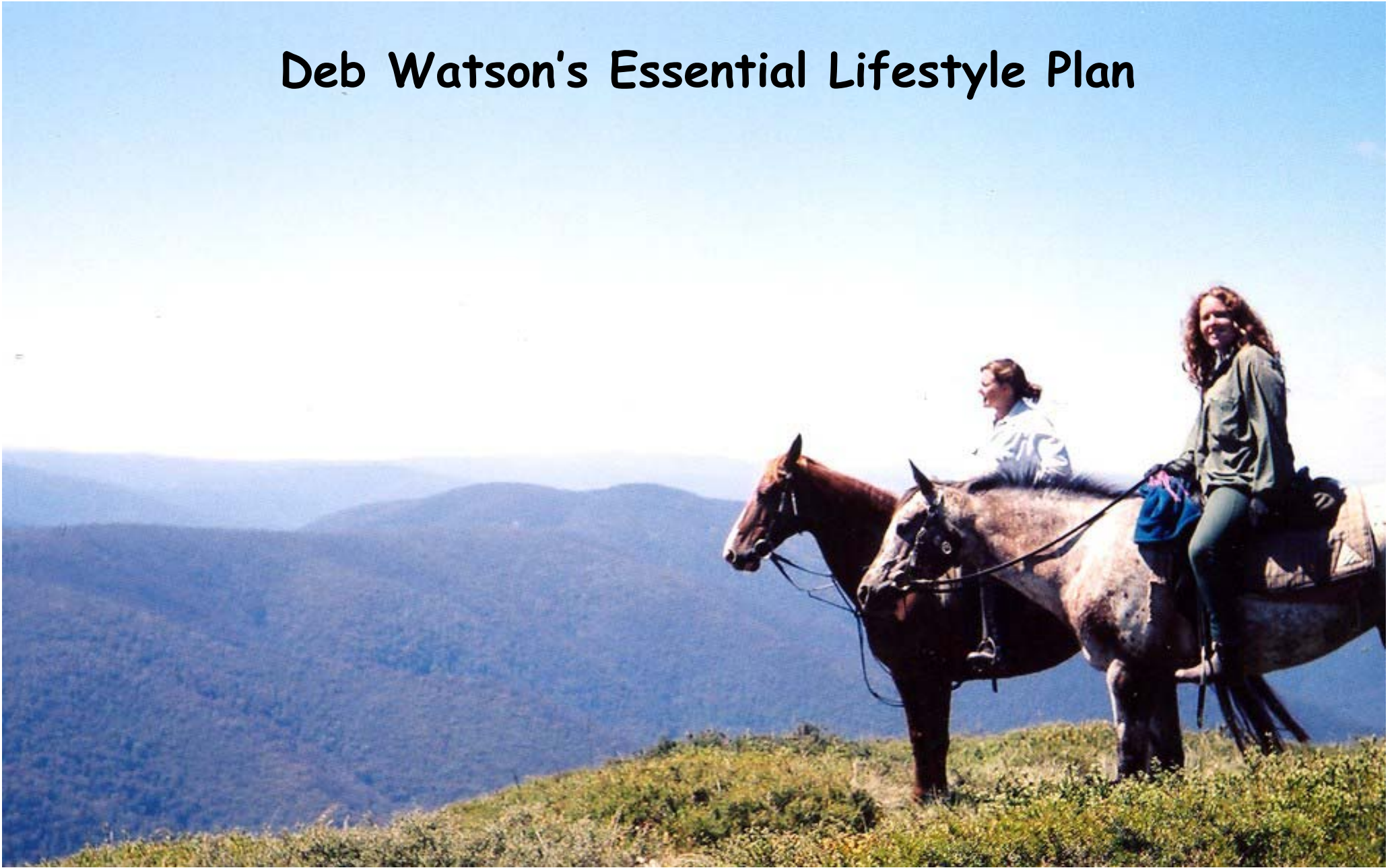


Deb Watson's Essential Lifestyle Plan



An Essential Lifestyle Plan for Deb Watson

Initial plan date: 18th October 2003

Significant revision dates: 3rd April 2004 June '04 October '04 January '05
June'05 August '06

Purpose of the plan: To help me find a better balance between work, play and family. To help me to feel and be healthy more of the time - diet, exercise, back.

