Realising Your Strengths

(adapted from: Scanlan & Manocki / Neurolink 2005)

The key to recovering and staying well lies in what we think and do. You will already have done a number of things that have helped you before and will again help you to recover and stay well.

Examples of these may be:

- keeping yourself busy
- exercising and / or staying active
- taking part in interests or hobbies
- taking prescribed medication

_		
LVA	rcic	$\boldsymbol{\circ}$
Exe	เบเวเ	┖.

Try to think of the things you have done before that have been helpful and write them down in the space below:

Remember that recognising the things you that help you to cope and manage can be very encouraging.

Discussing what it is about these strategies that actually helps you with a family member, friend, or with your named nurse / care coordinator can be helpful.

If you have concerns about bothering or burdening these people, and are worried that they might be annoyed, think about how you would feel if someone close to you needed to talk.