

# Understanding what influences your mental health and wellbeing



## About this booklet

If you would like to make sense of your experiences, or if you are struggling with your mental health, there are some key questions you may like 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 things that may affect you. For example, the impact of day to day pressures, or things that have happened in your past.

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?



























You can achieve your goals more easily by breaking them down into smaller steps and making plans.

## 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:

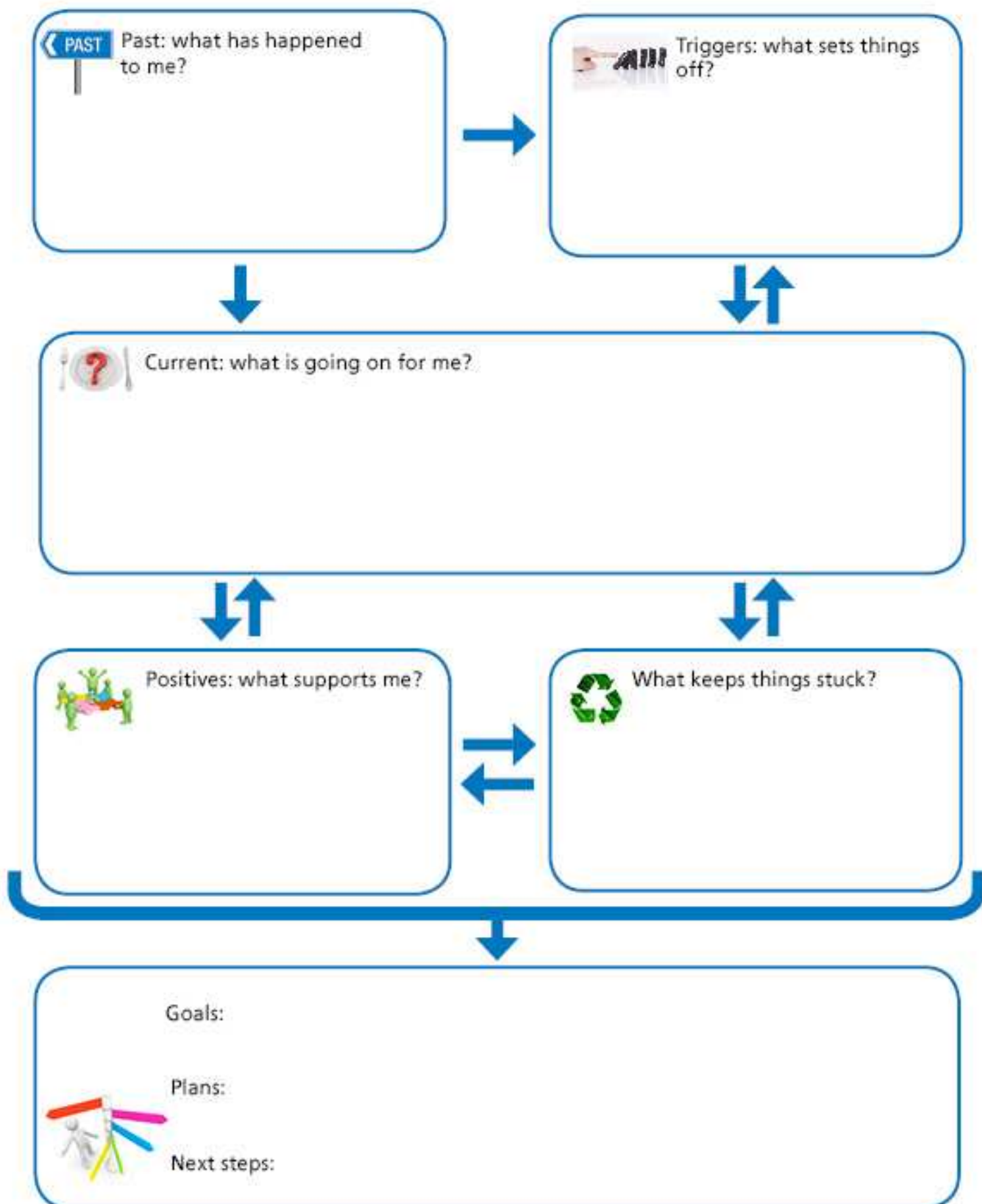
1. getting dressed every morning
2. practise opening the door leading to outside
3. walk outside at a quiet time
4. walk to the shops with a friend (if you prefer)
5. walk to the end of the street on your own
6. walk to the shops

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.



# 5P's + Plan Formulation

Helping me to understand and make changes







Continue on this page to write down what matters to you, 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



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.



## 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 can improve your mood and give you more energy.
- Friendly contact with people 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](http://www.ntw.nhs.uk/selfhelp)
- Living Life [www.lltff.com](http://www.lltff.com)
- Moodjuice [www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp](http://www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp)

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<https://www.cdc.gov/violenceprevention/acestudy/index.html>

This booklet is available online at [www.ntw.nhs.uk/5P](http://www.ntw.nhs.uk/5P)



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Highly commended



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