People who contributed to this plan:

Gillian Damonze (work friend, 3 years)
Peter Watson (brother, 26 years)
Kate Whitfield (friend, 16 years)
Sharon Young (friend, 11 years)
Jenny Watson (Mum, 32years)
Ben Lalor (friend, 13 years)
Toni Morton (friend, 7 years)

Who Still needs to contribute?

Andrew Watson (brother, 32 years)
John Watson (brother, 24 years)
Jim Watson (Dad, 32 years)

Best way for them to contribute?

Over dinner and wine
Through conversations while driving together
Conversations while working together

What people like and admire about Deb.

Deb's Positive Reputation:

- * Energetic and enthusiastic
- * Good listener & thoughtful
- * Positive, bubbly and funny
- * Articulate and creative
- * Fantastic hair
- * Vision and integrity in her work
- * Compassionate and caring
- * Open and Warm
- * Willingness to actively help others, and available to others
- * Intelligent
- * Friendly and approachable
- * Great Horsewoman
- * Very loyal
- * Great sense of family

What's Important to Deb? Most Important:

New Things we have learned

Family & friends:

Family:

- * Going home to the farm at least every two weeks for a weekend. Time for chats with both Mum and Dad and whichever brothers are around. Seeing Granny at least once during that weekend - Saturday or Sunday lunch or afternoon tea with Granny, followed by walks around the garden.
- * Knowing that Granny is okay - that decisions are not made for her. Making sure that she **never** feels like she has to be by herself if she doesn't want to. If Granny's staying & the boys are too, always reassuring her that she hasn't put me out of a bed.
- * Taking time to remember Pa - by myself at places like the stock-yards, the gate by the machinery shed, the wood shed, the front verandah at Granny's. Always noting the anniversary of Pa's death - 4th August - even mentioning it and talking about him for a bit.
- * Always getting together for a meal as a whole family to celebrate birthdays and before someone goes away for more than just a couple of weeks.
- * Whenever I'm home, offering to get the cows in for Dad (unless I'm really tired), & trying to have done some little job for mum (preferably an outside job).
- * Checking in either by phone or in person with John & Pete at least once per week, Andrew & Jane every couple of weeks (even just a text). Sharing the car trip to the farm if it works out.

What's Important to Deb? Most Important:

Keeping in touch with friends:

- * Sharing meals with Janine if I cook, catching up weekly for food, a phone chat or visit. Having dinner with both Tara & Janine every couple of months.
- * Chatting & laughing with Cowgirl Sharon either in person or on the phone every week or two, exchanging emails on days she's at work. Making sure we can do something together every couple of months, especially if we've not been riding for ages.
- * Chats with Gillian every month, catch up for food every 2 months or more often if we're doing a lot of work together.
- * Phone call with Betsy every couple of months, especially if I've not been to see her, emails every few weeks.
- * Catching up with Ben, Toni, Kate & Jeremy for a meal or drinks at least once every few months, phone chats every couple of weeks. Catching up with Ricky when he's in Melbourne and emailing occasionally.

New things we have learned

New things we have learned

What's Important to Deb? Most Important:

Horseriding and getting out of the city:

- * Going riding with Cowgirl Sharon, Kate, Paul (and any other takers), at least once each month, but as often as possible, somewhere in the bush with plenty of cantering.
- * Each December going on a four-day ride from Dargo - either the muster or a leisure ride with Ron & Anne and the usual crew.
- * Going riding at Ron & Anne's (Coonawarra Trail Rides, Lindenow) at least every six months, preferably with Sharon, for a weekend with an overnight stay at the barn if possible.
- * **NOT** riding with people who are disrespectful of their horses & other people
- * **NOT** wearing a helmet if I can in any way avoid it, unless I'm on a horse I don't know or don't trust - but making the decision about this each time, and **NOT** being lectured on it.

