group leader meets with these members and supports them in planning a lesson.

Involve others.

- Most people accomplish important things in life with support from others. Research has shown that getting support from people you trust, such as family members, friends or peers who are also dealing with mental health problems, may help your re covery.
- You may want to invite at least one important person in your life to support your work in this program. What kind of support you want is up to you to decide. Per

haps you just want others to know about the positive steps you're taking to improve your life.

- Here are some ways a person can be a sup port:
 - Reading the Workbook with you
 - Helping with your Action Steps
 - Giving you encouragement to stick to the program
 - Asking about your progress from time to time.

NOTE: In some programs, your group leader or another mental health professional may be able to talk to the person you want involved

over the phone or in person. The group leader may be able to provide:

- Information about the WSM Program and answers to questions about the program
- Ideas on how this person might be a sup port to you in the WSM Program
- Information about resources in the community that may be of value to this person.

If you would like the group leader to meet with or speak directly to the person that you want involved, please arrange to discuss this with your group leader. In many programs, a brief WSM brochure is provided as a way of explaining the program to others.

PERSONALIZED WORKSHEET: Choosing and inviting others to support you in the WSM Program

In this worksheet, you may want to write down the name of one person you are thinking about inviting to support you in the WSM Program. You may also think about how you want that person to help.

The person that you choose to invite may be a relative or friend or a peer who is also involved with mental health services. Please write the name of one person you would like to invite to support your work in the WSM Program. Then, check all the ways that you might want the person to support you in the program.

person to support you in the program.		
The person I want to invite is		
would like this person to support me in the following way s:		
☐ Reading the Workbook with me		
☐ Helping with my Action Steps		
☐ Giving me encouragement to stick to the program		
☐ Asking me about my progress from time to time		
☐ I just want this person to know I'm involved in the WSM Program		
☐ Other ways:		

ACTION STEP: Invite a person to support you

If you have decided to invite a person to support your work in the WSM Program, please talk to that him or her. You may want to tell this person about your involvement in this program, the goals that are important to you and how accomplishing these goals will make a difference in your life. Many programs will provide you with a brochure explaining the WSM Program and/or a copy of the Workbook to give to the invited person.

Who will you ask?	
When will you ask?	
Where will you ask?	
What information will you give?	
☐ The WSM brochure	
☐ A complete copy of the WSM Workbook	
☐ I'll share my copy of the WSM Workbook	
☐ I'll explain it in my own words	
What might keep you from completing this Action Step?	
How will you remind yourself to do it?	

UNDERSTANDING POSITIVE AND NEGATIVE THINKING

LESSON 04

IMPORTANT INFORMATION

- The way we **think** affects the way we **feel** and **act**. Our thoughts come from our life experiences and how we make sense of these experiences. There is usually more than one way to understand the things we experience. Some ways of thinking may move us forward in life. We refer to these as positive thoughts.
- Negative thoughts, however, may get in the way. These negative thoughts make us feel bad, bring us down and stop us from taking steps to improve our lives. The big prob lem with negative thoughts is that we often accept them as true even when they're not.
- This lesson gives us an opportunity to fig ure out:

What kinds of negative thoughts might be getting in the way of moving forward.

How to replace negative thoughts with thoughts that are positive and real and that move us forward in life.

Why is changing negative thinking important?

- Sometimes we accept some ideas and be liefs as true even though we haven't looked at them very closely.
- It's common for people who have had dis appointments in life due to mental health problems and other problems to get stuck on negative thinking. This may get in the way of recovery.

- It may be especially helpful to pay attention to thoughts that lead to feelings of guilt, shame, hopelessness, anger and fear.
- Thoughts that lead to these feelings can keep us from taking steps to improve our lives.
- When we act on negative thoughts, we are more likely to make poor decisions.

Why is positive thinking important?

- People who focus on the positive are more likely to accomplish their goals.
- Positive thinking is important because it helps people work through difficult times.
- Positive thinking builds a person's confidence and motivation even when the going gets tough.
- When people focus on the positive they are more likely to take the steps that will lead to more success and satisfaction.

How do we overcome negative thinking? The 3 Question Test

A good start to overcoming negative thinking is to be aware of your thoughts. Take a close look at your thoughts and apply the 3 Question Test.

- **Question 1:** Are these thoughts really true?
- **Question 2:** Are they helping me or hold ing me back?
- **Question 3:** What other things could I say to myself positive thoughts that would be closer to the truth and helpful?

PERSONALIZED WORKSHEET: Thinking about negative thoughts that could get in the way of your recovery

Below is a list of common negative thoughts. These negative thoughts are beliefs and ideas that may get in the way of recovery.

These ideas and beliefs may seem true at first. But when you examine them more closely you may find that they are not so true. In fact, holding on to these beliefs as true may be one of the most important barriers to your personal recovery.

As you read the list of negative thoughts, check off those that you believe are true.

Ex	camples of common negative thoughts
	I can't do this. I'm different from people without mental health problems.
	Recovery is for other people, not for me.
	I can't change who I am.
	I can't trust anyone. Don't be real with others; they'll use it against you.
	I'm to blame for the problems I have, I don't deserve to succeed.
	Normal people wouldn't want to get to know me.
	I'm too sick to work or go to school or live on my own.
	I don't have mental health problems so I can't get anything out of mental health services.
	The worst thing is having people not like me.
	I should never try something new unless I know I will succeed.
	There's not much I like about myself so people aren't going to like me.
	Failing is the worst possible thing.
	Taking small steps is a waste of time.
	If I can't do it perfectly, then it's not worth doing.
	There's no way I can learn to manage my stress and symptoms.
	Better not to learn about my mental health issues. It will just depress me.
	There's no way I will be able to reduce drinking or taking street drugs. I've got no will power.
	Nobody really cares about me. This is all a waste of time.

Discussion Points

Which statements did you check?

Are any of the statements you checked something you would like to change?

What feelings seem to go along with some of these thoughts?

ACTION STEP: Choose a negative thought that you most want to change

Negative thought that I want to change is:	
What feelings go along with this thought?	
Take some time to examine this thought very closely with a friend, family member counselor or your WSM group.	er,
Put your thought to the 3 Question Test:	
Question 1: Is this thought really true?	
Question 2: Is this thought moving me forward or holding me back?	
Question 3: What other things could I say to myself (positive thoughts) that would be closer to the truth and helpful?	blı

EXPLORING YOUR PERSONAL LIFE GOALS

LESSON 07

IMPORTANT INFORMATION

What are life goals?

- One purpose of the WSM Program is to offer you opportunities to improve the quality of your life.
- Life goals are the important things people accomplish that give them a sense of suc cess and satisfaction.
- People differ on what is important to them and what will bring them a sense of success and satisfaction.
- For most people important life goals in clude:
 - Staying well, physically and mentally Avoiding unhealthy and dangerous hab its
 - Getting and keeping a job that you like Completing school or a training pro gram that teaches wanted skills
 - Having a good relationship with family and friends
 - Having a romantic partner or getting married
 - Having children to raise
 - Living in a place that is comfortable and safe
 - Enjoying recreational and social activities
 - Contributing to your community vol unteering and other contributions
 - Having spirituality in your life, including being part of a religious community.

- Goals are not exactly the same as wishes, hopes or dreams.
- Our wishes, dreams and hopes can be a good starting point to figure out what's im portant to us.
- We start having goals when we turn our dreams, hopes and wishes into a step by step plan of action.

Why is it important to explore life goals?

- Choosing and working toward goals gives a person a sense of purpose and focus. Goals provide people with opportunities to im prove the quality of their lives.
- Having mental or physical health problems may get in the way of choosing, getting or keeping important goals.
- People with serious mental and physical health problems may lose confidence in be ing able to achieve goals and improve the quality of their lives.
- Most people in the process of recovery report that it is important to set and work toward goals.
- Whether the goals are small or large, there
 is a sense of success and satisfaction in
 achieving goals that support recovery.
- Learning to better manage mental health problems in the WSM Program builds con fidence and hope. This often leads a person to take steps to pursue life goals.

PERSONALIZED WORKSHEET: Thinking about goals

Please go to the last page of this Workbook to review the Quality of Life Goals Progress Checklist. This checklist can help you figure out what areas of your life you might want to improve as you participate in the WSM Program. The checklist can also help you keep track of your progress.

For now, look over the life goal areas in the first column that is labeled Time 1. Please check the boxes for the areas you would like to improve as you participate in the program. Afterward, you will have an opportunity to discuss your choices.

