

Curate Your Own Careplan

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Introduction

What is a careplan?

A careplan is a treatment tool that mental health professionals use to provide the best care to individuals they are supporting. A careplan contains medical history, personal preferences and plans of action for crises for each person receiving treatment in or outside of a mental health facility. The document should be used to ensure you are receiving the support you need, in the way you need it and when you need it - it is a document tailored to your needs.

Most careplans consist of different key elements however generic elements have been chosen to make this template as applicable to everyone as possible.

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How do they work?

Careplans are live documents. That means that they should be frequently reviewed and updated as and when the individuals circumstances or change or just if there is a change in preference. For example, a careplan may say that when an individual feels angry towards somebody, they should use a stress ball, however this person may have recently found a new way of processing their anger which they feel is more productive, perhaps writing down their thoughts on paper - this should be updated in their careplan.

Kind To Mind also recognises that on those rough days, it can be hard to find the motivation to implement these tools. This is why sharing your careplan with those closest to you, those you see on a regular basis, or someone you feel you can rely on when difficulties arise, is imperative in the success of a careplan.

Do I need a careplan?

Careplans are typically used in hospital settings or for individuals seeking extensive support in the community. However, anyone with a desire to recover can benefit from having a plan of action to keep their recovery on the right track. The plan should not be used to fuel an extensive recovery, as professional support is still promoted by Kind To Mind, however the plan can be leaned upon during your recovery to support you in making the best choices for your wellbeing.

Keeping Healthy (Physically)

Food Diary

Food diaries are a really good way of keeping track and feeling in control about our intake. It can be daunting to write down what we eat each day, but over time it becomes easier. The diaries aren't just used to track our intake of food in recovery, they can be used to record drinks, emotions and any compensatory behaviours such as purging, driven exercise or taking laxatives. Regardless of what our problems with eating or drinking may be, understanding it better is vital for recovery. I recommend you spend one week using the template below to record what you eat and drink on a normal basis. After one week have a go at implementing some of the advice on the Example Eating Plan.

Time	Food (Type and Amount)	Drink (Type and Amount)	Where was I? What was I doing? Who was I with?	Any compensatory behaviours?	How was I feeling before and how did I feel afterwards?

Example Eating Plan

(Based on NHS and ED treatment centre guidance (Southampton))

Breakfast I.e, cereal with milk and a banana/slice of toast with spread

Morning Snack I.e, biscuit or one portion of fruit

Lunch I.e, sandwich or two slices of toast with spread and beans/eggs with a small desert (i.e, fruit or yoghurt)

Afternoon Snack I.e, cereal bar or slice of toast with spread

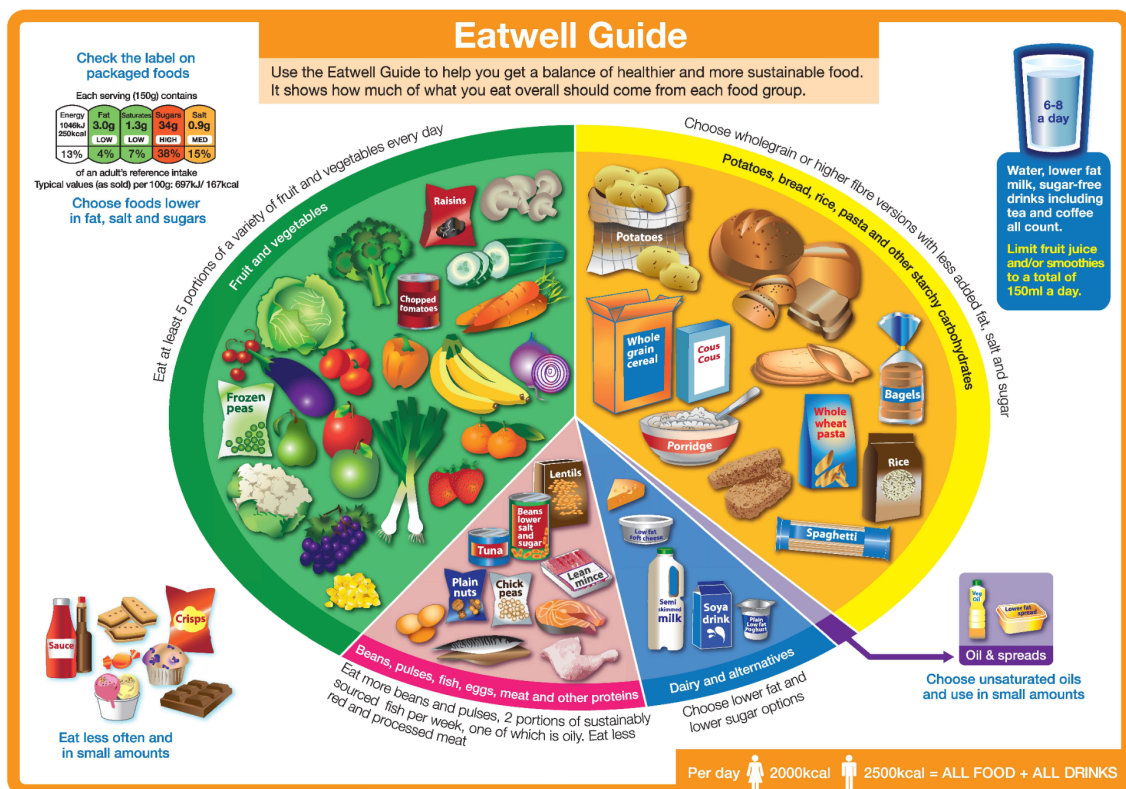
Evening Meal I.e, cooked meal with protein, carbohydrates, vegetables or salad. One small pudding such as fruit and ice cream with a larger dessert twice a week (see example meal plan below)

