MYLIFE TOOL

A tool to help people with long-term conditions live life as well as possible...

...created by people like you

SCRAPBOOK

USING THIS SCRAPBOOK

This scrapbook is a space for you to capture your thoughts, feelings and experiences.

You can work on this scrapbook as little or as often as you like but we recommend coming back to it at least once a week. It is a chance for you to sit down and take stock of what has been going on for you.

It can be used as a space for you to do something creative, fun, calming or whatever you want. You might even try out new things.

You can include anything you like. Things like... poems, drawings, photographs, paintings, scribbles, collages, stories, images from magazines... the list is endless. You might like to use it like a diary.

If you like to create things, like crafts, woodwork, cookery or music, why not take a photo of what you have created and add that to your scrapbook.

MYLIFE TOOL

Developed by

Teesside University

NEURO KEY
An Alliance supporting people with neurological conditions

Meaning & Purpose
Living with
Long-Term Conditions

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www.mylifetool.co.uk