Discussion Points:

Which of these areas would you like to see improve as a result of participating in the WSM Program?

Which areas are the most important to you at this time?
In what way do you believe the WSM Program may belp you improve the quality of your life?

ACTION STEP: Give some more thought to choosing goals

You may want to continue giving more thought to what you want to improve as you participate in the WSM Program. Some steps you may take include:

- Discussing your goal areas with others
- Re-reading this lesson
- Choosing the MOST important goal you want to accomplish and discuss with your counselor or doctor to make it a part of your service plan
- Learning more about a quality of life goal area that's important to you
- Learning more about a quality of life goal area that you're not sure is right for you.

What will be your first step?
When?
Where?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

WHAT HELPS RECOVERY?

LESSON 10

IMPORTANT INFORMATION

Many different things can affect your mental health recovery. Knowing what helps and what hurts recovery is an important first step in making decisions that work for you.

The best source for information about what helps and what hurts recovery is from people who have experienced mental health problems and have taken steps to improve their lives. All of the information in this lesson is based on the experiences of people with mental health problems who have made big improvements in their lives. Below are some things that they have found helpful to recovery.

Things that help recovery

• Have a positive attitude.

For example: remind yourself that many people with mental health problems have been able to improve their lives and make use of the help that is avail able.

Rely on yourself.

Make a decision to handle more and more of day to day activities.

• Get information about your mental health problems.

Stand up for yourself.

Know your rights and make your needs known in a respectful and effective manner.

- Pay close attention to symptoms.
- Learn how to cope effectively with symptoms.
- Have meaningful goals.

Understand that having goals and taking steps, even small ones, helps recovery.

Have spirituality.

For many people, exploring their spiritual side provides comfort, companion ship and courage.

Recognize your personal strengths.

Remind yourself that above all you are a person first—a person with talents, skills, knowledge, interests and positive qualities.

- Have close relationships.
- Contribute to your community by being involved in work, school or volunteer activities.
- Connect to cultural resources.
- Learn new things.

PERSONALIZED WORKSHEET: What will help you in your recovery

Please check items that are true about you and the items you would like to develop.

This helps in my recovery	This is true about me	I would like to do more of this
Keep a positive attitude		
Rely on myself more		
Know about my mental health problems		
Stand up for myself		
Pay close attention to my symptoms		
Find ways to cope with symptoms		
Have meaningful goals		
Have spirituality and be part of a spiritual community		
Appreciate my personal strengths		
Have close relationships		
Contribute to my community		
Care about others		
Be involved in work		
Connect to cultural supports and resources		
Be open to learning new things		

Discussion Point:

Please share with the group one area that is true of you and one area you would like to develop further.

ACTION STEP: Choose an area to develop further

	like to develop further
What will b	e your first step?
When will	ou take this step?
Where will	you take this step
How will yo	ou remind yourself to do it?
Who could	help you complete your Action Step?
What migh	t get in the way of completing your Action Step?

WHAT HINDERS RECOVERY?

LESSON 11

IMPORTANT INFORMATION

Many different things can affect your mental health recovery. In this lesson we are going to talk about many of the things that can hinder hold back recovery. All of the information in this lesson comes from mental health consumers.

PERSONALIZED WORKSHEET: Thinking about what hinders you in your recovery

Below are some things that can hinder recovery. Please check items that are a problem for you and items you would like to change.

This hinders my recovery	This is a problem for me	I want to change this
Self defeating negative thoughts		
Not taking personal responsibility		
A lack of information about recovery		
Health problems		
Putting down my dreams, goals, desires		
A lack of understanding from mental health professionals		
A lack of community resources		
Stigma, prejudice, discrimination		
Sense of hopelessness		
Self stigma self blame		
Mental health problems		
Personal isolation		
A lack of coping skills		
Substance abuse		

• • • • • • • • • • • • • • • • • • • •
Discussion Point:
Please share with the group one area that is a problem for you and one area you would like to change.

ACTION STEP: Change something that hinders you

Look at your responses on the Personalized Worksheet and write down one area you would like to change to help your recovery.
Area:
What will be your first step?
When will you take this step?
Where will you take this step?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

CHOOSING YOUR OWN RECOVERY STRATEGIES

LESSON 12

IMPORTANT INFORMATION

Understanding and managing mental health problems

• Good mental health doesn't just happen. There are many different strategies people use to support their recovery. Recovery strategies are the important things you do to keep yourself mentally and physically well. They are the things you do that mean the most to you. You may think of these as your most important personal values.

Why is it important to choose strategies?

- Knowing what matters most to you helps you figure out what strategies will work.
- There is no single strategy that works for everybody.
- Learning about strategies that have worked for other people may give you ideas about what may work for you.
- Recovery is helped when you are able to use strategies that keep you physically and mentally well.

Below are strategies to maintain mental and physical health as described by people with mental health problems.

Maintain physical health

"When I've been eating junk food or not getting any exercise, it makes me feel sluggish, both physically and mentally. So I try to eat things that have decent

nutrition and I try to get at least a little exercise every day. It makes a lot of difference."

Exercise staying active

Healthy diet

Good sleep habits

Make time for recreation

Prayer

Talking with family or friends.

Develop healthy relationships

"It helps me to have friends and family I can do things with and talk things over with. Sometimes I have to work on these relationships and make sure I stay in touch. It's better for me not to rely on just one person."

Help others

Clear, open and direct communication with friends and family

Use supports outside the mental health system like friends and family.

Seek out spirituality

"Being in touch with my spirituality is essential to me. I belong to a church, but I also find spirituality in meditation and in nature."

Express creativity

Seek out and connect with nature

Attend religious or spiritual activities in the community for example, in a church, mosque or temple.

Attend self-help groups and activities

"I belong to a support group which is part of a self help program. Everyone in the group has experienced mental health problems. I feel very comfortable there. The other people understand what I am going through. They also have good ideas for solving certain problems."

- Peer support activities
- 12-step self-help meetings in the community for example, Alcoholics Anony mous, Narcotics Anonymous, Emotions Anonymous or Nicotine Anonymous meetings, Double Trouble Groups
 Other community self help groups.

Why attend self-help groups?

- When people come together in a self help setting, they share common experiences that help them form social relationships.
- Self help provides a meaningful structure for people that is not imposed from the outside, but rather is developed by the members themselves.
- Self help group members who successfully cope serve as role models for people who have difficulty coping.
- In self-help groups, people share specific ways of coping based on experience.

 Self help assists people to move from the role of always being helped to the role of helping. The role of being a helper is very valued in our society and leads to self es teem.

There are many, many other strategies that people use to maintain their mental and physical health including:

- Work toward important goals such as:
 - Getting a job or volunteering to con tribute to one's community
 - Going to school or getting more educa tion
 - Finding a place to live that suits me Making friends or getting closer to peo ple I care about.
- Find ways to reduce stress and relax more.
- Solve problems step by step with or with out the help of others.
- Express and deal with feelings.
- Ask for help when needed from friends, peers or professionals.
- Keep a journal to figure out what works and what doesn't.
- Find ways to reduce or stay away from street drugs, alcohol and unhealthy rela tionships.

PERSONALIZED WORKSHEET: Thinking more about recovery strategies

Review these recovery strategies and check the boxes that apply to you.

Strategy	I already use this strategy	I would like to try this strategy or develop it more
Use stress management techniques, such as relaxation exercises.		
Use problem solving skills.		
Express and deal with feelings.		
Ask for help when needed.		
Exercise regularly.		
Follow a healthy diet.		
Get a good night's sleep.		
Use prayer.		
Make time for recreation.		
Help and support others.		
Spend time with friends and family.		
Use supports outside the mental health system.		
Express creativity.		
Attend religious or spiritual activities.		
Connect with nature.		
Attend peer support activities or self help groups.		
Focus on accomplishing goals related to working, getting more education or finding a satisfying place to live.		
Avoid harmful situations, including street drugs, alcohol and unhealthy relationships.		
Other:		

ACTION STEP: Choose a recovery strategy to develop further

Strategy:	
What will be your first step?	
When?	
Where?	
How will you remind yourself to do it?	
Who could help you complete your Action Step?	
What might get in the way of completing your Action Step?	

HOW YOUR CULTURAL AND FAMILY BACKGROUND AFFECTS THE DECISIONS YOU MAKE ABOUT MENTAL HEALTH TREATMENT

LESSON 13

IMPORTANT INFORMATION

What is meant by the term "culture"?

