

Session 7

Worksheet 7.1 Examples: If I 'Fall Off' the Ladder I Could ...

- Meet with someone from my recovery team
- Think about what causes me stress and decide how to alleviate it/who could help me
- Tell someone close to me
- Go for coffee with a friend who knows that I just need some time out of the house but don't want to talk
- Spend some time in the garden
- Invite a friend for dinner
- Talk to my GP/a mental health worker
- Do something I enjoy doing that helps me feel better e.g. listen to music, have a bath, go for a walk, speak to my friend
- Do some exercise
- Look at my recovery ladder and see if there are other ideas that I've missed
- Make a conscious decision to say something kind to myself every hour