



Psychosis Workbook

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What is it?

“Psychosis is when you experience reality very differently to those around you. This can be through seeing, hearing, feeling or understanding things differently. It’s a range of experiences rather than a mental health diagnosis itself..You might experience it once or have short episodes throughout your life. Or you might live with it most of the time.”

(Mind UK)

The 5 Stages of Psychosis

1. The prodrome stage lasts up to 2 years with mild symptoms present.
2. The acute stage is roughly 1 to 2 years long with intense symptoms.
3. Early recovery lasts 2 to 4 months with reduced positive symptoms.
4. Late recovery can last between 1 and 2 years with mostly negative symptoms present but with occasional flare-ups of positive symptoms.
5. For some people, psychosis is something that they experience throughout their whole life - this is called incomplete recovery and usually leads to a diagnosis of a psychotic disorder, such as brief psychosis or schizophrenia.

It is important to remember that everyone’s experience is individual and unique – just because someone else has a certain symptom, it doesn’t mean you need to have that symptom.

Symptoms

Common Symptoms

- changing in how you respond to external stimuli (sights, movements, temperatures, sounds, etc.)
- erratic behaviour
- impulsive behaviour
- quick and intense mood swings
- easily frustrated

Positive Symptoms

Symptoms of psychosis are classed as 'positive' or 'negative'.

Positive symptoms are symptoms that change, or add to, your views and behaviours – like delusions, hallucinations and disorganised thoughts and behaviour.

Negative Symptoms

Negative symptoms are symptoms that involve less ability to function normally. An easy way to remember the negative symptoms is by thinking of them as 'the 5 A's of psychosis'.

The 5 A's of Psychosis

1. Affective flattening – lack of facial expression, avoiding eye contact, lack of body language, monotone speech
2. Alogia – quiet speech, short answers, only speaking when spoken to
3. Anhedonia – lack of pleasure or interest in activities
4. Asociality – lack of interest in socialising with others
5. Avolition – severe lack of motivation

Causes

There are many things that can cause psychosis or psychotic symptoms, both physical and mental factors. It can also be genetic, like some physical and mental conditions being passed down through family.

Physical causes include

- infections
- dementia
- cancer
- head injury
- substance use
- substance withdrawal

Mental causes include

- severe depression
- bipolar disorder
- schizophrenia
- personality disorders
- brief psychosis disorder

Treatment

Effective ways of treating psychosis are therapy, education and healthy coping mechanisms, such as grounding techniques and breathing exercises.

The more knowledge and understanding you have of psychosis, the easier it can be to recognise and challenge your symptoms. This is why education is so important in treating psychosis.

Types of Therapy

Cognitive Behaviour Therapy (CBT) teaches you how to build healthy coping mechanisms and change negative thought patterns.

Dialectical Behaviour Therapy (DBT) is a different talking therapy that focuses on understanding and managing intense emotions and changing self-destructiveness.

Coping Mechanisms

Grounding techniques can work really well for getting through hallucination and detachment. Try naming something you can see, hear, feel, taste and smell. Think about your senses and the things around you.

Breathing techniques are good for getting your breathing back under control, including during panic attacks. One method to try is box breathing - breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds.

How does psychosis affect you?

The symptoms I struggle with the most are...

Things that trigger my psychosis are...

My psychosis affects my...

Things that help me when I'm psychotic are...

Triggers

My anxiety is triggered by...

My depression is triggered by...

My anger is triggered by...

My hallucinations are triggered by...

My withdrawal is triggered by...

Boundaries

Personal boundaries are what keep us physically and mentally safe. Setting healthy boundaries can help you build better relationships with the people around you.

What makes me feel disrespected/violated/threatened?