Music:

- * Listening to music of my choosing - mostly folk, acoustic music, lots of female vocalists, nothing too light and fluffy, nothing too popular. As often as possible, in the car, at home, while working if possible. I have particular favourites at different times and like to play songs of the moment over and over (sometimes up to 5 or 6 times in a row).
- * Chatting about music with my brothers, Shawn, Kate, Janine, & emailing Ricky every now and then to find out what he's listening to & maybe buy it.
- * Buying at least one new CD every 6-8 weeks - I especially like to do this when I'm feeling grumpy/sad/stressed.
- * Having music on pretty much all the time - home, car - but never if there is a lot of other noise too eg. TV & CD

New things we have learned

What's Important to Deb? Most Important:

Nurturing/Indulging my inner child:

- * Reading picture story books, particularly when I'm feeling sad
- * Laughing, playing and being silly with people like Cowgirl Sharon and Pete on musters, and Ellie (basically anyone who will join me, but these people are often willing participants). Doing things like having water fights in summer (when there's no drought) and having spontaneous winter swims in the ocean or rivers.

Work (general):

- * Having positive & creative colleagues who share my views and values, or are at least prepared to hear and think about my view - particularly with regards to Person Centred Planning
- * Feeling that other people (outside of work) understand, respect and value my work.
- * Making a contribution to people with disabilities living ordinary and meaningful lives - through facilitating person centred plans with individuals, working hard to challenge and change restrictive practices within organisations, and through training others.
- * Being kept up to date with where the change process is up to in the organisation.
- * Having a Person Centred Planning support/mentoring phone call with Ruth, Helen or Lou each month and emails in between - having a light brief catch up as part of this too.
- * Feeling like I'm helping people employed within the disability sector to think differently, be respectful and learn with the people they support
- * Always doing some direct planning work with people supported in services, families or staff.

New things we have learned

What's Important to Deb? Most Important:

- * Always having challenges in my work. If I'm not working on something that I've never done before, that challenges & stretches me, I start feeling bored and doubt my contribution.
- * Feeling supported with challenges. This means having people (local colleagues as well as my UK mentors) to share my ideas and anxieties with, and receive encouragement from.
- * Brief times of frivolity each day, even if it means a lunch time phone call or email to break the intensity.
- * Working with people who can help encourage me to work on my home/life balance.
- * Having pictures of people/horses/muster, and inspiring quotes on my walls & as my screen saver to keep me motivated and to remind me of my life outside of work.

Work (training/facilitation/mentoring):

- * Always feeling totally prepared for training - knowing the roles & expectations of participants, having a sense of how what I'm delivering will fit with their organisation.
- * Being at the venue early enough to have everything completely set up before participants arrive, preferably 1.5 hrs before start time.
- * Knowing the handouts are absolutely right.
- * Not having clutter around myself where I'm training, particularly no half full tea/coffee cups around by the laptop or handouts.
- * Being available for those I'm mentoring (either in planning or training), & knowing they feel supported, confident & skilled to plan or train to a very high standard.

New Things we Have Learned

What's Important to Deb? Most Important:

At home (Melbourne)

- * Never having a stinky bin or stinky dead flowers around
- * Not having too much clutter everywhere (especially on the sink & table), everything having its own particular place
- * Having fresh flowers inside at least every couple of weeks
- * Tending my pot plants, watering every few days (with water accumulated from emptying my hot water bottle into the watering can), checking for progress, buds, bugs every day, treating them if they are unwell or infested.
- * Always having music playing, unless I'm feeling like I need quiet or if I can hear magpies outside. BUT, never having the TV & music on at the same time.
- * Trying to actually be at home by myself at least one night per week
- * Watching House uninterrupted on Wednesday nights whenever I can.
- * Developing a garden wherever I live, usually based on cuttings and bits & pieces from Granny's garden. Gardening about once each month for however long I have - in the evenings or at the weekend.
- * Saving water - having a container in the sink & a bucket in the shower to catch water for the garden.

