



This crisis plan to prevent psychosis contains elements of my previous crisis plan. The idea of a crisis plan is not mine. I made it in the hospital De Rembrandthof, with help from my caregiver. The general elements of a crisis plan are: the phases, the actions of oneself, and the actions of others.

### ***Phase 0: Balance (everything is OK)***

Signals:

- I am feeling fine. I take care of my son every other week, and work for my peace organization and help people in a mental crisis at the hospital.
- I talk with Christ every now and then
- No pain in the muscles in my back, my head is quiet
- I dare to be open to my family about what I am thinking
- I sleep enough
- I go outside every day

Actions of myself:

- Keep it this way, jogging regularly
- Take it easy, have enough breaks, don't work too long, etc.

Actions of others:

- None

### ***Phase 1: Balance is disturbed***

Signals:

- Don't sleep well
- Worry a lot

Actions of myself:

- Take it easy. Go outside, walking chat with friend.
- Don't work too long
- Listen to myself, go outside when I feel I need to
- Cancel appointments when I feel too busy

- Don't make too many phone calls
- Talk with my sister

Actions of others:

- Ask me if I don't think that I am too busy
- Be gentle, talk with me

### ***Phase 2: Increased stress***

Signals:

- Don't sleep at night
- Having the idea that the secret service is spying on me
- Physical complaints: vomiting, feeling busy, can't be on the phone, pain in my back muscles and neck muscles
- 'Ghosts' entering my body and spirit
- Very suspicious
- Find it hard to put things into perspective
- Mind is very busy
- Forget to eat and drink
- Focusing too much on one thing
- Feeling that 'I have to'
- Find it hard to lead a normal and daily life
- Feelings are a rollercoaster, sometimes hard to feel touched, sometimes very sad

Actions of myself:

- Go out for a walk
- Chat with friend
- Get away from computer
- Sleeping medication if necessary
- Discuss if I need a higher dose of antipsychotics
- Check if I dare to speak to my sister on the phone
- Realize that she may be more aware than I am, how I am doing

Actions of others

- Talk with me, be with me
- Ask me questions in a gentle way, so that I can see if the theory I have in my head works
- Tell me to call the GP or mental hospital

### ***Phase 3: Crisis / psychosis***

Signals:

- Vomiting, can't sleep
- Being in my head all the time, can't concentrate in conversations
- The idea that the Dutch secret service is spying on me; the feeling that I am being tested all the time, that there are cameras in the house
- That news is meant for me, has a message; not trusting the people I love

- Talking to the answering machine in my phone to tell the secret service not to spy on me

Actions of myself:

- Contact the GP / psychiatrist
- Walk outside
- Discuss a higher dose of antipsychotics

Actions of others:

- Discuss if I need to be hospitalized

For nurses and doctors:

- Please show that you care about me and mention that my stay in hospital is only for a while
- Talk with me. Like a nurse did when I thought I caused the terrorist attacks in Nice. The nurse asked me why I thought I was responsible for it. We talked about it for three quarters of an hour. Then we walked outside. I felt better.
- This means ask questions, thereby reinforcing ‘sound thoughts.’

### ***Notes:***

- The phases are not always sequential. Sometimes things can change rapidly. The most important thing is that you learn to take care of yourself. Feel how you feel and adjust to that.
- This blog is published in Dutch on [www.psychosisnet.nl](http://www.psychosisnet.nl).
- <https://www.psychosenet.nl/signaleringsplan-om-psychose-te-voorkomen/>
- The image is illustrated by Suzan Masereeuw