

You can contact us at Esteem from Monday to Friday between 9am – 5pm

At other times you can obtain advice by phoning:

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Tel: 0141 630 4940

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Ideas for Coping with Psychosis



What Can Help with Psychosis?

Everyone's experiences of psychosis are different so not all of these ideas may be useful to you. You could try out some of these ideas as other people have found them helpful.

Hearing Voices

Distraction

Some people are able to get control over their voices by distracting themselves by:

- Humming
- Listening to music
- Talking to or contacting a friend
- Playing computer games or using your phone
- Doing everyday things around the house
- Seeing friends

Responding to Voices

- Sometimes if you talk to the voices, they will go away. You can talk into your phone when speaking to the voices to avoid bringing attention to yourself
- Imagine turning down the volume on the voices, like you would on the TV
- Keep a note of when the voices speak to you and what they say to see if there are important to you

Learning to Relax

- Feeling worried can make the voices worse, so learning to de-stress can help
- Learn breathing and relaxation exercises
- Imagine letting go of any worries you may have, rather than letting them build up
- Talk to the people around you about your worries, including your key-worker

Motivation

Psychosis can make people worn out. Sometimes you might find it hard to motivate yourself or keep going with everyday stuff. You might feel more tired and less interested in things.

Try Not to Overdo It

Feeling more able to cope varies from person to person and can take a while. Do not push yourself too hard or expect too much too soon.

Find a Routine

Everyone needs a reason to get up in the morning so set your alarm. Plan one activity you enjoy and one which gives you satisfaction every day. Try to stick to your plan even if you don't feel like it at times.

Write down all the things you like doing and people you like to see, and come up with a plan to start doing things and seeing people at your own pace.

If you build up to things at your own pace, over time you'll be able to do more and more. Your family, friends or your key-worker can help you make a plan for this.

Upsetting Ideas or Beliefs

Keep calm

Even though you may think or feel something is real, it may not be. Very often things we believe strongly can turn out to be wrong, so try to remind yourself of this.

Keep busy

When you're busy playing a sport, doing a bit of work, doing the shopping or hanging out with friends, the ideas can feel less upsetting or important.

Keep safe

Try not to act on your beliefs even if you have a very strong urge to, as this can keep your worries going. Talk to someone you trust and check it out what you think you can try instead – a family member, a friend or Esteem worker.

Looking After Yourself

Taking time to look after yourself is an important part of recovery.

Think about:

- Eating regularly
- Getting enough sleep
- Doing some exercise a couple of times a week
- Keeping in touch with people who make you feel good about yourself
- Avoiding too much alcohol or caffeine, including energy drinks
- Avoiding non-prescribed drugs