Culture is a way of describing the thoughts, languages, practices, beliefs, values, customs and traditions of a racial, ethnic, religious or social group.

People often see themselves as belonging to a number of different cultures. For example, a person may have an African background race, grow up in Haiti ethnicity, follow the Catholic faith religion and be a recent immigrant to the United States social.

Some parts of your culture may be easy to recognize, such as skin color or the language that you speak. Other parts of your cultural background are hard for others to know about unless you choose to tell them or they ask you. This includes one or more of the following:

- Spiritual practices
- Healing practices
- Family customs, including the roles expect ed of mothers, fathers, sons, daughters, grandparents, etc.
- Types of foods and drinks you like
- Holiday celebrations
- Values related to privacy and disclosing of personal information

- Customs related to marriage and intimate relationships
- Music and art preferences
- Preferred ways of leisure or recreational activities
- Sexual orientation this is an example of a social group .

Most people learn cultural beliefs, attitudes, values and traditions from parents, other family members and people in their local community. For many people, religious and cultural traditions influence their ideas about many parts of life. This is also true for beliefs and attitudes about mental health and mental illness.

Why is understanding your cultural/religious background important?

The connection to your cultural background will often influence:

- Your decisions about treatment for mental health problems
- How you feel about your mental health problems
- Your comfort with the people you meet in mental health programs
- Your interest in seeking help for your men tal health problems.

Being aware of your cultural and religious beliefs and values may support recovery by helping you:

- Find community connections and build a sense of belonging that matches your cul tural beliefs and values
- Make other people, including mental health professionals, aware of your beliefs about mental health problems and treat ment so you can form a helpful relation ship
- Find ways to improve your mental health that respects your cultural beliefs and values
- Better understand the sometimes confus ing messages that you may get from fam ily, friends, or other community members AND the messages you may get from men tal health professionals.

Discussion Points:

What ideas do people in your community (family, friends, neighbors, people in your religious community) have about the questions below?

Are some of their ideas different from ideas you get from your doctor, therapist, mental health professional, or this Workbook?

- What is mental illness?
- What causes mental health problems?
- What is the best way to help someone with mental health problems?

PERSONALIZED WORKSHEET: Understanding your cultural background

Below is a list of YES or NO statements designed to increase your awareness of the connection between your cultural, family and religious background AND mental health decisions. Consider each statement and circle YES or NO.

My religious beliefs affect:		
1. The decisions I make about taking medication and receiving treatment		
for my mental health problems	YES	NO
2. How I feel about my mental health problems	YES	NO
My preferred language affects:		
1. Who I want to help me with my mental health problems	YES	NO
2. How I get along with the staff and clients in the mental health program	YES	NO
The customs and beliefs of my family affect:		
I. The decisions I make about taking medication and receiving treatment		
for my mental health problems	YES	NO
2. How I feel about my mental health problems	YES	NO
3. Who I want to help me with my mental health problems	YES	NO
3. Who I want to help me with my mental health problems	1123	110
My sexual orientation affects:		
1. Who I want to help me with my mental health problems	YES	NO
2. How I feel about my mental health problems	YES	NO
3. How I get along with the staff and clients in the mental health program	YES	NO
My gender affects:		
1. Who I want to help me with my mental health problems	YES	NO
(Do you have a preference for a male or female mental health provider?)	YES	NO
My racial or ethnic background affects:		
I. Who I want to help me with my mental health problems	YES	NO
Do you have a preference to work with a mental health provider who		
shares your racial/ethnic background?)	YES	NO

If you answered YES to any of these questions you may choose to complete an Action Step to learn more about how your cultural background affects the decisions you make about mental health treatment.

ACTION STEP: Learn more about how my cultural background affects my decisions

Choose one of your YES responses and learn more about it by talking to someone or getting more information about how this aspect of your cultural, religious and family background affects the decisions you make.

I want to learn more about:
What will be your first step?
When?
Where?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

CHAPTER 2: MENTAL HEALTH WELLNESS AND RELAPSE PREVENTION

INTRODUCTION TO PRACTICAL FACTS ABOUT MENTAL HEALTH AND MENTAL ILLNESS

LESSON 21

IMPORTANT INFORMATION

This section is about gaining a better understanding of your mental health problems and strengths. It is designed to help you use knowledge about mental illness to make better decisions about treatment, goals and personal lifestyle.

What will you learn in this section?

- You will receive basic information about mental illness and mental health.
- You will learn to identify the symptoms as sociated with your mental health problems.
- You will learn to identify your mental health strengths.
- You will learn about common treatments for mental illness.
- You will learn about how mental illness is diagnosed.
- You will learn about the early warning signs of mental illness.
- You will learn how your cultural back ground influences your experience of men tal illness.

Why is knowledge about mental health problems important?

- Gaining knowledge about your mental health problems is an important step in making decisions that work for you.
- Having incomplete or wrong information about mental illness often leads people to make poor choices.
- Knowledge is a first step in dealing with the stigma associated with mental illness.
- Hope is enhanced by recognizing that we are learning more and more each day about mental illness, its causes, treatment and re covery.
- Recovery is helped by having practical in formation about your mental health prob lems.
- Understanding how your cultural back ground shapes your thoughts and feelings about your mental health and treatment helps you make decisions that work for you.

PERSONALIZED WORKSHEET: Ask questions about mental health and mental illness

One of the most important goals of this chapter is to provide answers to questions you have about mental health and mental illness. In the spaces below, consider writing down all the questions you want to have answered about mental health and mental illness.

quostrono y ou mante es may o uno merca associamenta menta mineral mineral
Question:
Question:
Question:
Question:
As you listen to the questions asked by others in your group, please write down the ones that are also important to you.
Question:
Question:

ACTION STEP: Choose a question and take a step toward an answer

Choose the question most important to you.
Question:
What will be your first step?
When?
Where?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

SYMPTOMS OF MENTAL ILLNESS—Part I

LESSON 22

IMPORTANT INFORMATION

Mental health problems are based on different symptoms that people have. If you are attending this group it is likely that you either have or previously have experienced symptoms of a mental health problem. It is very important to understand the symptoms you have had in the past and the symptoms you have now.

Knowing about your symptoms will help you to better control them and move toward recovery. Today's lesson focuses on common symptoms.

Symptoms that affect a person's feelings and mood

Symptoms of mania

Extremely high moods can be part of a manic episode. People often report that they sleep very little and have very high levels of energy. Some people report having thoughts that are racing all the time. Manic symptoms lead some people to make quick decisions without thinking of the consequences. It is also very common for the person having a manic episode to **not** recognize his or her own symptoms. The problem is often noticed first by others who know the person well.

Symptoms of depression

Feeling depressed can be normal. Depression may occur after a setback like losing a job or breaking off a romantic relationship. However, when depression lasts a long time or becomes so severe that it takes over your life, it's considered to be a mental health problem. Some symptoms of depression include:

- A persistent depressed mood: De pressed moods caused by setbacks usually tend to last less than two weeks. So, if you're feeling depressed for more than two weeks, it may be a symptom of clinical de pression.
- **Hopelessness:** Even people who go through very difficult and painful experiences, such as the death of a loved one, usually feel hope for the future. Feeling hopeless is usually a symptom of depres sion.
- Suicidal thoughts: Like hopelessness, suicidal thoughts are a common symptom of depression. Wishing for death, thinking of ways to kill yourself and not wanting to live anymore are some signs of being de pressed.

Symptoms of anxiety

Anxiety symptoms refer to having a sense of fear or danger that does not fit the situation. For example, it is normal to be frightened or anxious when you are in a car accident. But if you're always so worried about getting into an accident that you can't drive a car, then you have an anxiety symptom. One important thing to keep in mind about anxiety symptoms is that they can often be caused by other kinds of symptoms such as depression or psychosis. For example, if you hear threatening voices that others don't hear, you might feel very anxious.

Symptoms that affect a person's thinking

Cognitive symptoms

Cognitive symptoms refer to problems with learning and concentration. It may be harder for you to concentrate on things like reading a book or watching TV. Also, you may find it hard to learn new information the first time—like getting directions to go some place new. You may find it hard to focus on what someone else is saying. Or it may be hard for you to get your thoughts together to explain how you feel.

