**When things are going well**

Write down the things you need to happen for you to feel you are coping.

e.g.

* I have support from friends and family
* My child’s school is very helpful

**Things that help me cope**

Write down the things you already do that help you cope better as a parent carer

e.g.

* Making time to chat to other carers
* Spending quality time with other family members
* Having me time – going for a walk or having a bath

**Situations that can me feel stressed or overwhelmed**

Write down some examples of times you find it hard to cope as a parent carer, and any previous actions you have taken that have helped.

e.g.

* I don’t feel like professionals are helping me to cope

*I can try:* making a list of things to discuss before my next appointment

* I am very tired and not getting any sleep

*I can try:* seeing if my mum can look after the kids for a night so I can get a good night’s sleep.

**How I can tell when things are getting too much**

Think about how your behavior and habits change when you are finding things hard.

e.g.

* I cant sleep
* I get headaches
* I feel angry at everyone and everything

**Within 48 hours I will take the following first step:**

**Date:**

**ACTION PLAN**

**What are you going to do?**

**Describe** it as fully and as specifically as you can

**Why are you going to do it?**

**Include:** What’s it for? How will it improve things?

**What I can do when things are getting too much**

Write down things that have helped you feel better when you have previously felt overwhelmed, or ideas of what you could do when problems arise

e.g.

* Let someone who is supportive know that I am struggling
* Work out what things need to get done and what can wait until I feel better
* Ask a friend or family member for help