Routines & Rituals:

- * Always using two towels for my shower and a face washer, and always brushing my teeth before bed and after breakfast unless I have to eat breakie in car (not so worried about

morning brush on weekends)

- * **Never** skipping breakfast, even if this means eating in the car
- * Having my hair trimmed at least every 4 months, preferably every 6 weeks, and having it ironed straight after the cut.
- * Using natural hair and skin products (no strong synthetic smells), & soap free soap.
- * Having a hot water bottle every night through the cold months & saving the water for my plants.
- * Having Sunday roast at Mum & Dad's with the whole family, including Granny, at least every few months, and then afternoon tea as well. Usually only having something like toast for tea that night.
- * Going to the Loch Lion's Club Market on the 2nd Sunday of each month, looking at all the stalls, buying plants, lingering at the gate to chat with Dad & bloke lions, & at the food stall chatting with Mum and local women. Taking Granny too when she wants to come.
- * Charging both phones every night and leaving *my* phone on all night beside my bed
- * Writing 3 A4 pages as many mornings as possible before I do anything else
- * Going to writing class at North Carlton Neighbourhood House every Tuesday night - trying to always do my homework.

About Possessions:

- * Photos: Having my photo of Granny and Pa, Ellie and I as children, & other family shots on my bookcase where I can see them while working at my desk. Photo albums in my bookcase where I can get them out and look through them whenever I like. Photos of Pa just sitting around where I can see them

- * CD's and CD Player: in the flat, in my car, and when possible at work
- * My Acubra hat in my room where I can see it to remind me of musters. Taking it with me when I go to Ron and Anne's and when I go home to the farm, and on musters.
- * Jewellery: Wearing my ring from Greece that I wear on my right hand ring finger and jade or gold bangle on my right wrist all the time except when swimming, in the shower, or afraid that I'll lose or damage them - eg. on musters. My silver charm bracelet and beaded little man necklace in my jewellery box to wear occasionally, but mainly to keep safe.
- * Pa's green cardigan - not for wearing, but for having in the cupboard and knowing it's there.
- * My books in my bookcase and my bed to pore over whenever I like, particularly favourites that people have given me and written in, like *The Orchard*, Tim Winton, Jeanette Winterson books.
- * Tin whistles & low whistle, and mandolin - taking them when I see my brothers, and other friends who play instruments.
- * My own riding helmet so that when I have to wear one, I don't have to inherit someone else's head sweat. Always getting a new one as soon as possible after a fall
- * Having nice pens & always at least one journal to write in.

What's Important to Deb? Most Important MUST NOT HAVES:

Being around smelly things:

- * I have a very sensitive sense of smell and hate having to put up with stinky things. In particular the smell of:
- * Mushrooms frying (especially in butter)
- * Cat litter and canned cat food
- * Cigarette smoke
- * Car fumes/pollution/chemical type smells, especially bleach & chlorine
- * Strong perfumes/aftershave or fumey deodorants

Being Cold:

- * Not having cold feet at any time - always wearing slippers or shoes in the house in winter, waiting until the shower base is warm before stepping into shower.
- * Having good heating in winter and not being in over air-conditioned buildings, even in summer

Anything touching my neck:

- * I hate anything touching the front of my neck - it makes me gag. This can mean clothing with high necks, short necklaces, or anyone actually touching me there.

Itchy tags or scratchy bits on clothing, or itchy fabrics in clothes or linen

People being really negative & blocking ideas before even hearing them through.

- * Never brushing my hair unless it's immediately before I wash it - FRIZZ!

What's important to Deb? Second most important:

New things we have learned

Writing and Reading:

- * Keeping a journal of my thoughts, ideas, angst - not regularly, just whenever I feel like it. Going to writing class taught by Emilie every Tuesday night, and *trying* to do my homework.
- * Yoga class on Monday night - feeling like I'm doing something proactive about my back etc.
- * Reading novels - not so much non-fiction. Nothing light and fluffy.