Evening Snack I.e, hot chocolate made with milk or a packet of crisps or two portions of fruit

+ 6-10 drinks per day

Carbohydrates 1/3	Vegetables 1/3	Protein 1/6	Fats 1/6
<ul style="list-style-type: none"> • Potatoes • Rice • Bread • Pasta • Oats 	<ul style="list-style-type: none"> • Fresh Fruit • Fresh Vegetables i.e, broccoli • Tinned Fruit or Vegetables i.e, tinned tomatoes. • Frozen Vegetables i.e, peas 	<ul style="list-style-type: none"> • Beans and pulses • Eggs • Fish • Meat • Nuts 	<ul style="list-style-type: none"> • Yoghurt • Cheese • Butter • Salad Dressings • Oils

*



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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* The above example is based on the nutrition requirements of the average UK adult. Consult a nutritionist or GP for further advice if you believe you have a medical condition. Calorie counting is not advised.

Exercise in Recovery

Exercise can be tricky to balance when one is recovering from an eating disorder. Often, exercise is used as an unhealthy and compensatory behaviour to manipulate the weight or

shape of ones body. For more advice [click here](#) to read about how to determine when exercise is compulsive or healthy.

Use the plan below to set aside some time to release those endorphins without the activity becoming compulsive.

[illegible]

Keeping Healthy (Mentally)

Daily Practices

Examples include meditating, writing gratitude lists, grounding exercises, mindfulness in nature, prayer, taking medication, calling a sponsor, expressing your thoughts and feelings creatively.

Use the template below to think about what activities would support your day to day mental wellbeing. Try to include them each day to stay well, however remember that these activities should not be a chore. They should be things that you enjoy or at least promote happiness in some form. For example, people aren't always motivated to write a gratitude list, but it promotes happiness in the long term and after the activity.

Activity	Did I complete it?	How did I feel before?	How did I feel afterwards?	Do I find it helpful?

Staying Connected

Whose company do you enjoy? Who is a good influence on your recovery? Try to set aside some time each day or week to check in with the individuals or groups of people that support your recovery. For those in your life who do not always play a healthy role in your recovery, think about how you could limit time spent with them so that your mental health isn't affected.

Remember that healthy conversations which support your recovery don't have to be related to eating disorder's. A lighthearted chat over coffee with a grandparent can be just as beneficial. Set aside some time each day to check in with at least one individual, whether that be via direct message, phone call or in person.

Keeping Safe

Please seek professional support in addition to this resource.

Keeping safe takes into account triggers that may lead to unhealthy behaviour, environments and company that could hinder your wellbeing and precautions that need to be put in place to keep you safe during a mental health crisis or simply day to day.

If you do not identify with any or some of the content mentioned in this section, your eating disorder is still valid and worthy of being treated.

Self Harm

Harmful behaviours manifest in various ways. Examples include excessing alcohol consumption, restricting intake, overeating, superficial marking of the body, severe marking of the body, ingesting harmful substances, self isolation. Self harm is categorised in different ways by many different people. Kind To Mind defines self harm as any act that harms an individual and is carried out in a self destructive nature.

A good way to go around keeping yourself safe in recovery is to identify your triggers. This is often easier said than done, however by noting down thoughts, feelings and behaviours overtime, you may notice patterns and potential triggers.

Kind To Mind has curated a template table below to use in order to note harmful behaviours. However, this resource should not be used solely in order to heal from self harming - please seek professional support.

Day and Time	Where was I? Who was I with? What was I doing?	What happened? Any harmful behaviour?	How did I feel before?	How did I feel afterwards?	Do I notice any trigger or pattern?

Crisis Plan

From time to time, circumstances exceed our ability to rationally cope. It is good to have a plan in place to help deal with crises and deliver you to a healthy place mentally and physically.

Make a list of any self soothing behaviours you are aware of finding helpful. Try the other examples below to see if you benefit from any of them.

- Weighted Blanket
- Darkened Room
- Gentle Music
- Nature Sounds
- Guided Meditation
- Ice or Heat Packs/Vibrating Neck Warmers
- Rocking back and forth
- Humming
- Deep Breathing
- Certain smells or tastes i.e, mindfully chewing a sweet
- Hot bath or shower

In addition to self soothing behaviours, have a list of people or organisations to fall back on. Kind To Mind recommends Samaritans, however other sources of support can be found [here](#).

Put together a day plan or timetable to get through the hardest days.

An example is stated below, however the more personal they are to you, the more effective they are likely to be. Don't make the timetable too rigid, keep it fluid so it is achievable and supportive.

Morning:

Shower and get dressed

Breakfast

Take medication

Self Soothing Activity

Snack

Self Soothing Activity

Afternoon:

Lunch

Self Soothing Activity

Short Walk

Snack

Self Soothing Activity

Evening

Dinner

Self Soothing Activity

Snack

Get Ready For Bed