

MAP example 1

1. What would you like to achieve?

Eat a bit healthier.

What do you need to do to achieve this?

Eat more fruit while at work rather than my usual cake, crisp and chocolates.

2. Action plan (develop a specific plan below)

When

When I am working- usual working days Monday to Friday 9-5. Usually snack at 2 and 4pm.

Where

In office.

How often

Will aim to switch out for fruit every day apart from Thursday as that is always a tough and long day.

How long

Keep going until I notice a difference in generally feeling better.

Who with

Will ask my colleagues to support me and try not to bring in cake and chocolate into the office or near me.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

If: I feel I need the chocolate to keep me going for the rest of the day

If: It is someone's birthday and cake is brought into the office.

Then (solution)

Then: I will try my piece of fruit first to see if that helps

Then: I will ask my colleagues to be mindful of me trying to make changes and can maybe have a smaller biscuit instead until I'm comfortable.

4. Self-monitoring (keep a record of your progress)

Monitor my own feelings.

Monitor on my app my weight.

Review goals (review if the plan is effective or needs monitoring)

See if I am feeling a bit healthier, and losing any weight.

MAP example 2

1. What would you like to achieve?

To be able to relax at night after a shift in ICU.

What do you need to do to achieve this?

Practise using progressive muscle relaxation exercises to help ease tense muscles and help me feel calm.

2. Action plan (develop a specific plan below)

When	7.30pm every night.
Where	In the living room – will sit in the armchair; play from app on phone.
How often	Every night.
How long	20 minutes.
Who with	Will ask kids to do it with me.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

If: I don't have time.

If: I think I will forget.

If: other people ask me to do things when I'm meant to be relaxing.

If: I am tempted to skip it and drink wine instead.

Then (solution)

Then: I will do it before going to bed.

Then: I will set a reminder on my phone.

Then: I will 'officially' book time out on the calendar so everyone knows not to ask.

Then: I will move the wine out to the shed.

4. Self-monitoring (keep a record of your progress)

Use fitness tracker to record each time I practise.

Note in diary tension levels in muscles.

Review goals (review if the plan is effective or needs monitoring)

If it's effective, I will feel more relaxed and have less tension.

MAP example 3

1. What would you like to achieve?

To feel less worried and on edge all the time.

What do you need to do to achieve this?

Limit myself to checking social media and news websites on my phone twice a day.

Limit news programmes I watch on the TV to once a day.

2. Action plan (develop a specific plan below)

When

Phone – at 10am and at 2pm.
TV – watch early evening news only.

Where

Phone – in break-out room at t-break.
TV – at home in living room.

How often

Every day for 3 days.

How long

Phone – 10 minutes only.
TV – watch one news programme only.

Who with

Phone – ask friends & family to point out if they see me using my phone.
TV – agree with the family what news programme we will watch.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

If: I get the urge to look at the news or twitter on my phone.

If: I find myself clicking on notifications from social media which leads me to worrying news information.

Then (solution)

Then: I will play a game on my phone instead.

Then: I will switch off all notifications (& not just put them on silent).

4.

Self-monitoring (keep a record of your progress)

Keep a tally of the number of times I check my phone; same for how often I watch news on the TV.

Review goals (review if the plan is effective or needs monitoring)

Review after 3 days – modify if not sticking to plan

MAP example 4

1. What would you like to achieve?

Support well being of staff – Open lines of communication & be more available.

What do you need to do to achieve this?

Safety huddles for each ward & 1 for whole service.

Do TURAS Psychological First Aid module.

2. Action plan (develop a specific plan below)

When

Huddles – All staff 7am, ward 1- 9am, ward 2 10:15am.
eLearning – psychological first aid. Wednesday @ 4pm

Where

Huddles – On wards, in office, ward staff rooms.
eLearning – in office.

How often

Huddles – At least twice a day, but more often at times of high capacity.
eLearning – do at least once.

How long

Huddles – 15 minute huddles
Ongoing until peak is over then can review.

Who with

Huddles & eLearning – Myself and my colleagues in managerial positions.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

If: I am feeling anxious.

If: I am worried staff may ask me about resources.

If: I don't know what to say to someone.

Then (solution)

Then: I will Use breathing techniques before I go into the ward.

Then: I will be honest about resources, share accurate information & keep them updated.

Then: I will rehearse approaches from the module until I'm comfortable.

4. Self-monitoring (keep a record of your progress)

Monitor staff wellbeing through systems & measures.

Monitor my own feelings.

Review goals (review if the plan is effective or needs monitoring)

Staff will feel supported – ask them if they think it's working.

I will feel less stressed and worried.