Getting out of the City:

- * Getting out of the city, at least once per month - for a trip to the beach, mountains, riding or just going home to the farm. I love beaches like around Phillip Island, Wilson's Prom or down the Great Ocean Rd - Melbourne beaches don't really work for me unless it's the only option. This can be by myself or with friends like Kate & Jeremy, Ben & Toni, or family.
- * If I'm doing something outdoorsy, ALWAYS making the extra effort to reach somewhere more remote, isolated, beautiful - even (especially) if it's a bit scary/dangerous

What's important to Deb? Third Most Important:

- * Time with brothers - individually or together - movies, meals, playing music, listening to music, sharing new music, whenever opportunities arise
- * Playing music and singing with Pete occasionally
- * Playing the piano at home when there's no one else around to hear me - just whenever I think of it and have some spare moments in between other things. Not having to play in front of others if I don't think I can play most of the piece properly.

Remembering Ireland/travels/friends who are overseas:

- * Speaking with Fiona every 6 months or so, always catching up with her if I'm in UK
- * Emailing Deirdre, Kylie, John, Strattons, sending presents to Jessica for birthdays and Christmas
- * Texting/emailing Deirdre, Jessica, Eamonn, Kylie, Lynda, Jim every few months, no particular time, just whenever I'm thinking of them at the right time of day/night.

New things we have learned

What's Important to Deb for the Future?

- * Move out of Melbourne to somewhere in the country - not somewhere bordering the urban sprawl, somewhere at least 1.5 hours away, probably in Gippsland somewhere
- * To stick at one musical instrument and learn to play it properly - perhaps the mandolin?
- * Learn to drive a truck
- * Spend time in the Northern Territory, learn from indigenous communities, visit relatives of Grandpa, maybe do some horse/cattle work.
- * Own a horse on the farm again, 2 if I can get away with it.
- * Live somewhere with a beautiful garden that will yield cut flowers all year round.
- * Study again - not sure what yet, something fascinating!
- *

People Deb works best with/prefers to spend time with:

All must:

- * Have a good sense of humour
- * Be good listeners
- * Open minded
- * Respect and value the work I do

Some must:

- * Be fun and silly but also able to have a serious conversation
- * Listen to similar music to me - at least not going to make me listen to music I hate (heavy metal, techno, teeny boppy pop)
- * Thoughtful and caring
- * People with ambition and drive
- * Energetic but also reflective
- * Be passionate about what they do

Must not:

- * Tell me what to do/think/feel
- * Be apathetic or really negative
- * Be domineering/power tripping

New things we have learned

What do People Need to Know and Do to Support Deb?

New things we have learned

At work (office):

- * I can at times appear uncompromising or purist about person centred approaches. Know that this will only play out when I believe people/families will be seriously compromised by whatever it is that I'm disputing, and there is always a line that I will not cross. I may need reminders at this point to explain better, or to think about what I might need to do to bring others along with me.
- * I am better able to figure things out when I can talk them through. Sometimes you may need to listen through some waffle, but bear with me, sense will usually come through eventually. Sometimes some reassurance that I'm not talking complete rubbish can be helpful, but if I look focussed, don't interrupt me to tell me this or I'll get distracted.
- * I need at least 20 minutes when I first get to work in the morning to check phone messages and emails, get a cup of tea, and get focussed for the day. If you really need to talk to me first thing, ask me if we can talk in 20 mins or so. Waiting those 20 minutes will improve the quality of the response that you get. General hellos and brief chit chat are ok though.
- * If I get negative feedback about training, don't feel satisfied with the way I've delivered training, or hear of something bad happening to someone supported by services, I can get really bogged down and dwell on it for a long time. If I tell you about something like this, listen to me, help me think about how I might approach it differently next time, and encourage me to think about the number of positive things that happen to help me put it in perspective.

What do People Need to Know and Do to Support Deb?

