

# Recovery Resource 1: Your Story.

Recovering from a mental health crisis is a uniquely personal and ongoing process of regaining a sense of wellbeing and moving on with your life.

- *What brought you here?*
- *How did it start?*
- *What happened?*
- *How did you feel?*
- *Who did you turn to?*
- *What did you do about it?*

*Write your story or discuss it with someone who is involved in your care.*

## Factors that influence recovery:

### Vulnerability:

Some people inherit family genes or biological factors that may make them vulnerable to becoming unwell or developing the same or similar illness as a family member.

### Stress:

Stress is an important factor in whether or not someone with an underlying vulnerability will have a mental health crisis or develop a mental illness. For many people, there is often a specific trigger before becoming unwell. These could be:

- Major life events
- Stressful relationships
- Financial problems
- Lack of social supports
- Substance abuse

*Thinking about your story, Can you see how vulnerability and stress might have contributed to your illness?*

### Actions:

- Taking medication as prescribed
- Gaining an understanding about your illness
- Learning stress management
- Getting support from family and friends
- Exploring psychological treatments
- Increasing social activities
- Undertaking meaningful occupation
- Addressing harmful substance abuse

*What practical actions can you take to aid your recovery?*

## What does recovery mean to you?

The most effective pathway to recovery usually involves a combination of medical, social and psychological supports working to achieve goals specific to each individual.

*What are your hopes and dreams*

## Acting on early warning signs in order to stay well:

Early warning signs are the very first changes that occur when someone is becoming unwell and can be noticed days, weeks or in some cases, months before full symptoms return. Learning to recognise these signs quickly allows you to take action early and prevent further symptoms developing.

*What might some of your early warning signs be?*

## Planning ahead:

It might be helpful for you to develop a “Well and Relaps Prevention Plan” that is tailored specifically to your needs.

It might include:

- Signs that you are doing well
- Things that you can do to stay well
- Identified early warning signs
- Serious signs of being unwell
- Actions to address early warning signs
- Things that you may require others to help you with
- People to contact for help
- Treatments that have worked for you in the past
- A formal “Advance Statement” outlining your treatment
- A legally “Nominated Person” for support

*Write your own plan or discuss it with someone involved in your care.*