



Talking Therapies

Workbook...

LTC No.2

Values and goal setting

A self help guide for those living with a long-term health condition



0300 365 2000



Contents of this booklet

<input type="checkbox"/> Introduction	3
<input type="checkbox"/> What matters to me.....	4
<input type="checkbox"/> Setting goals.....	7
<input type="checkbox"/> Notes.....	9
<input type="checkbox"/> Further resources.....	10
<input type="checkbox"/> Useful contacts.....	11



Work through the above contents and tick once completed.



Introduction to living with a **long-term health condition**

Living with a long-term physical health condition, or persistent physical symptoms such as bodily discomfort, can bring challenges which affect many areas of your life on a day-to-day basis. These may include family relationships, your ability to work or study, your living arrangements, and your finances.

Not everyone living with a long-term physical health condition will have the same experience, but many people living with health conditions say that they struggle to manage.

Some people may find that they only have to make small adjustments in order to live with the health problem, while others may feel that they need to make more changes to everyday life..

This booklet will help you to think about whether there are any areas of your life which are not as you would like them to be, and whether there are steps you can take towards improving them.



What matters to me

We all have things we care deeply about or that are important to us. These things can be different for everybody, and they can also shift over time depending on our circumstances and perspectives of the world.

What's important for you could be your relationships (wanting to be a good parent or partner), your health (being physically fit) or your personal growth (being hard-working or acting with kindness).

Life areas

- **Mind, Body and Spirituality** – Includes physical and mental health and wellbeing, as well as religion and/or spirituality.
- **Relationships** – can include family, friendships, as well as intimate relationships.
- **Daily responsibilities** – Refers to your obligations and responsibility to others and your belongings.
- **Pleasure, recreation and interests.**
- **Work, career, education and learning**



What **matters** to me

Values are what we find important and meaningful in our lives. They might change over time, but overall, are about how you want to behave and act. These are different for everybody.

Sometimes, things that we do to cope with or manage our condition do not lead us in the direction of what is important to us and sometimes might even lead us away. Not living in line with the things that are important to us can have a negative impact on our wellbeing; we might feel low in mood, frustrated, or our physical health might suffer.

Leaving aside any obstacles for the time being, think about what is important to you in each of these four domains.

For each domain, write a quick summary of your values, for example “to live a healthy life and take care of my body” (physical wellbeing), or “to be a good friend to people who need me, and to enjoy my time with the people I love” (relationships).



What matters to me

Recreation and leisure

e.g. doing activities that are pleasurable for me, helping those who are less fortunate

Family and relationships

e.g. being a loving spouse, being a supportive friend

Work, education and learning

e.g. being knowledgeable about current affairs, increasing my skill set at work

Physical and mental wellbeing

e.g. living a spiritual life, taking time to “check in” with my mental health

Setting goals

Being more aware of what is important to you may help you to live a more meaningful life. Setting goals will help you to focus on what you need or would like to work towards, and to give yourself a sense of achievement when you accomplish what you have been aiming for.

Take a look at the template on the next page to help you set out goals for three areas of your life that are important to you.

When thinking about setting yourself some goals, there are some important things to remember:

Think of goals in three levels:

- Short-term goals: What you would like to achieve within the next 1-2 weeks.
- Medium-term goals: What would you like to achieve within the next 1-2 months
- Long-term goals: What would you like to achieve in the future

What are your treatment goals?

When planning your treatment goals, it is important to make sure they are **SMART**.

- **S**pecific – What, when, where, with who?
- **M**easurable – How will you know you have completed this activity?
- **A**chievable – Do you have everything you need to achieve this?
- **R**ealistic – Is it realistic?
- **T**ime-focused – What time, what day, for how long?



It might be that through doing this work you have realised some other goals that you would like to work on. You can come back to this page and add more goals as you identify them.



Setting goals

EXAMPLE

Being fit and healthy

is important to me

Short term goal (1-2 weeks)

Contact a friend to go for walks with me within the next 2 weeks

Medium term goal (1-2 months)

Start regular walks with my friend, for 15 minutes, every Tuesday

Long-term goal (6-12 months plus)

Do exercise 3x per week, for at least 20 minutes on each occasion. (check with doctor if changing activity levels, stay within your energy and comfort levels)

is important to me

Short term goal

Medium term goal

Long-term goal

is important to me

Short term goal

Medium term goal

Long-term goal

is important to me

Short term goal

Medium term goal

Long-term goal

Notes

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Further resources



Workbooks

Centre for Clinical Interventions (CCI) - <https://www.cci.health.wa.gov.au/>

A range of detailed resources and PDF workbooks available to download for free focusing on a range of depression and anxiety related difficulties.

Northumberland, Tyne and Wear NHS – <https://web.ntw.nhs.uk/selfhelp/>

Self-help guides free to download by PDF and print on a range of difficulties including anxiety and depression.

Smartphone apps (found on Apple and Google Play store)

WRAP – Wellness recovery action app

Mood Tools – Depression aid

Fear Tools – Anxiety kit

Insight Timer – Meditation app

Websites

Mind – <https://www.mind.org.uk/>

Mental Health Foundation - <https://www.mentalhealth.org.uk/>

NHS - <https://www.nhs.uk/mental-health/>

Useful contacts...



Talking Therapies:

0300 365 2000

(Open 8am to 8pm Monday to Thursday
8am to 5pm Friday)

Email:

talkingtherapies@berkshire.nhs.uk

Other contacts:

Berkshire Crisis Team:

0800 129 9999

(24 hours, specialist service for
immediate mental health crisis)

Samaritans:

116 123

(24 hours, confidential listening service)

NHS Direct / out of hours:

111

(24 hours, physical and mental
health concerns)

In an emergency always call 999