- * My work (and personality) involves needing to be constantly challenged by things I'm doing. I'm not always 100% confident in my abilities so I often become quite anxious about new things I'm working towards. Talking it out helps. It works best for me if you hear the whole of my concern before you jump in to reassure me because otherwise I just bottle up the worry. If I'm looking for solutions I will ask specifically.

Avoiding work overload:

- * I will work 150% in order to do what I think needs to be done. I'm virtually incapable of saying no, if I do say no please don't try to push/stretch it as it means I really am overloaded.
- * If I appear to be very stressed about work when not at work, don't tell me to relax/lighten up/that I should do a job which is not so demanding. Remind me to focus on small steps, encourage me to reflect on the things that are working well. In a supportive way, ask me to remind myself why I do the work I do.
- * If I seem stressed and over focussed on work (when not at work!) suggest a leisure/social activity for us to do together - eg. Horseride, trip to the country/beach, drinks, cake, movie, meal.

Training:

- * I need to feel super prepared for training, and like to be at the venue about 1.5 hours before, especially if I've not been there before or suspect it may not be set up as I like. If something happens and I can't get in really early, I'll go into a non-communicative hyper focused set up mode and can appear very grumpy (and probably am). Help me stay light hearted & ask what I'd like you to do.

New things we have learned

- * I need to go through a set up ritual including music, pinboards, chairs & chocolates, then getting everything else in its place. I can be a bit uncommunicative at this time, if you're working with me, just ask what I'd like you to do. If I'm mentoring you, you might need to remind me that you need set up practice, and give me a job to do instead.

Occupational Health & Safety:

- * I am a farm girl so I grew up lifting heavy and awkward things and not necessarily asking for help. I carry a lot of stuff in & out of the office for training - if you see me and are concerned that I might damage myself, don't lecture me on OH&S stuff, make a practical suggestion and then leave it, or offer help. A joking manner always helps.

Oversensitive sense of Smell:

- * I have a very sensitive sense of smell that often causes me to comment on a strong smell before I've had a chance to think about it. In particular this can relate to strong perfumes or room deodorisers, cigarette smoke, and things that may not necessarily smell bad, but are very strong. I don't mean to be offensive, please feel free to gently bring it to my attention so that I can attempt to apologise if I have been rude.

Playing music repeatedly:

- * When I have a new CD or just get in the mood for a particular song or album I sometimes play it over and over again possibly for weeks. If it gets annoying move to another area, or if this isn't possible (eg. In the car), suggest that we listen to something different, it will work best if you let me choose, or you choose something that you know I like. I can get a bit over sensitive about this at times, try not to be disparaging about the song/music, joking/gentle teasing will probably work best.

When I am cleaning obsessively & generally being short tempered:

- * Roughly every 3-4 weeks I can get quite short tempered, sad, angry, lethargic and feel generally unwell. I sometimes also start cleaning quite obsessively (don't get in my way, take advantage of this, it rarely happens otherwise!) This all generally means I have PMS. Don't start arguments or challenge me unnecessarily at these times as I'm likely to burst into tears. Try to stay out of my way or be extra nice to me - I often need lots of encouragement and positive comments at these times.
- * I will probably want to eat lots of junk food and chocolate. If you know me well, gently remind me of how much better I feel when I eat healthy and less sugary foods.

Horse riding:

- * I prefer not to wear a helmet when horse riding, I feel better balanced and more alert without one. I understand that when I go on trail rides with people I don't know that I have to wear one. If I am riding your horse or you are or feel responsible for me, suggest that you don't want the responsibility of my smashed head, or just hand me the helmet and I won't argue. If you have no responsibility over me, don't try to make me feel guilty or hassle me into it!
- * Since the falls of 2006, I'm not quite so silly about this, but do look forward to feeling confident enough to be just as silly sometime soon.
- * I can be very 'gung-ho' about riding & may not stop to think about it being a bad idea (eg. If I'm sick). You can try helping me to think about the increased risk of injury & how I'd feel if I couldn't ride or if I couldn't fulfill a work commitment. Or remind me about my last fall.