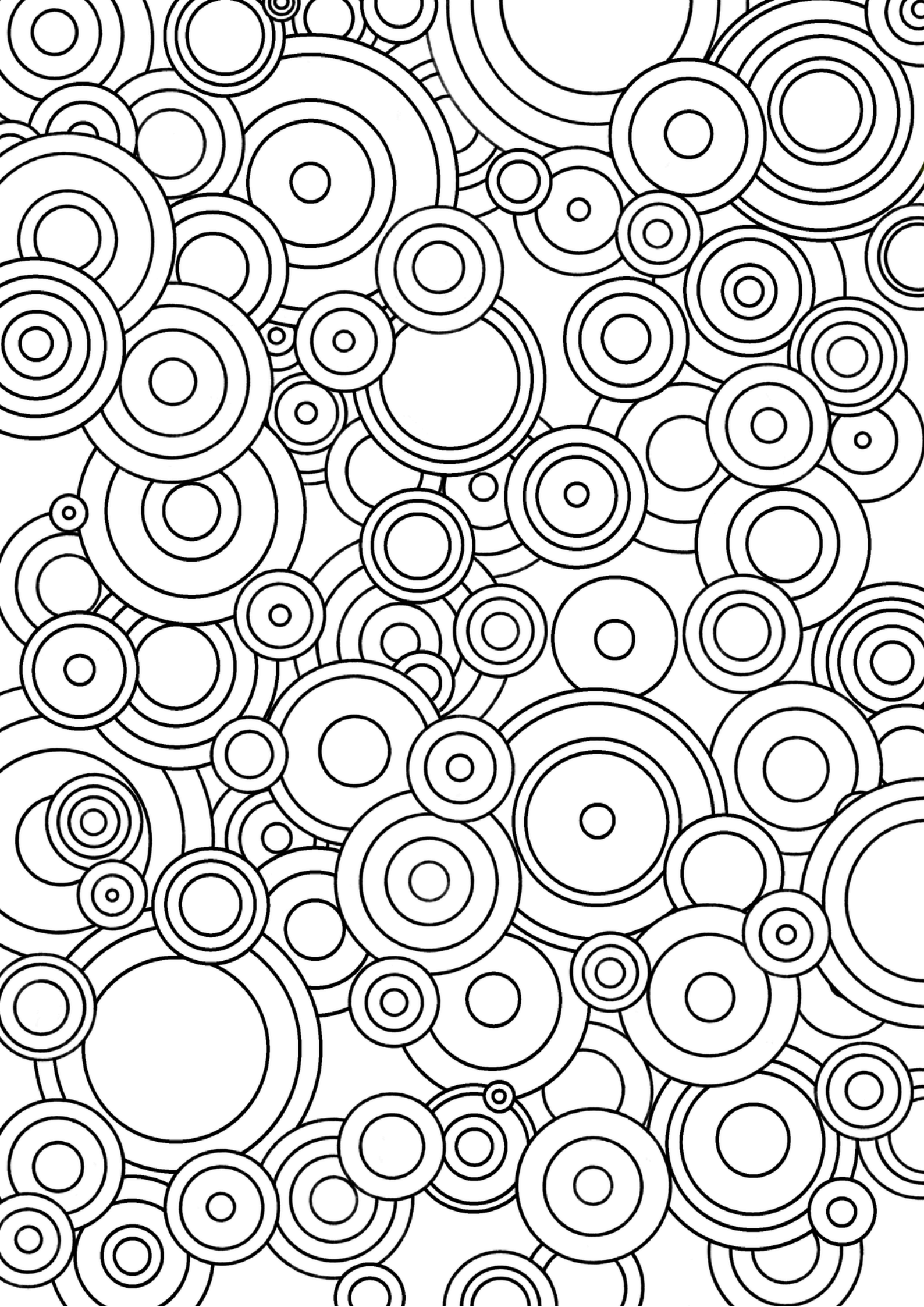
What can I do to avoid these feelings?