PERSONALIZED WORKSHEET: Recognizing your symptoms

Do you know what symptoms have bothered you the most? Identifying these symptoms may be the first step in gaining control over them. The next few pages are designed to help you recognize symptoms you're having now or those you may have had in the past. Not all of these symptoms will apply to you, or you may have other symptoms not listed here.

symptoms will apply to you, or you may have other symptoms not listed here.			
Check the box if you've ever had that symptom described.			
Symptoms that mostly affect a	☐ Eating too little or too much		
person's feelings and mood	☐ Sleeping too little or too much		
Symptoms of mania (extremely high	☐ Feeling tired and low energy		
moods)	☐ Feeling helpless, hopeless, worthless		
☐ Feelings of extreme happiness or excitement	☐ Feeling guilty for things that aren't your fault		
☐ Feeling irritable	☐ Suicidal thoughts or actions		
☐ Feeling unrealistically self-confident	☐ Trouble concentrating and making		
☐ Sleeping less	decisions		
☐ Talking a lot	☐ Other:		
☐ Having racing thoughts	Symptoms of anxiety		
☐ Being easily distracted	☐ Feeling anxious much of the time		
☐ Being extremely active	☐ Having fears about being harmed or		
☐ Having bad judgment	killed		
☐ Other:	☐ Believing someone is watching me		
Symptoms of depression (extremely low moods)	☐ Being frightened that I'm losing my mind		
☐ Sad mood	☐ Other:		

Symptoms that mostly affect a person's thinking Having trouble concentrating

□ It's hard to pay attention for long periods of time. □ At times, I have too many thoughts. □ My thoughts are sometimes jumbled or confused. □ At times, I have trouble reading books or following movie plots. □ It's sometimes hard to focus on what people are saying to me. □ At times, it's hard getting my thoughts together. □ I can't hear well over background noises. □ Sometimes I lose my train of thought. □ Other:

Recording your symptoms

Look at the boxes you've marked. Which symptoms have bothered you the most over the past month? List them.
I
2
3
How do your symptoms affect the quality of your life?
Which symptoms have gotten better within
the past month?
I
2

ACTION STEP: Learn more about your symptoms

Learn more about your symptoms through talking to people you trust and who have knowledge about symptoms, getting information from books or the internet, etc.

What will be your first step?
When?
Where?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

SYMPTOMS OF MENTAL ILLNESS—Part II

LESSON 23

IMPORTANT INFORMATION

As we discussed in the last lesson, mental health problems are based on different symptoms that people have. If you are attending this group it is likely that you either have or previously have had symptoms of a mental health problem. It is very important to understand what symptoms you have had in the past and what symptoms you have now.

Knowing about your personal symptoms will help you to better control them and move toward recovery. Today's lesson focuses on some additional commonly experienced symptoms.

Symptoms that affect a person's thinking

Positive symptoms

Positive symptoms do not refer to symptoms that are "good." They refer to symptoms such as thoughts, beliefs and sensations that you may experience but are not real.

You might experience sounds, voices or images that other people don't experience. These are called *hallucinations*. Noises may seem louder than usual. It might be hard for you to focus on a conversation or to understand what other people are saying. Colors may seem brighter than usual or you might see shadows.

Delusions believing things that are not true or real are another type of positive symptom. You might feel afraid of being followed, harmed or killed and not know why. People sometimes describe delusions as "my mind playing tricks on me."

Symptoms that mostly affect a person's motivation

Negative symptoms

Negative symptoms may be described as lack of energy or motivation. You don't feel like doing the things you used to do when you were well. They are symptoms that may be hard to explain to other people. Some examples include:

- You don't feel like talking to other people.
- You don't have much energy to do things.
- You don't care much about how you look.

Symptoms associated with a history of trauma or abuse

Trauma and abuse refer to experiences that are extremely stressful and frightening, such as being the victim of violence or of sexual or physical abuse, witnessing or being the victim of a crime or being involved in war. These experiences may lead to symptoms that have a big impact on a person's work, relationships and general well being. These symptoms often include the following:

- Re experiencing the traumatic event in thoughts and feelings: flashbacks, night mares, intrusive memories and over react ing to people, places and things that are associated with the traumatic event
- Emotional numbness being numb to both good and bad feelings
- Avoiding situations that are associated with the traumatic event
- Being overly emotional: having difficulty sleeping and concentrating, being easily irritated, being on guard and being overly sensitive.

PERSONALIZED WORKSHEET: Recognizing your symptoms

This worksheet continues the work that you began last lesson. Do you know what symptoms have bothered you the most? Identifying these symptoms may be the first step in gaining control over them. The next few pages are designed to help you recognize symptoms you're having now or those you may have had in the past. Not all of these symptoms will apply to you, or you may have other symptoms not listed here.

Check the box if you've ever had the symptom described.

y 1			
Symptoms that mostly affect a person's thinking			People are talking about me or making fun of me.
Having hallucinations			My neighbors are bothering me.
	I catch glimpses of someone following me.		Someone goes through my things and moves them.
	I see ghost-like figures.		Other:
	☐ I hear a voice that no one else can hear. Over-stimulated sen		stimulated senses Certain colors bother me—they seem
	I hear two voices talking about me.	_	too bright or intense.
	I hear a voice telling me to do things.		There are too many noises and
	My food or drink tastes as if it has been poisoned.		sounds. I can't focus on what I want to hear.
	I smell sickly sweet odors.		Noises are louder than usual sometimes.
	It feels like something is crawling on my skin.		Lights really bother me—they are too bright.
	Other:		Other:
Being	overly suspicious	Having delusions	
	I have many fears about being harmed or killed.		I believe I have special powers or knowledge.
	I think that people are plotting against me.		At times, I can hear other people's thoughts.
	I believe someone is watching me.		Others can hear or read my thoughts
	Someone is trying to poison me.		sometimes.
	People are following me.		People on TV talk directly to me.
	Someone is playing tricks on my mind.		At times, my thoughts or actions are controlled by others.

☐ There is something inside my body moving or trying to get out.	☐ Emotional numbness being numb to both good and bad feelings
☐ I have a special relationship with a famous person.	☐ Avoiding situations that are associated with the traumatic event
Other: Symptoms that mostly affect a person's motivation	☐ Being overly emotional: difficulty sleeping and concentrating, being easily irritated, being on guard and being overly sensitive
Negative symptoms	☐ Other:
 Often it's hard to relate to other people. Usually I'd rather be alone than with other people. 	Recording your symptoms
☐ I just don't feel like planning or beginning any tasks.	Look at the boxes you've marked. Which symptoms have bothered you the most over
☐ Often I feel like staying in bed all day.	the past month? List them.
☐ I don't feel like washing myself, combing my hair or getting dressed.	I
\square I seldom feel like talking with others.	3
☐ Few things give me pleasure.	How do your symptoms affect the quality of
☐ People have told me I don't show emotion in my face or voice.	your life?
☐ I just don't feel like doing anything.	
☐ Other:	
Symptoms associated with a history of trauma or abuse Re experiencing the traumatic event in thoughts and feelings: flashbacks, nightmares, intrusive memories and over reacting to people, places and things that are associated with the traumatic event	Which symptoms have gotten better within the past month? 1

ACTION STEP: Learn more about your symptoms

Learn more about your symptoms through talking to people you trust and who have knowledge about symptoms, getting information from books or the internet, etc.

What will be your first step?
When?
Where?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

CHECKING ON YOUR PROGRESS IN THE WSM PROGRAM

LESSON 34

What does checking on your progress mean?

When we set goals for ourselves it may be helpful to check on the progress we are making from time to time. This means taking the following steps:

- Step 1: Review what areas of life you are working to improve.
- Step 2: Ask yourself:
 - Have you achieved your goal?
 - Are you making improvements?
 - Is this area still important to you?
 Are there other life areas that are now important to you?
- Step 3: Figure out actions you can take to make progress.

Why is it important to check on your progress from time to time?

- People who make improvements in their lives often keep track of how they are do ing.
- By checking on your progress, you can then decide if it's best to keep doing what you have been doing or to try something else? If you have been making progress this means you are on the right track.
- If you are not making progress then you might want to:
 - Give it more time. Sometimes progress needs more time.
 - Ask yourself if the area is still important to you? Sometimes people change their minds or find other areas that are im portant.
 - Find other steps you could take to make progress.

PERSONALIZED WORKSHEET: Thinking about your progress

Go to the Quality of Life Progress Checklist on the last page of the workbook. At this point in the WSM Program, you have an opportunity to:

- Add goal areas that are now important to you by checking those goal areas in column 1 in the gray shaded section.
- Check on your progress in areas that were important to you when you first started in the WSM Program as well as the new areas that you have added today.

