

SELF-MANAGEMENT



Self-management is a way of living and working that means people living with long term conditions feel more in control of their own health and wellbeing. Self-management is about people living with long term conditions being in 'the driving seat'. It supports people to live their lives better, on their terms.

"It has been a long and winding road but I now have many tools in my Wellness Toolbox. If one tool doesn't work on any given day I move on to another one."

Lesley-Anne

Top Tips

Some useful top tips to self-management:

- ✓ Be kind to yourself, you are doing the best that you can.
- ✓ Make an effort to do things every day that you enjoy and will lift your mood.
- ✓ Develop a routine and stick to it (even on the days when it is hard).
- ✓ Talk to your GP about your medication and attend regular reviews to make sure you are getting the right care for your individual needs.
- ✓ Find out what is on in your area that you could be involved in – you have lots to give!
- ✓ Learn to recognise negative thinking and believe people when they point out your strengths.
- ✓ Learn 'mindfulness' to stay in control of your thoughts.
- ✓ Stay connected to people through friends, family and social groups.
- ✓ Take care of yourself by sleeping, exercising and eating a healthy diet.
- ✓ Could self-directed support be right for you? Find out more at www.selfdirectedsupportscotland.org.uk



"Exercise is a big part of my own self-management. Even if you only walk 10 minutes per day it can make a major difference to you and your health. Healthy body, healthy mind."

David

How I keep myself well...

You can find a helpful mood tracker at www.get.gg/docs/MoodDiary2.pdf

Why not try self-management Apps



Headspace



Ginsberg



Pacifica



Mindshift



Moodtools



"I use Apps where I can access mental health top tips, mindfulness exercises, meditation exercises and motivational videos to help me stay positive."

Paul

What is peer support?

Peer support is a relationship based on mutual understanding where people with a lived experience of mental health can support each other through their recovery journey.

Opportunities to become a peer volunteer can be found at www.ramh.org

"Being a peer volunteer gave me a new identity and a purpose again. It gave me a lot of self-confidence and it felt really good to be helping others to make the most of life."

John

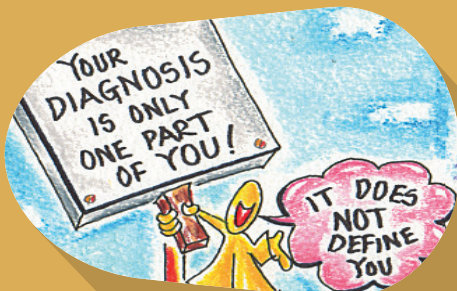
Numbers to help me stay well:

BREATHING SPACE: 0800 83 85 87

NHS 24: 111

SAMARITANS: 116 123

My personal numbers:



For more on self-management visit www.ramh.org