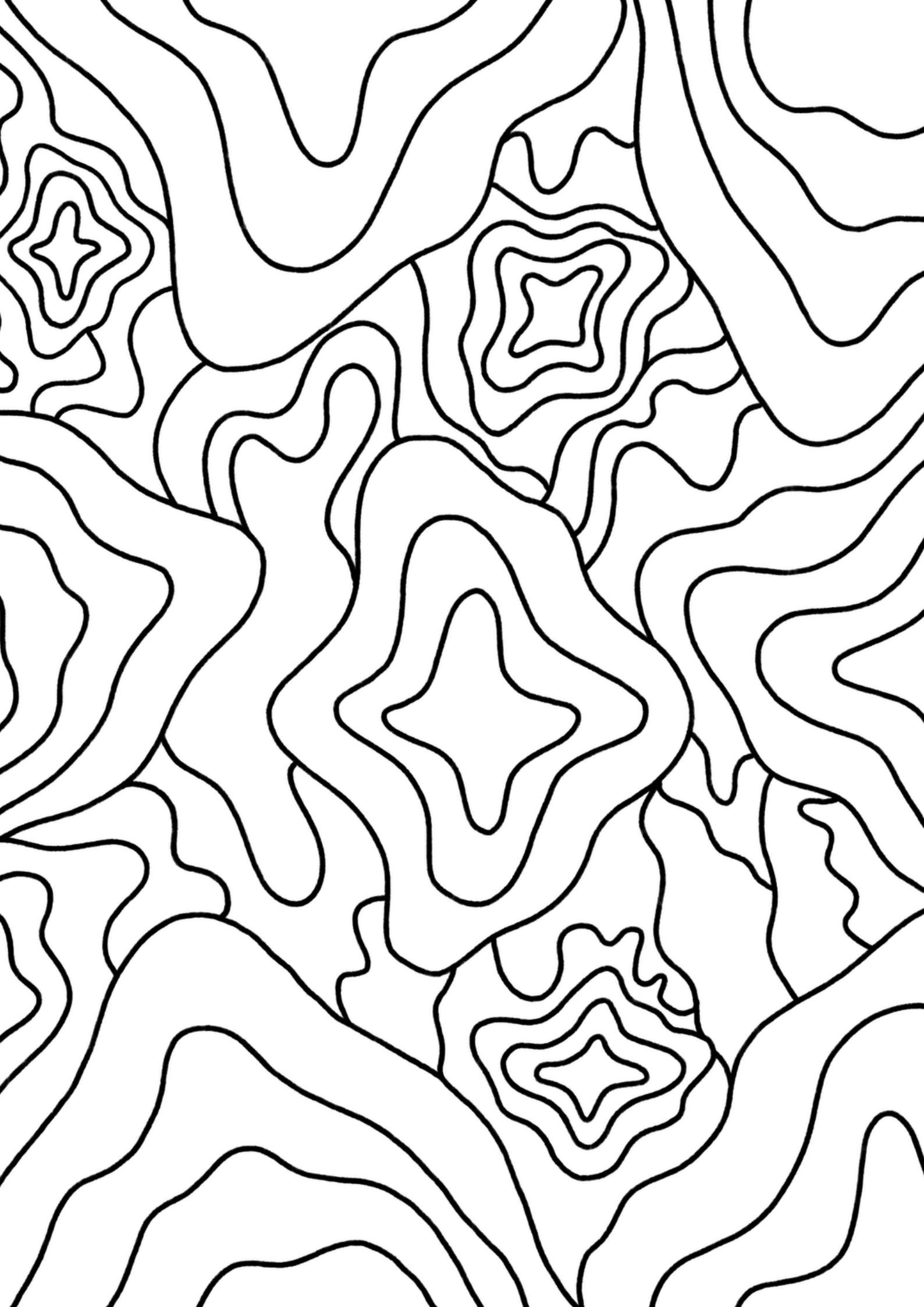
What can I do to protect myself if my boundaries are ignored?

Reality Testing

If you need to test the reality around you, ask yourself these questions, or get someone else to ask them.

- “What am I feeling?”
- “What is the evidence for and against this thought?”
- “Is this thought fact or feeling?”
- “What would I say to a friend in the same situation?”
- “Is this thought helping or hurting me?”
- “Is anyone else reacting to what I’m seeing/hearing/smelling?”





Crisis Plan

If I am in crisis, please...

If I am in crisis, please don't...

Safe People

<i>name</i>	<i>relation</i>	<i>contact</i>

Signs I may not be okay

-
-
-
-

Distractions

-
-
-
-
-

Medications

Use this space to make a list of any medications you take and how you need to take them

<i>medication</i>	<i>how much and when</i>

Helplines

UK

Childline

0800 1111 (24/7)

www.childline.org.uk

Papyrus

0300 102 2470 (24/7)

Text HOPE to 88247

www.papyrus-uk.org

pat@papyrus-org.uk

Netherlands

MIND Hulplijn

0900 1450 (9AM - 9PM, Mon - Fri)

www.mindhulplijn.nl

In Je Bol

0800 0450 (2PM - 10PM)

www.injebol.nl

Nigeria

SURPIN

08000 787746

www.surpinng.com

MANI

0800 800 2000 (24/7)

www.mentallyaware.org

info@mentallyaware.org

Singapore

National Mindline

1771 (24/7)

www.mindline.sg

Silver Ribbon

65 6386 1928 (9AM - 5PM, Mon - Fri)

www.silverribbonsingapore.com

info@silverribbonsingapore.com

The background features a large, abstract graphic composed of several overlapping, wavy, horizontal bands of yellow and light yellow, creating a sense of movement and depth. The word "Doodles" is written in a bright yellow, bold, cursive font, positioned in the upper left quadrant of the page.

Doodles