In the areas that are important to you, check the boxes in the column labeled TIME 2 that apply to you. Your choices are the following:

1 /	,	
	No improvement Nothing has changed at all, no progress in this area.	
	mprovement You are moving in the right direction and have made progress in way hat matter to you. You clearly see that you have changed in ways that show progres	
	ve achieved this (A really big improvement and you are very satisfied with what yo	u

Discussion Points:

In what areas did you improve?
In what areas did you achieve your goal?
What areas have not improved and continue
to be important to you?

ACTION STEP: Choose an area that has not improved and take action

Write down one area that has NOT improved and continues to be important to you. Consider steps you may take to begin making progress in this area (for example, talk to your counselor or others you trust, make this goal a part of your service plan).

piany.
Goal area that has not improved:
What will be your first step?
When?
Where?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

PRACTICAL FACTS ABOUT MEDICATION

LESSON 36

IMPORTANT INFORMATION

How do medicines work to relieve your symptoms?

Brain chemicals affect the way we think, feel and act. When brain chemicals get out of balance, your brain receives only bits and pieces of information—like pieces of a puzzle. This may cause symptoms of a mental health problem. Medicines work by balancing the chemicals in the brain.

What to expect from your medicine

Your medicine is designed to help reduce symptoms of a mental health problem. For example, you may be bothered by fears, depression and frightening sights, voices, sounds, thoughts or beliefs. With the right medicine, these symptoms may improve or they may disappear completely. Your thinking may become clearer, so you can concentrate better. You may find it easier to be with other people.

But all of this won't happen overnight. Treating symptoms such as these take time. Your symptoms will probably improve slowly with the right medication. It may take several weeks or months to figure out what medication works best for you. Finding the right medication or combination will also take time. To find the right medication, it is very important to work closely with your doctor. This means letting your doctor know about how the medication affects you.

Once you find the medication that works for you it is best to continue taking it. It is important to discuss any changes you want to make with your doctor. Continuing your treatment is one of the most important things you can do to keep your symptoms from returning.

What could happen if you stopped taking your medicine?

Deciding to stop taking your medication is a very serious step. For many people with mental health problems, stopping medication leads to a return of symptoms and relapse.

How long a person will need to take medication to manage symptoms depends on each person. It is important to work with your doctor and other mental health professionals to make informed decisions about your medication.

Taking medication as prescribed

To figure out what medication works best for you, it is important to take it as prescribed. Here's why:

- For your medicine to work the right way, there must be enough of it in your system.
 If your dosage is too low, or if you miss doses, there may not be enough medicine to keep the brain chemicals balanced.
 Your symptoms may not improve. Or, if they have improved and you stop your medicine, your symptoms could come back again or get worse.
- If your dosage is too high, you may get more side effects from your medicine. (But some unwanted effects can happen even at the right dosage.
- Some nonprescription medicines can in terfere with the prescription medicine s

you're taking for your mental health problems. Some can make your illness worse. If you need to take a medicine for another health problem, such as a cold, talk to your doctor or pharmacist first. Your doctor or pharmacist can help you find a medicine that won't cause problems for you.

• Some people also seek help for symptoms by using remedies common in their cul ture. This may include herbs, tonics or other remedies. It is important to make sure that everyone providing you with treatment for your mental health problems knows everything that you are taking.

To make an informed decision about medications, it is important to look at the pros and cons of taking medication.

Purposes of taking medication

Medications are used to improve mental health problems.

Medication has been found to be helpful in two important ways:

- Reducing current symptoms
- Reducing the chances of having symptoms in the future.

Different kinds of medications help different types of symptoms. There are four major kinds of medications to treat mental health symptoms: antidepressants, mood stabilizers, anti psychotic medications, and anti anxiety medications. The medications and their expected benefits are listed in the following chart.

Medications and Their Expected Benefits

Kind of medication	Expected benefits	
Antidepressants	Help reduce the symptoms of depression, including low mood, poor appetite, sleep problems, low energy and difficulty concentrating. They can also be helpful in treating anxiety.	
Mood stabilizers	Help reduce extremes of moods, including mania and depression.	
Anti psychotic medications	Help reduce symptoms such as hallucinations, delusions and disorganized speech or behavior.	
Anti anxiety medications	Help reduce anxiety, excessive worry and related sleeping difficulties.	

PERSONALIZED WORKSHEET: Thinking more about medications

Step 1: In the table, list some pros and cons of taking medication.

Step 2: As other group members share their pros and cons, write down the ones that also have meaning for you.

Pros and Cons of Taking Medication for Mental Health Problems

Pros	Cons

Discussion Points:

What are the most important Pros and Cons of taking medication?

Does taking medication fit in well with your cultural and religious values?

Are there any herbs, tonics, or other remedies you use to improve mental health symptoms?

ACTION STEP: Write down the medications you take

The first step in making informed decisions about medication is to know exactly what medications you are taking and why.

You may need to talk to your treatment team to complete this list. In the spaces below, write the name of your medicine(s), the dose(s), when you are taking each one, and why you are taking it:

Name of medicine:
Dosage:
When you take it:
What's the purpose
Name of medicine:
Dosage:
When you take it:
What's the purpose
Name of medicine:
Dosage:
When you take it:
What's the purpose
Name of medicine:
Dosage:
When you take it:
What's the purpose
Name of medicine:
Dosage:
When you take it:
What's the purpose
Name of medicine:
Dosage:
When you take it:
What's the purpose

USING MEDICATION EFFECTIVELY

LESSON 39

IMPORTANT INFORMATION

What are your personal beliefs about medication?

People have different beliefs about medication based on their culture, their family background and their own experience. Below are some examples in the words of people who have the beliefs:

"My uncle is diabetic and takes insulin. He leads a normal life. I have a mental illness and take medication for it. It's the same thing to me."

"It's a matter of will power. I shouldn't need a drug to make me feel better."

"My medicine helps get rid of the symptoms I was having. It's made a world of difference to my peace of mind."

"I tried everything I could on my own—exercise, relaxation techniques, counseling. I was still miserable and depressed until I tried some medicine."

"In my culture, we don't believe in Western medicines. I only want to use herbal remedies."

"I'm afraid of the long-term effects on my body of using medications."

A decision to use medication is often influenced by the following:

- Your personal beliefs about medication
- The beliefs of family, friends and others who matter to you
- The beliefs about medication found in your culture and/or spiritual community
- The experience of others who take medication
- The advice of treatment providers.

Discussion Point:

Who or what has influenced your decisions about medication?

How do you make an informed decision about medication?

Making informed decisions about all treatment options, including medication, will support your recovery. In making decisions about medication, it is important to learn as much as you can about the possible pros and cons. Your doctor and other mental health professionals are important resources for making informed decisions.

It is important for you to be very active in making decisions about medication. After all, you are the expert about your own experience of your mental health problem and what makes you feel better or worse. Therefore, the best method for making a decision involves a partnership between you, your doctor and other mental health professionals. It may also be helpful to talk to other people you trust, including family, friends and peers.

If you decide to take medications, how can you get the best results?

Many people find that it can be difficult to remember to take medications regularly. There are steps you can take to fit taking medications into your day to day routine. Since everyone

has a different routine, it is important to find those strategies that work for you.

Steps to remember to take medications:

• Simplify your medication schedule as much as possible.

Talk to your doctor s and other mental health professionals about making your medication schedule as simple as possible without losing any of the benefits.

• Take medication at the same time every day.

Taking your medication at the same time or times every day makes it easier to re member.

Build taking medication into your daily routine.

It is often easier to remember to take medication if it is done with another daily activity, such as brushing your teeth, show ering or eating a meal.

Use reminders to help yourself remember.

Many people have developed their own reminders to help remember to take their medications regularly, such as using a pill container that is organized into daily dos es, using a calendar, keeping the pill bottle next to an item that is used daily or asking a relative or other supporter to help them remember.

Keep the benefits in mind.

Sometimes it helps to remind yourself of the reasons that you have decided to take medications. As one person put it, "When I start to think that it's a pain in the neck to keep taking medications, I remind my self why I decided to take them in the first place. I don't want to get depressed again, and the medication helps me to prevent that."

PERSONALIZED WORKSHEET: Identifying possible stumbling blocks to taking medication regularly

If you're the type of person who doesn't like to take medicine, you're not alone! Many people who take medicines for other health problems such as high blood pressure or diabetes feel this way too.