What Others need to know and do to support Deb:

New things we have learned

Diet and Exercise:

- * Stretching and diet are both very important for making sure my back doesn't give me pain, in keeping PMS and other associated symptoms under control, and also for keeping energy levels okay.
- * I need to do regular exercise and stretching but hate the gym, or at least hate going solo to gym & need something to motivate me to do exercise - suggesting a walk, a bike ride, swim or yoga class together are great ways to encourage me to exercise
- * I generally eat like absolute crap. I rarely cook & have very little interest in cooking for myself (contrary to popular opinion I can actually cook though). I often have very little (if anything) in the fridge other than breakfast stuff.
- * If you're talking to me through the day, it can help if you initiate a conversation about what I'll have for tea - this might start me thinking about it. I may not necessarily be very gracious about these conversations, you can try reminding me that it was my suggestion in the first place. Light hearted conversations always work best.
- * Sometimes, new very quick & simple recipes can inspire me.
- * Inviting me for food is always helpful. You can also try inviting yourself over to my place for food (this could be risky for your nutrition, but maybe worth a try occasionally).
- * When I'm out, I can sometimes do with a reminder to choose something healthy.
- * It is not helpful when people challenge me about alternative approaches to my health. I trust the people who advise me about my health and prefer to avoid Western medicine where possible.

New things we have learned

Massage:

- * Having a massage roughly every 2 weeks seems to keep my back more supple, and also seems to relieve stress. I often don't give this high priority, and can do with reminders about how much better I feel when I do go/how bad I feel when I miss an appointment.

Allergies/Sensitivities:

- * I am allergic to dust mites, so doing tasks like emptying vacuum cleaner bags, dusting, sorting through old stored things makes me sneeze and feel generally unwell for hours. I am happy to do vacuuming but need someone else to empty or change the bag.
- * If I have touched something dusty remind me to wash my hands straight away, otherwise my skin will itch for hours.
- * When I am affected by dust (you can tell because my nose and eyes will be red, I'll be sniffing and sneezing) I can get very irritable, short tempered and irrational. Sometimes a hot drink will help or getting some fresh air. Be gentle with me as I am likely to snap if you wind me up or try to make me think about something complex. It's great at these times if you can offer to take over whatever dusty task I'm doing until I feel better.
- * At certain times (which I am still figuring out), I can be extremely hypersensitive - smell, touch, vision, hearing. If I'm tired, I'm easily overwhelmed - loud talking, conflicting things like TV, music, combined with bright lights, smells, itchy or uncomfortable clothes, lots of clutter can make me very short tempered & irritable. Places like shopping centres, pubs, noisy cafes or restaurants can be very difficult for me. If I seem unsociable or if I'm looking grumpy, or leave early, it's not personal, I

might just need to remove myself from the situation for a bit. If I think it will seem rude, I'll often stay and look really uncomfortable - it's really helpful if you can help me find an out and let me know it's ok.

Questions I am working on:

- * Exercise - I need to find a yoga class and generally need to do more regular exercise - walking, bike riding, swimming, probably not gym, basketball team?
- * What can I do to make sure that I always manage to leave work on time on Tuesdays so that I make it to my writing class?
- * Will I manage to have my own horse again? Should I leave this until H S A Australia is well established?
- * What will help Sharon & I go riding more often?
- * I need to catch up with friends more often, how can I make that work better?
- * Will I keep taking the Chinese herbs even though they take so long to boil up and they taste hideous?
- * Should I make a specific study plan to push me to get back to uni at some stage before I'm 73?
- * How can I better balance trying to get home to the farm (and keep mum's garden maintained), and staying in Melbourne to catch up with friends?
- * What will help to ensure I eat better more often?

