



Understanding what influences your mental health and wellbeing

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About this booklet

If you want to make sense of your experiences, or if you are struggling with your mental health, there are some key questions you may want to ask.

This booklet is produced by people who use and work in services provided by Northumberland, Tyne and Wear NHS Foundation Trust (NTW) and some of their supporters. It aims to help you to understand what is important to your wellbeing.

It can be helpful to ask yourself some questions about the influences that may affect you directly. For example, the impact of day to day pressures or things that have happened in your past that may influence how you feel now.

We all experience difficulties and challenges in our lives. Some issues may keep difficult feelings going, for example ongoing pain, being alone, financial or family pressures. All or some of these may play a part in how we think and feel.

This booklet aims to help you to:

- note important events or relationships
- consider what may set off difficulties
- understand what the key mental health issues are
- recognise your personal strengths and the support around you
- find out what can help or hinder your day to day wellbeing
- look at ways forward and next steps: What would help you to make changes?

Ways to wellbeing

- Make sure that your goals and plans are realistic and important to you, not necessarily anyone else.
- Being active is really important for mental and physical health for example walking around your home, going outside, gardening. Even though it may be the last thing you want to do. It improves your mood and gives you more energy.
- Friendly contact with people around can boost your wellbeing. This can be through the phone, social media or face to face.
- Being curious and noticing what is around you is helpful and gives you a break from overwhelming or negative thoughts. This can also help you appreciate what matters to you.

Helpful websites

- Northumberland, Tyne and Wear NHS Foundation Trust
A range of mental health self help guides available to view/download in various formats www.ntw.nhs.uk/selfhelp
- Living Life www.lltff.com
- Moodjuice www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp

References

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- November 2015 special issue of Clinical Psychology Forum on Team Formulation available free from www.bps.org.uk/system/files/user-files/Division%20of%20Clinical%20Psychology/public/cat-1781_-_team_formulation.pdf
- ACE Studies. <https://www.cdc.gov/violenceprevention/acestudy/index.html>

In NTW we are using **5 P's + Plan formulations** as a way of helping you understand your current difficulties, so that you can set goals and have plans to work on. You may want to work on this on your own, with friends or with a professional.

This booklet won't provide answers, but will help you to ask yourself key questions to understand yourself and your situation better. This may lead to some next steps for you to try.

Your formulation may change over time or as you discover more about yourself and your situation.

In NTW we describe understanding yourself in this way as developing a formulation. This means understanding the following:



- **Past issues** - What has happened in your past that may be important?



- **Triggers** - What was happening when your current difficulties started?



- **Current issues** - What are the key issues for you at the moment?



- **Positives** - Positives in your life, including your strengths and support from people and things around you.



- **What keeps things stuck?** - Things that keep your difficulties going and make change difficult.



- **Plans** - Thinking about your next steps to building your wellbeing.

Past issues

It can be helpful to make sense of what has happened in your past. Events and relationships from your early or later life can affect you in positive and negative ways.

You may have had activities you enjoyed and were good at that can still help you now.

There may have been health problems that affected you when you were younger.

You may have experienced loving relationships that strengthened your confidence, or unkind relationships that led to a lack of belief in yourself. You may have seen violence in your home, or experienced the death of someone you loved and who loved you.

You may want to make sense of these past issues in order to understand what they mean to you.

Examples of important past issues may be:

- you had some good friends at school
- you were the only child where you grew up
- you had health difficulties
- you had to look after your family
- the death of your partner
- you had to fight for everything you got

Sometimes people find it useful to write down important past relationships and events in their life: the good and the bad.



Continue on this page to write down your goals, plans and next steps.