There are many reasons why people don't (or can't) always take their medicine the right way. Below are some of the reasons people have mentioned. Check any that may apply to you: ☐ "I don't want anyone to know I'm taking medicine I feel embarrassed." ☐ "I forget to take it sometimes." ☐ "I get confused about which medicine to take at what time." ☐ "My medicine causes side effects that really bother me." ☐ "I feel like a zombie when I'm on medicine. People say I look like I'm out of it." ☐ "My family or friends told me to stop taking the medicine." ☐ "The medicine is too expensive." □ "I can't get to the pharmacy to get my prescription refilled." □ "I don't know how to get my medicine." □ "Sometimes I like to go drinking with my friends and I know I shouldn't mix medicine with alcohol." ☐ "There's an alternative treatment I'd like to try instead." ☐ "I don't know why I have to take medicine." Write down the biggest stumbling block for you: The following is a list of strategies that you might find helpful in overcoming your biggest stumbling block. Check all of the strategies you believe will work for you. Strategies to Overcome Your Personal Stumbling Blocks ☐ Build taking medication into your daily routine. ☐ Use reminders to help yourself remember to take medication. ☐ Keep the benefits in mind.

☐ Talk to people you trust, including family, friends and peers.

☐ Talk	to your doctor or other mental health professionals.
☐ Sim _j	plify your medication schedule.
☐ Take	e medication at the same time every day.
□ Expl	lain the importance of medication to family members.
☐ Figu	are out how to get your medication.
☐ Figu	are out how to pay for your medication.
□ Mak	te decisions about drinking and taking your medication.
☐ Man	nage side effects that are embarrassing.
□ Mak	te decisions about alternative treatments.

ACTION STEP: Try a strategy for remembering

to take medication
Write down one strategy you would like to try in the coming week.
Strategy
What will be your first step?
When will you do it?
Where will you do it?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

WORKING EFFECTIVELY WITH YOUR DOCTOR

LESSON 40

IMPORTANT INFORMATION

To get the most out of mental health services it is important to work well with your doctor. In this lesson you will have an opportunity to learn about and practice ways to work well with your doctor.

Tips on meeting with your doctor

There are things to keep in mind when meeting with your doctor. Here are some helpful tips on how to build a good relationship:

- Be respectful.
- Tell your doctor about side effects.
- Have a plan write down the questions you want answered .
- Share feelings about medical decisions.
- Keep it short and to the point.
- Disagree respectfully.
- Speak calmly.

- Express appreciation.
- Take notes if it would be helpful.

Why is it helpful to keep these tips in mind?

- A good working relationship with your doctor will support your recovery.
- Some people get nervous when talking with their doctor and end up not getting answers to their questions.
- Some people lose their cool when talking with their doctor or other mental health professionals.
- Sometimes sessions are very short and keeping these tips in mind will make the most of the time you have.
- Having a plan before you meet with your doctor is one way to get the most out of your session.

PERSONALIZED WORKSHEET: Thinking about the meeting with your doctor

Working effectively with your doctor means getting answers to questions about your treatment. Here are some possible questions for you to consider in your meeting with your doctor. Check the boxes that apply to you.

Question	I have the answer to this question	I want an answer to this question
I. How will this medication benefit me?		
2. How long does it take the medication to work? How long before I feel some of the benefits?		
3. What side effects might I get from the medicine? Are there any side effects from longterm use?		
4. What can be done if I get side effects?		
5. Will I need blood tests to make sure that I have the right level of the medication in my bloodstream?		
6. What if the medication doesn't work for me?		
7. How will herbal medicines interact with the medication you prescribe?		
8. Why have you chosen this particular medication?		
9. How long will I have to take it?		
10. Is the lowest effective dose being prescribed?		
II. Can I take a low dose and increase it when necessary?		
12. Why am I on different types of medication?		
13. How often will my medication be reviewed?		
14. What will happen if I stop the medication?		
15. Do you have any written information about this medication?		
16. Does this medication affect me differently as an African American, Asian American, etc.		

Discussion Point:

It is often helpful to practice asking your doctor questions.

You may want to use some of this lesson to role play with other group members.

Your group leader will organize this opportunity for you.

ACTION STEP: Write down your top 3 questions and develop a plan to speak to your doctor

Question 1
Question 2.
Question 3.
When will you speak to your doctor?
Where will you speak to your doctor?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

RELAPSE PREVENTION: WHAT IS IT? WHY IS IT IMPORTANT TO YOU?

LESSON 41

IMPORTANT INFORMATION

What is a Wellness Self-Management Plan for relapse prevention?

- A Wellness Self Management WSM Plan is a written plan to help you stay well and prevent a relapse of symptoms.
- It is a plan you develop when you are doing well to use during those times when your symptoms are getting worse.
- Your WSM Plan is designed to reflect your personal wants, needs, strengths and cul tural values and beliefs. Each WSM Plan is different because each person is different.

A WSM Plan often identifies other people who can help out during difficult times. This may include friends, family members, neighbors, mental health professionals, employers and religious supports for example, a priest, minister, rabbi, imam, etc. . It is important to talk to the people you include in your WSM Plan about how they can help. You may also want to let them know who else is involved in your WSM Plan. To make sure your WSM Plan is complete and practical, it is important to work on the plan with your doctor, other mental health professionals and the WSM group.

Why is having a WSM Plan important to you?

A WSM Plan is important because it may help prevent a relapse of serious symptoms and help you stay well. A relapse is usually difficult and upsetting. It sometimes results in hospitalization or emergency treatment that may be necessary but unwanted. Most people with mental health problems prefer to remain in their community and manage symptoms effectively. Having a plan increases the chances that you will be able to take steps to stay well and avoid a relapse. If a relapse does happen, the plan spells out how a relapse should be handled. In this way, your wishes are met and you have a say in what happens to you.

Why do people have relapses?

The symptoms of a mental health problem can change over time. Sometimes the symptoms may be absent. Sometimes they may be mild or moderate. Sometimes they may be strong.

When symptoms of a mental health problem become severe, it is usually referred to as a "relapse." Some relapses can be managed at home, but other relapses require hospitalization to protect the person or other people.

Mental health problems affect people in very different ways. Some people have a milder form of a mental health problem that happens once or a few times in their lives. Other people have more serious problems that happen more often.

What can cause a relapse?

- An increase in stress
- Stopping medication that was working
- Using drugs or alcohol

- Having physical health problems
- Taking the wrong medication
- Some people may experience a relapse even if they do all the right things.

Discussion Point:

What has caused a relapse in your life?

PERSONALIZED WORKSHEET: Thinking about how you prevented a relapse

It is important to recognize your strengths to prevent a relapse. A good starting point for creating your WSM Plan is to understand what has worked for you in the past.

Think about a time when you were able to prevent a relapse. Write down one or more things

you did that he	ed.
What you did	prevent a relapse:
	•••••••••••••••••••••••••••••••••••••••
	Discussion Point:
	Please share what you did with other group members.
In the section preventing a re	slow, write down any of the ideas that other group members found helpful in pse:
П	

It may be helpful to continue learning about things you can do to prevent a relapse. There are a number of ways to learn more about how to prevent a relapse. Consider one or more of the following ways:

- Talk to peers who have experienced relapses.
- Talk to friends and family who know you well.
- Talk to a mental health professional who knows you well.
- Get information from the internet.
- Read material on relapse prevention.

		ACTION STEP:						
Learn	more	about	a	way	to	prevent	rela	pse

Choose one way to learn more about how to prevent a relapse and write it down.
A way to prevent a relapse:
When will you do it?
Where will you do it?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

COMPLETING YOUR WELLNESS SELF-MANAGEMENT PLAN RELAPSE PREVENTION

LESSON 44

IMPORTANT INFORMATION

Your Wellness Self Management Plan has two parts: (1) Relapse Prevention and (2) Managing a Relapse. Today's lesson focuses on relapse prevention.

Relapse prevention: creating your Wellness Self-Management Plan

Relapse prevention is figuring out how to stay well and prevent symptoms from getting worse. Preventing relapse involves putting together a written plan with specific Action Steps to take before you experience an increase of symptoms or a crisis. This written plan is the relapse prevention part of your Wellness Self Management WSM Plan.

Your WSM Relapse Prevention Plan includes the following parts:

- Day to day activities and people that help you stay well
- Knowing and coping with:

Mental health symptoms Physical health problems Early warning signs

Triggers.

Why is having a plan important?

