

# How to use this Workbook

## Introduction

**This workbook is designed as a resource for those who have personal experience of mental health problems and those who support them, as family members, friends, 'official' supporters or teams.**

This workbook fundamentally communicates an unwavering message of hope, as it does not exclude any individual or group of individuals in its message.

**Recovery, Well-being, spirituality, Social Inclusion and acceptance is everybody's business.**

This workbook is not an academically based document. Its purpose is to challenge thinking and support the development of creative thinking and doing, drawing on the reader's own personal and professional experience. It will provide contributions from those who have experience in their fields as a means of stimulating thought.

The main intention is for the reader to begin to draw on their own personal resources, experiences and intuitions, to develop their own unique journey forward individually or as a member of a team.

Each chapter will include contributions from individuals who support the Whole Life Approach, either in the work they do, projects they deliver, or at a personal 'lived' level. Their contributions will highlight 'what helps' from their perspective.

A number of exercises and resource pages have been included throughout the workbook and, more specifically, within the Resources chapter. These have been designed to be easy to photocopy and used as handouts.

The workbook is supported by the Whole Life Website (where all cited resources and PowerPoint slides are available to download), CD and DVD.

The Whole Life DVD is a 23-minute resource that includes footage of members of the public, service users, carers, mental health workers and senior managers from the South West and Eastern Regions. The DVD explores what is meant by a 'Whole Life Approach' and some of the underpinning concepts, values and principles by exploring 'what helps' in order to change the thinking, change the practice and change the system.

The DVD can be used as an additional resource to complement the workbook and other Whole Life merchandise and can be accessed via the website.

This workbook was developed following requests for additional resources to support clinicians in their work, in giving presentations to teams in their sites and to offer to users and carers a means of further articulating and developing, what is meant by a 'Whole Life Approach'.

For further information and supportive resources, please visit:

**[www.wholelife.org.uk](http://www.wholelife.org.uk)**  
**[www.well-beingeast.co.uk](http://www.well-beingeast.co.uk)**