



me +

Guiding the way to confident living
with intermittent catheterisation

Continence Care Emotional Wellbeing Workbook Module 10

This workbook has been designed to accompany the wellbeing modules, providing you with a space to reflect and follow along with the guided exercises.



Welcome

We're delighted that you've taken this important step in navigating the journey of becoming an intermittent catheter user. At this moment, you may have a range of feelings about this, and we're here to support you in exploring them.

We recommend working through each module over at least one week, possibly two or more if you need to. Each module contains guided exercises to complete in your workbook alongside the videos.

To get the most out of the programme, use the resources available and do the home practice.

While the modules are designed to be sequential, you can skip ahead to address specific needs. If you skip ahead, remember to return to the earlier modules later to get the full benefit.

Wellbeing modules

- 1 Getting familiar with catheterisation
- 2 Common fears & reducing pain
- 3 Enhancing life with catheterising
- 4 Socialising & social context
- 5 Movement & catheterising
- 6 Intimacy
- 7 Facing your feelings
- 8 Negative thoughts & your relationship with yourself
- 9 Building confidence in yourself
- 10 Who are you now and where are you going?

Ready, let's continue

Daily pixel tracker

It can be helpful alongside the module reflections to recognise how you are feeling daily to track changes as you move through the programme.

Simply click the emotion that represents your current mood.

There are some suggestions below but feel free to add some additional emotions in the spare boxes.

	Terrified	Anxious	Frustrated	Unsure	Ok	Relieved			
Week 1	Mon								
	Tues								
	Wed								
	Thurs								
	Fri								
	Sat								
	Sun								
Week 2	Mon								
	Tues								
	Wed								
	Thurs								
	Fri								
	Sat								
	Sun								

10

Who are you now and where are you going?

You've reached the final module of the programme, but the journey doesn't end here. You've been exploring big things and making crucial shifts and changes. Just like any habit change, it requires ongoing effort and practice. Remember, there is no "back to square one." It's all about continuous learning and evolving.

In this module, we'll take time to reflect on the journey so far and create a plan to maintain the progress you've achieved.

Before we get started, please fill in your pixel tracker on page 2.



Let's reflect

Use the space below to answer the questions and reflect on your progress this far.

1 What changes have you made since doing this programme?

2 What positive changes have you experienced as a result?

3 What has felt good?

4 What have you built confidence in?

5 What does this mean to your life?

6 What have the challenges been?

In the past 9 modules you've learnt a lot of new information and strategies. We'll recap these on-screen.

Click through the modules on-screen to recap what you've learnt. Then think about your biggest takeaway and how you can apply these in the future.

Module	Your biggest takeaway	How can you use these strategies to help with the challenges you've identified above?
1. Getting familiar with catheterisation		
2. Common fears & reducing pain		
3. Enhancing life with catheterising		
4. Socialising & social context		
5. Movement & catheterising		
6. Intimacy		
7. Facing your feelings		
8. Negative thoughts & your relationship with yourself		
9. Building confidence in yourself		

Let's review the values you identified at the beginning of the programme

In module 1, you identified specific values or directions and then rated out of 10 how important it was to you and how close you felt you were to it.

We are going to revisit this exercise. In the table below please fill in your answers from module 1 and re-rate how close you feel to it now after completing all the modules.

1	2	3
Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Family	e.g., to be a present and caring family member	8 / 3
		/
		/
Social connection	e.g., to see my friends and have good conversations	/
		/
Professional/ Job/ Work	e.g., to get pride out of my work	/
		/

Where are you on your journey? continued...

Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Personal growth	e.g., to feel open to new experiences	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>
Fun/Pleasure	e.g., to have some kind of fun every day	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>
Health/ Physical wellbeing	e.g., to take care of my body	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>
Spirituality/ Community/ Environment	e.g., to get out in nature regularly	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>

After filling in the table, please compare your current ratings with the answers you gave in module 1 and answer the questions below.

In what areas have you become more aligned with your values?

Would you like to make any updates to the values you set out at the beginning?



Going forwards

Now let's set some goals for the future. Think about all the changes you've made so far, and get as specific as possible about the actions you want to continue or add to your routine. Focus on what aligns with your values and feels easier to do based on the progress you've made.

Fill in the table below with as many actions as you like.

Valued area	Specific valued actions or directions. Write as many as you would like	Day to day actions to meet these values
Family	e.g. To be a present and caring family member	e.g. to have a day out with kids to the park every week
Social connection	e.g. to see my friends and have good conversations	
Professional/ Job/Work	e.g. to get pride out of my work	
Personal growth	e.g. to feel open to new experiences	
Fun/Pleasure	e.g. to have some kind of fun every day	

Valued area	Specific valued actions or directions. Write as many as you would like	Day to day actions to meet these values
Health/ Physical wellbeing	e.g. to take care of my body	
Spirituality / Community/ Environment	e.g. to get out in nature regularly	

Use the space below to identify goals you may have. You can pick the time frame. Let's look at some examples first.

Time frame	Goal
In 3 months	I would like to be able to go for a staycation somewhere I've not been before without worrying about toilets.
In 1 year	I'd like to be having sex regularly (once a month at least) with my partner feeling confident and able to enjoy it.
In 6 months	I'd like to go to a restaurant and catheterise in a public toilet with confidence.

Time frame	Goal

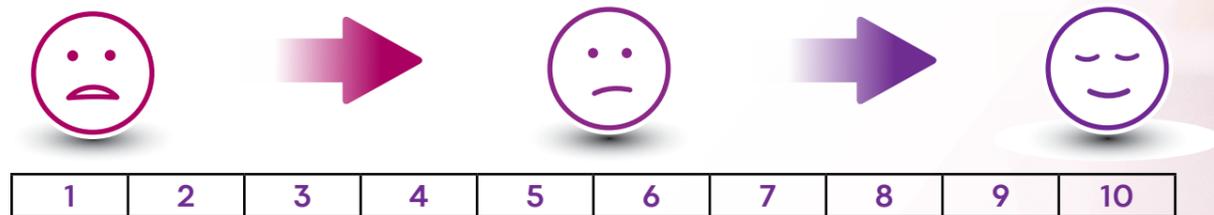
This is not goodbye

Congratulations on completing the programme!

Feel free to revisit this programme for refreshers or use the materials from a different perspective. Think of it like a staircase, each step builds on your experiences. Even when things get tough, remember you're not starting over just continuing to climb.

Before you go, how are you currently feeling about catheterising?

Log your current rating of anxiety about catheterising by ticking a number.



Scan for additional resources
and access to Convatec me+
Continence Care support or visit
qr.convatec.com/cc-meplus





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