New things we have learned

How Deb Communicates:

What is Happening	I do this:	It means	And others should
<p>Other people discussing work things or just generally when I'm with a group of people</p> <p>Any time</p>	<p>I rub the space between my eyebrows</p>	<p>I am stressed or uneasy about something</p> <p>I have a headache</p>	<p>Ask me if everything's okay, listen to me try to work it out - be patient and give me time to get my thoughts clear</p> <p>Offer paracetamol</p>
<p>At home, with friends or family</p>	<p>I fidget, jiggle my feet/legs, look around a lot, can't sit still, get up and move around a lot</p>	<p>I am bored, frustrated, anxious/nervous, or excited</p>	<p>Ask what's wrong. If I say nothing's wrong leave it and ask again later - perhaps when you're alone with me. If I still say nothing's wrong leave it at that, otherwise give me reassurance or provide a distraction from whatever is making me nervous.</p>

What Is Happening	I Do This	It means	And Others Should
At work, in the office.	I am talking a lot and not responding to the cues of colleagues trying to concentrate. AND walking around a lot, going from one task to the next, generally appearing distracted	<p>I am nervous or excited about something.</p> <p>I have had too much sugar/caffeine or not enough sleep.</p>	<ul style="list-style-type: none"> * If you're busy, tell me directly & I'll go away. * Maybe ask if I'm worried/excited about something and ask what it might take for me to feel calmer about it. If you don't have time, you could try suggesting a chat later on. * Suggest I take a brisk walk around the block.
In a meeting	Fidgets, jiggles legs/feet, looks all around the room	I am bored or frustrated	Direct a question to me to engage me, maybe ask my perspective on the subject being discussed.

What Is Happening	I Do This	It Means	And Others Should
In a meeting	I talk quite fast but pause a lot, frown and ask if I'm making sense or state that I'm not making sense.	I'm trying to think something through/figure something out but I'm worried that I'm taking up too much time or speaking rubbish.	Listen to me. Reassure me that I am making sense, or that you are interested in what I'm saying - but only do this if I hesitate a lot, as otherwise I will become distracted and lose my train of thought.
In a noisy, crowded pub or restaurant or cafe	I'm fidgeting a lot, itching, frowning, looking around a lot, not concentrating or listening well.	My senses are overloaded, I'm overwhelmed by all the noise/smoke/smells etc. I find it hard to stay in cafés/restaurants once I've finished eating.	Ask if I'm ok, if I want to go somewhere else. If I really can't leave without being rude or if I don't want to leave, suggest I step outside for a minute until I feel better.
In conversation with a group of friends	I go very quiet and don't look at anyone	Someone has said something that has hurt my feelings and I'm trying not to be upset or offended.	Let me sit quietly and ask if I'm okay when you're alone with me later - not in the presence of everyone else
No particular time	I'm coughing a lot & wheezing	I have asthma but haven't necessarily noticed	Bring it to my attention, ask if I need to take ventolin.

At this Time In training - someone else is talking	I do this... I'm on the edge of my seat, very straight posture, looking very focused	It means... I want to say something	And Others should... Give me some kind of visual cue to let me know you've noticed and will invite me to speak at an appropriate moment.
Before training	I'm rushing around, very focused, may seem grumpy, not talking much	I'm going through my set up routine & getting my thoughts in order in the process.	Ask me what I'd like you to do. If you really need my attention, you might need to ask me to stop for a second and listen properly.
At the end of a days training	I'm talking A LOT and continually saying 'I never want to talk again' etc	I'm really tired, really wound up, haven't been able to let go yet. In this state, there's danger that I'll stay this way all night and not sleep - especially if I'll be training again the next day.	Suggest that I stop & breathe, maybe remind me that it's over and I can relax. Help me talk through the day in a productive way - eg. 4 Q's or what worked & didn't.
In set up time or during training when I'm working with a mentor on new material	I appear to have no initiative, am not doing much, might walk in circles, get in your way, am generally not very helpful	I'm nervous/worried/not feeling confident, but trying to keep myself focused. Or I'm feeling tired & drained & not sure that I can pull it off.	If you have time, you could ask me if there's something specific worrying me. Try to reassure me. Or you can just give me a job to do to keep me occupied.