- Preventing relapse is one way to stay on track with your goals.
- Having a WSM Plan helps you and your mental health service providers take ac tion early before the situation gets worse.
 Family members, friends, practitioners, etc., may help you to identify early warning signs.
- A WSM Plan makes it more likely that your choices will be respected if symp toms get worse or you experience a mental health crisis.
- A WSM Plan helps to organize many of the steps you learned in the WSM Pro gram to help your recovery.
- Developing and implementing a WSM Plan builds confidence and hope.
- Having a WSM Plan that includes the role of other helpers makes it more likely ev eryone will be working together.

PERSONALIZED WORKSHEET: Creating your WSM Relapse Prevention Plan

COMPLETING YOUR WSM PLAN MANAGING A RELAPSE

LESSON 45

IMPORTANT INFORMATION

Your Wellness Self Management Plan has two parts: (1) Relapse Prevention and (2) Managing a Relapse. Today's lesson will focus on managing a relapse.

Why a relapse prevention plan might not have prevented a relapse

- There weren't any early warning signs, and the relapse just suddenly happened.
- The time between the first warning signs and the relapse was so short that there wasn't time to do anything.
- You thought the warning signs weren't serious, and you just decided to wait and watch.
- You worked hard on relapse prevention, but the relapse happened anyway.

How you know you're in a relapse

- You see the early warning signs become more serious problems.
- Things begin to take a turn for the worse.
- You find yourself saying: "Uh-oh. Here we go again," because you know from experience that the situation will get out of control in a matter of time.
- Other people express serious concern about your well being and safety.

Parts of the Wellness Self-Management Plan: Managing a Relapse

- People you want involved
- Things that need to be taken care of
- Treatment preferences
- Medical problems to be aware of
- Contact information.

PERSONALIZED WORKSHEET: Creating your WSM Plan: Managing a Relapse

WSM Plan: Managing a Relapse

Identify the people you want involved in helping you manage a relapse:***	How do you want them involved?
I	I
2	2
3	3
List the things that need to be taken care of by others when you have a relapse:	Person assigned:
I	I
2	2
3	3
Indicate your treatment preferences:	Indicate what type of treatment setting you do not want:
I	I
2	2
3	3
Are there any medical problems that your me	ental health practitioner should know about?
Contact information for individuals you want	involved during a crisis:***
Name:	
Phone	
Address:	
Relationship to you:	
***Make sure you sign a release of informa	ution for those you want informed.

Make a list of the people you need to talk to about your WSM Plan this includes people you have listed in your Plan and others who are

important to you . For each person, complete an Action Step to let them know how they can help you.

ACTION STEP: Let a person in your plan know how to help you

Name:	
What will be your first step?	
When will you do it?	
Where will you do it?	
How will you remind yourself to do it?	
Who could help you complete your Action Step?	
What might get in the way of completing your Action Step?	

ACTION STEP: Let another person in your plan know how to help

Name:
When will you do it?
Where will you do it?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

CHAPTER 3: LIVING A HEALTHY LIFESTYLE AND MENTAL HEALTH RECOVERY

WHAT IS THE CONNECTION BETWEEN A HEALTHY LIFESTYLE AND MENTAL HEALTH RECOVERY?

LESSON 46

IMPORTANT INFORMATION

What is a healthy lifestyle?

A healthy lifestyle refers to making choices and taking actions that keep you physically and mentally fit. A healthier lifestyle can prevent or improve many serious health problems, such as diabetes, high blood pressure and asthma. A healthy lifestyle includes the following actions:

- Get regular medical check ups.
- Manage physical health problems for ex ample, diabetes, heart disease, high blood pressure, high cholesterol.
- Find ways to relax and have fun.
- Maintain good personal hygiene.
- Exercise regularly.
- Eat healthy meals and manage your weight.
- Get a good night's sleep.
- Avoid unhealthy activities for example, drinking, smoking, using street drugs, un safe sex

Why is a healthy lifestyle important?

 People can improve their physical health in ways that support their mental health and recovery.

- People benefit from information about their own physical health and take steps to improve it.
- Poor physical health takes energy away from activities that support your recovery.
- Good physical health helps you to better manage stress and other life problems.
- An unhealthy lifestyle could make your mental health problems worse.
- A healthier lifestyle may help relieve problems, such as depression and anxiety.

Mental health benefits of living a healthy lifestyle

- Helps people avoid situations that may trigger a relapse for example, drugs or al cohol, unsafe sex
- Reduces depression and worry
- Reduces stress
- Gives a person more energy to pursue goals
- Keeps a person's mind active and clear
- Helps manage side effects of medication.

Discussion Points:

Which of these benefits are most important to you? How have physical problems interfered with your mental health recovery?

PERSONALIZED WORKSHEET: Thinking more about healthy lifestyle choices

You can use this chart to figure out your strengths and needs regarding healthy lifestyle choices. Remember "an ounce of prevention is worth a pound of cure."

Healthy Lifestyle Choices

Healthy choices	I do this now	I want to do more of this
Going to the doctor regularly		
Going to the dentist regularly		
Going to the eye doctor regularly		
Getting help for my medical problems		
Going to my Ob Gyn regularly		
Knowing how to check myself for common medical problems		
Taking my medication as prescribed		
Exercising		
Drinking 8–10 glasses of water a day		
Eating healthy foods		
Finding time to relax		
Maintaining good personal hygiene		
Keeping my weight under control		
Practicing safe sex		
Not smoking		
Not using street drugs		
Not drinking and driving		
Not taking dangerous chances		
Not hurting myself physically		
Getting enough hours of sleep		
Other:		
Other:		

ACTION STEP: Choose a lifestyle area to improve

Write down one lifestyle area you would like to improve.
Lifestyle area
What will be your first step?
When will you do it?
Where will you do it?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

IDENTIFYING AND USING YOUR HEALTHCARE RESOURCES

LESSON 47

IMPORTANT INFORMATION

What types of healthcare services do people use to stay healthy?

Medical care, dental care and vision care are common needs that many people have.

Medical care includes services to prevent illness, such as getting a flu shot. Getting regular checkups is also a way to prevent illness by catching problems early.

Regular checkups involve checking your heart, blood pressure, weight and lungs. Sometimes the doctor will get a blood and/or urine sample to check your overall health. This allows the doctor to identify and treat problems very early, before they get serious.

Why is it important to receive regularly scheduled medical care?

- Research has shown that people with seri ous mental health problems are more likely to die many years earlier than people with out serious mental health problems.
- They are more likely to develop serious medical conditions at an earlier age.
- They are less likely to receive high quality physical health care.
- Some of the side effects of medications for mental health problems can lead to medi cal problems.

PERSONALIZED WORKSHEET: Thinking more about healthcare

Write down the names of your medical doctor, dentist and other healthcare providers. If you go to a clinic and see different healthcare providers, name the clinic.

My healt	hcare providers
Medical d	loctor:
Name	
	Oon't have
Where do	you receive medical healthcare (private office, clinic, hospital/emergency room)?
Dentist:	
Name	
	Oon't have
Where see	en?
Ob-Gyn d	loctor (for women):
Name	
	Oon't have
Where see	en?
	althcare providers (for example, an eye doctor or the person who gives scription for eyeglasses):
Name	
	Oon't have
Where see	en?
Who do yo	ou get medication for physical health problems from?
Where do	you go if you have a medical emergency?

My recent contacts with healthcare providers				
Last time you had a medical checkup:				
If more than a year ago, check this box.				
Last checkup with a dentist:				
If more than a year ago, check this box. $\ \square$				
Last checkup with an Ob Gyn:				
If more than a year ago, check this box.				
Last checkup with an eye doctor or optometrist				
If more than a year ago, check this box. \Box				
My recent physical complaints				
Do you currently have any physical complaints or worries?				
□ Yes				
Do you currently have any dental complaints?				
□ Yes				
Do you currently have any vision complaints?				
□ Yes				
If you checked any of these boxes, you may want to take an Action Step.				
Some possible Action Steps include:				
 Talk to a case manager or therapist about getting an appointment with a medical provider. 				
• Talk to a psychiatrist about getting an appointment with a medical provider.				
Make an appointment on your own.				
 Talk to peers and family members about healthcare providers that they would recommend. 				

Make a list of all your medications and give a copy to all your healthcare providers.

UNDERSTANDING HOW SMOKING, ALCOHOL, DRUGS AND UNSAFE SEX MAY HURT YOUR RECOVERY

LESSON 52

IMPORTANT INFORMATION

Activities that harm your physical and mental health

People often do things that may harm their physical and mental health. Examples include smoking cigarettes, abusing alcohol, abusing drugs and having unsafe sex. People sometimes don't think carefully about these activities. They may be unaware of the consequences. Some may think that doing these things will reduce their stress or help with their symptoms. Although this may seem to be the case at first, these activities often do more harm than good.

