

### **Mary Lumley –Relapse Prevention Plan**

Since my stroke I have been depressed and have struggled to see some of the progress I made. Although I have improved I need to work at maintaining my health and wellbeing.

#### **Four things I should do each day to maintain my health:**

1. Being as active as possible – e.g., going out for a half hour walk every day
2. Spend at least half an hour each day doing something pleasurable (e.g., spending time in the garden tending to pot plants, meeting with a friend)
3. Taking regular breaks in my activities (5 minute break every 45 minutes) to rest and recharge my batteries
4. Eating a proper meal with my husband

#### **What are my triggers:**

1. Feeling overly tired
2. Being faced with situations I used to be able to do and not doing as well as before – e.g., taking longer to write a letter, trying to deal with our finances
3. Experiencing failure in tasks (generally when I rush into a situation without thinking through how to complete all the necessary steps)
4. Being in busy noisy environments and struggling to keep up with group conversation

#### **What are the signs that I might be starting to feel depressed:**

1. Starting to avoid activities
2. Feeling tired and spending longer in bed
3. Not wanting to eat and finding it harder to switch off at night time
4. Spending large periods each day thinking “why has this happened to me”
5. Thinking that I am a failure for not doing as well as before and feeling like a burden

#### **What to do if I notice any of these symptoms:**

1. Talk to my family about how I am feeling
2. Reduce stressful activities, let others help out for a bit
3. Schedule in more rest or relaxation time before doing challenging situations
4. Try to do as many of my pleasant activities as possible but for shorter periods of time for a couple of weeks and then increase them
5. Review the progress that I have made since my stroke

#### **If the above doesn't help then who can I contact to discuss further options:**

1. GP – tel: 012345 876 5678
2. Paula (Stroke Nurse): tel: 012345 888 888