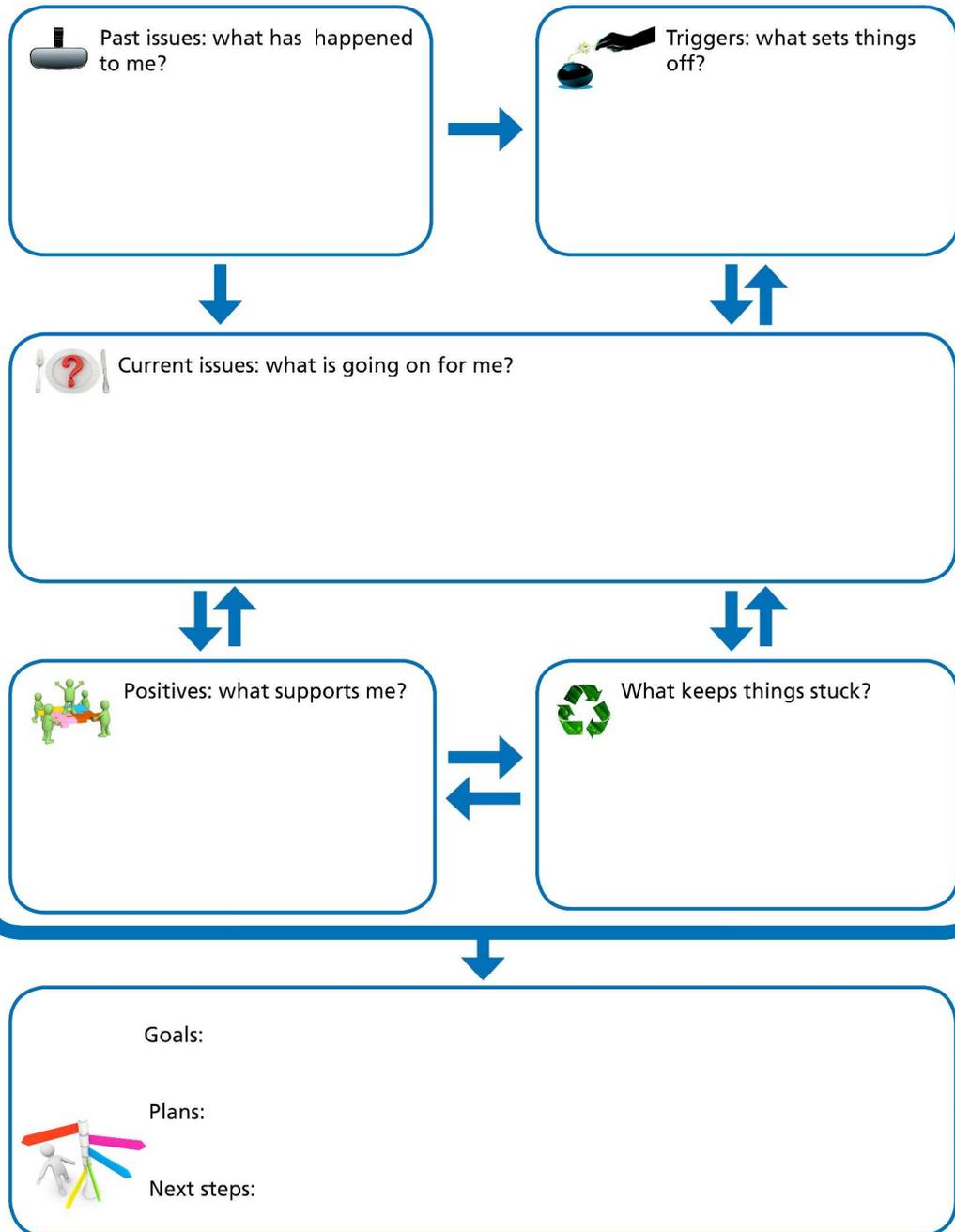
If you can't fly, run; if you can't run, walk; if you can't walk, crawl; but by all means keep moving.

Martin Luther King Jr, 1960



5P's + Plan Formulation

Helping me to understand and make changes



You might like to think about:

- your family life – relationships with your parents or people who looked after you?
- were some of your relationships empowering? Or disempowering?
- did you witness abuse or violence?
- did you enjoy school?
- was there bullying in your family?
- did anyone in your family spend time in prison?
- was anyone admitted to hospital for physical or mental health problems?

Have any of these had an influence on your life?



Triggers



It can be helpful to understand how your reactions and feelings may be linked to your physical health and/or to pressures from your family, social or work life. Sometimes the things that tip you into feeling very distressed may seem to come out of the blue and at other times the connection with your feelings is clear.

Examples of triggers may be:

- loss of sleep
- heavy drinking
- physical injury
- losing your job
- someone you love becoming ill
- a familiar smell or sound
- a significant date

Some triggers may be hard to link with how you feel. Difficulties can increase when it is hard to have control over what is happening, or if your safety or dignity are threatened.

Next steps

Think about how you can start taking small steps towards your goal.