Sometimes the use of substances such as alcohol, drugs and nicotine cigarettes, chewing tobacco, cigars and pipes becomes a habit. A habit can be very hard to stop even when the person decides to stop. Some habits, like the overuse of alcohol, drugs and nicotine, can become so strong habit that the person becomes addicted. Because of an addiction a person may use alcohol, drugs or nicotine even when doing so results in very serious health, social, financial and legal problems.

Understanding how these activities may hurt your recovery means learning about the pros and cons of each activity and making informed choices. It also means learning what steps you can take to begin to change unhealthy activities and replace them with healthy ones. For most people, changing habits is hard to do alone. Getting support and help from others is often a good place to start.

Some people are not involved in unhealthy and dangerous activities. They do not abuse alcohol or drugs, do not use tobacco and engage safely in sexual activities for example, using a condom . These people are more likely to achieve their personal recovery.

Why is it important to avoid unhealthy activities?

- An unhealthy lifestyle can harm a person's recovery by increasing stress and symp toms.
- Unhealthy lifestyles are often to blame for relapse and re-hospitalization.
- Unsafe sex practices can lead to diseases that seriously harm one's physical and mental health.
- A person who engages in unsafe sex practices may cause disease in others.
- Unhealthy activities can be changed. It takes making a decision to change and get ting help from others.
- The use of alcohol, drugs or nicotine can effect how well medicine for mental health problems works.

••••••••••••••••••	
Discussion Point:	•
: Why do people engage in unhealthy and dangerous as	ctivities?

PERSONALIZED WORKSHEET: Thinking more about unhealthy activities

Very often, people who are involved in unhealthy and dangerous activities don't see a problem until it gets very bad. The following questions could help you figure out if there are things that you are currently doing that might interfere with your recovery.

) -	# 4-0 - 00-1-0-1-1, # 0-1- 8 # 8 -100-1 1					
Dı	Drugs and alcohol					
I.	Have you ever decided to stop your drug use or drinking and been unable to stop for any length of time?	YES		NO		
2.	Are other people bothered by your intake of drugs or alcohol?	YES		NO		
3.	In the past year have you been in trouble at school, work or with the law as a result of drinking or drug use?	YES		NO		
4.	In the past year has your drug use or drinking caused problems at home with your family, children, parents, spouse, friends or room mates?	YES		NO		
5.	Have you ever felt that if you could only quit using or drinking that your life would be much better?	YES		NO		
Ci	garette smoking					
I.	Have you ever decided to stop your tobacco use and been unable to do so for any length of time?	YES		NO		
2.	Are other people bothered by your use of tobacco?	YES		NO		
3.	Do you find yourself getting very upset when you can't get a cigarette when you want it?	YES		NO		
4.	Do you have strong cravings for cigarettes?	YES		NO		
5.	Do you want to reduce or stop smoking?	YES		NO		

Safe and healthy sexual activities					
	Have you had sex without the use of a condom?	YES		NO	
2	Do you need to get more information about sexually transmitted diseases, including HIV or AIDS?	YES		NO	
3.	Do you have sex with people you hardly know?	YES		NO	
4	. Do you usually NOT discuss safe sex practices with sexual partners?	YES		NO	
5.	Do you wish you had more information and guidance when it comes to safe and healthy sexual activities?	YES		NO	
Δ	nevering VES to any of these questions may mean.				

Answering **YES** to any of these questions may mean:

- There are things that you are doing that might harm your physical and mental health.
- You may benefit from more information about drugs and alcohol use, smoking reduction and/or healthy sexual activities.

Now that you have had an opportunity to think about lifestyle choices that may harm your mental and physical health, you may choose to learn more about them by completing an Action Step. Some first steps to making an informed decision are listed here. You may think of other examples.

Action steps you may choose to take to change an unhealthy activity:

- Talk to your doctor or mental health professional to discuss your concerns and questions.
- Talk to someone you trust and get his or her opinion.
- Find out more information on the internet or through written materials.
- Talk to someone who has made a change in this area.
- Talk to your sex partner about safe sex practices.
- Talk to a doctor or nurse about safe sex practices.
- Check out programs for people with alcohol or drug problems.
- Check out ways to reduce or stop smoking.

ACTION STEP: Take a step to changing an unhealthy behavior

When will you do it? Where will you do it? How will you remind yourself to do it? Who could help you complete your Action Step?
Where will you do it?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

ENDINGS AND NEW BEGINNINGS

LESSON 56

IMPORTANT INFORMATION

Ending the WSM Program but not the work

Endings lead to new beginnings. People usually have strong feelings when things come to an end. It's not unusual for people to feel proud about accomplishing and finishing a project but also sad that it's coming to an end. This is especially true when people have been sharing very important and deeply personal parts of their lives.

It is very common for people to have a mix of feelings when a program like WSM is coming to an end. The following feelings are associated with endings:

- Anger
- Sadness
- Worry
- Disappointment
- Relief.

Making the most of the WSM Program also means using what you have learned to continue making progress in improving your mental and physical health AND pursuing important goals.

Even though the WSM group may be coming to an end, the work continues. What you have learned may help you to continue making progress toward recovery.

Why is it important to recognize endings as well as beginnings?

- The WSM group is not an end in itself but one approach to helping individuals gain knowledge and skills to manage mental health problems and pursue important goals and to enjoy life.
- People who get the most out of the WSM Program are likely to see the ending as an accomplishment. They are likely to see it as an opportunity to use what they have learned to improve the quality of their lives.
- Sometimes a person may have strong feel ings of sadness as the group is coming to an end. It's important to recognize that this is a common human experience. It's also a sign that the people in the group are important to you.

Discussion Points:

What feelings do you have as this WSM group is coming to an end? What has been the most important part of being in this group?

PERSONALIZED WORKSHEET: Thinking about how to make the most of what you have learned

There are a number of steps you may take to continue learning and using what you have learned. Check the steps you may want to take to continue the work you've begun in the WSM group.

- Continue relationships with people you got to know in the WSM group.
- Take what you've learned and use it to pursue goals that are important to you:

Obtaining paid work

Getting a volunteer job

Pursuing educational goals

Changing where you live

Making new friends

Pursuing new interests

Getting closer to family and friends

- Continue to read those parts of the Workbook that are important to you.
- Seek out additional material on the internet or in a library or bookstore.
- Bring the information in the WSM Workbook into meetings with professionals to enhance your individual work.
- Continue sharing the material with friends, family or others. The topics in the WSM Workbook may be helpful to others.
- Start a self help group around wellness get together with others on your own without professional involvement .
- In some programs, it may be possible to start an alumni group that meets occasionally for support.
- In some programs you may have an opportunity to be involved in co leading a new WSM group.

ACTION STEP: Continue the work you started in the WSM group

Write down one step you will take to continue the work.
Step
When will you do it?
Where will you do it?
How will you remind yourself to do it?
Who could help you complete your Action Step?
What might get in the way of completing your Action Step?

APPENDIX A: QUALITY OF LIFE PROGRESS CHECKLIST

TIME 1	TIME 2 TIME 3
Quality of life areas I want to improve as I participate in the WSM group	Mid Point in the At the end of the WSM Program WSM Program
Work at a paid job (part-time or full-time) that I like	□ No improvement □ No improvement □ Improvement □ Improvement □ I've achieved this □ I've achieved this
Contribute to my community in a useful way (e.g., volunteering, joining a self-help or peer advocacy group)	□ No improvement □ No improvement □ Improvement □ Improvement □ I've achieved this □ I've achieved this
Work toward an academic degree, continue my education or learn a trade in school	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Live in a place that I like and can manage successfully	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Enjoy hobbies, leisure and recreational activities	□ No improvement □ No improvement □ Improvement □ Improvement □ I've achieved this □ I've achieved this
Engage in creative activities (music, art, writing, dance, etc.)	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Be confident that I can handle my mental health problems and not relapse	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Be hopeful about my future (confident that I will find success and satisfaction in important areas of my life)	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Stop or reduce my use of alcohol, drugs or cigarettes	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Use medication in a way that works for me.	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Improve my physical health (by healthy eating, getting exercise and getting regular checkups for medical, dental and vision problems)	□ No improvement □ No improvement □ Improvement □ Improvement □ I've achieved this □ I've achieved this
Add your own:	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this
Add your own:	 □ No improvement □ Improvement □ I've achieved this □ I've achieved this