

## How To Use Self-Help Leaflets

### Helping yourself

No two people are affected by mental health problems in exactly the same way. These leaflets are intended to help you find out as much as possible about your particular problems and what you can do to help yourself.

Here are some suggestions to help you make the most of these leaflets and the help you get from your guide.



### Things to note...

1. Read the leaflet as many times as you need to in order to understand the information it contains. Talk to your guide if there is anything at all in the leaflet that you do not understand or do not agree with.
2. Find a quiet time and place to read the leaflet. If you feel guilty or anxious about taking time for yourself, remind yourself that often the best way to help other people in your busy life is by taking care of your own needs as well as theirs.
3. Try to do any exercises suggested in the leaflet. Don't worry about doing them 'right' or 'wrong' — any effort you make is better than no effort at all. Your guide will not judge or criticise you, instead they will try to help you learn as much as possible from any changes that you make.
4. Keep notes or a diary to help you remember what you have done, to record any successes and to learn from any setbacks. Writing your problems down can make them easier to tackle and to share with your guide. Your notes will also be a record that you can use in the future if you face any similar problems.
5. Make changes gradually. You may be impatient to get better, but trying to do too much can lead to setbacks that will slow your progress. Small changes are easier to manage and every little success will help to build your confidence. Don't worry about getting to the top of the mountain, instead concentrate on the path just ahead and stop frequently to appreciate the changing views.
6. Give yourself praise for your achievements, however small, rather than criticism for your setbacks, however large.
7. **DON'T GIVE UP!** You may be trying to change habits of thinking and behaviour that have been part of your life for many years and changing these habits can take a very long time. No one else can do this work for you, so keep on trying and accept all the help and support that your guide, and anyone else you can get involved, offer you.