For example - walking to the shops on your own may start with:

1. getting dressed every morning
2. practise opening the door outside
3. walk outside at a quiet time
4. walk to the shops with a friend (if you prefer)
5. walk to the end of the street on your own
6. walk to the shops

Don't worry about not making progress as fast as you would like. We all have setbacks and you can start your steps again or re-visit your goals and plans, perhaps with more support. We all have good days and bad days, and there may be ongoing pressures that make change difficult. So be kind to yourself if your plans don't always work out.



Goals, plans and finding ways forward (Plans)



It is important to think about what needs to change in your situation and what you would like to achieve, both in the short and long term. Setting goals can be an important step as they can help to you plan change and see progress.

Examples of some goals you may like:

- walk to the shops on your own
- give yourself a nice meal
- answer the phone
- manage your pain better
- move away from your noisy neighbours
- go to college
- get in touch with old friends
- discuss stopping your medication
- understand your feelings better
- drive again

You can make achieving your goals easier by breaking them down into smaller steps and making plans.

You might like to ask yourself:

- when do things become difficult for you?
- have there been similar issues in the past, what triggered those?
- are there certain times, dates, anniversaries, and/or changes that are important?
- have you had criticism or rejection from others?
- are services not understanding your needs or the needs of someone you love?
- are relationship problems troubling you?
- has there been a recent loss (death), illness or health difficulties?
- Is there the threat of losing your job?
- has something unexpected happened?

Sometimes the combination of different events can trigger distress. For example, you may deal with a major problem like a relative's illness very well, and then get upset by missing the bus.

Triggers may include exposure to physical, emotional, practical or social challenges. They can be balanced out by positives such as practical or emotional support. These are covered later in this booklet.



Current issues

Problems can be overwhelming and it can be helpful to think about what matters most to you. It may be helpful to think about your physical health, your social situation, and/or how you think, feel and behave. And also to consider how issues for you affect other people.



Examples of current issues may be:

- worrying about paying bills
- anxious about your benefits or pension
- poor sleep or tiredness
- not leaving the house
- loss of a partner
- being bullied



You are trying to pin down what matters most to you, what is the most important or the easiest issue to work on.

Questions that you may want to ask about the things that keep your problems going are:

- what are the daily obstacles that may stop life improving, or stop you moving forward?
- is it difficult for you to get the right support?
- how do people around you respond to you, your strengths and your difficulties?
- are there things that are pressurising for you at the moment?
- what do you do to deal with your difficulties?
- what do you think may be keeping them going?
- how does your health affect you?





What keeps things stuck?

These are the aspects of your life that can keep things difficult. These can be physical health problems or social influences that affect your situation and/or ways you think, feel and behave. Some ways of coping help in the short term but not in the long term. Like drinking or over working, these can help us avoid rather than solve problems. Not having the right support can keep things more difficult.

Examples of what keeps things stuck may be:

- not sleeping at night
- too many bills to pay
- the judgemental way the media talk about mental health
- feeling helpless
- being isolated
- nobody around you understands

You may feel guilty about burdening other people so you don't ask for help or share your problems. You might put on an act that all is well, or hide away from other people.

You might like to think about:

- what is going on in your life?
- what are the main worries for you now? Have these things happened before?
- are there concerns that are worse for you at the moment? How do these affect your wellbeing?
- is there something new in your life?
- what needs to change for you to feel okay?
- what strengths do you draw on?
- what are you doing that you enjoy?



Positives



We all face difficult times differently and develop ways of dealing with them. Looking to see if there are any positives can help us to stand back and find other ways forward.

The wellbeing daisy shows how there are different opportunities for wellbeing. You can rate yourself on the different wellbeing petals below and also think about other sources of wellbeing that are important to you in the unlabelled petals:



You may wish to rate your wellbeing from 1-10 in these different parts of your life. For example, you may score yourself high (9) on your wellbeing from leisure activities, but low (2) on your financial wellbeing. The balance of these different parts of your life is likely to influence your overall personal wellbeing.

You may like to ask yourself:

- what positives have you going for you?
- what is stopping the problems from getting worse?
- what personal strengths help you? eg sense of humour, being well-organised
- what is going well at the moment?
- are there people around you who understand, encourage and support you?
- what are you interested in?
- how have you coped up to now?
- what have your experiences taught you so far?

