



**Mental Health**  
**Equity Project**

# **Mental Wellbeing through the PIP Process**

**Supplementary Guide**

# Introduction

At all stages of the process, PIP can feel overwhelming and stressful. It is important to look after your mental wellbeing during this time.

The aim of this guide is to give ideas and reassurance when you are struggling with the PIP process. Whether you are just starting your application or you are awaiting tribunal, we hope this guide will help when you need it.



# Self-Care



- Reduce demands during the PIP process to prevent burnout. For example, take some time off work or simplify your routine.
- Don't stretch yourself beyond your capacity. Ask for help when you are struggling. For example, ask a friend for help organising paperwork.
- Set healthy limits on social media and news. "Doomscrolling" can be harmful to your mental wellbeing.
- Set time aside for activities that help you relax. There are some suggestions on the following pages. You can tick ones that are helpful for you and add your own.



**Colouring**



**Exercise**

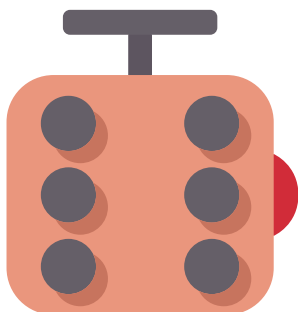
e.g. a walk or bike ride



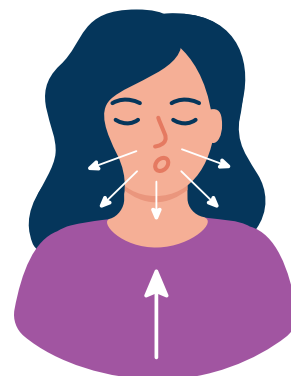
**Games and Puzzles**



**Meditation**



**Sensory Tools**



**Deep breathing**



**Soothing apps**  
(eg. headpace or calm)



**Comfort shows**



**Pets**



**Nature**



**Music**

**Add your own here**

# Waiting and Uncertainty



There can be long periods of waiting at different stages of the PIP process. You may not know what is going to happen and feel anxious or uncertain.

You are not alone if you feel like this. Think about what exactly is worrying you and write it down or talk to someone about it. This way it isn't all in your head.

It can be helpful to identify what you can and can't control. Build in safety and predictability in other areas of your life, such as eating safe foods or rewatching a show you like.

# Seeking Support



There are different places where you can ask for help:



**Trusted Friends  
and Family**



**Support Groups and  
Online Forums**



**Charities**  
e.g. Citizens Advice  
and Scope



**Your Doctor**  
A GP can help with  
stress and other concerns.

# Coping with Rejection



If you get a rejection from your assessment or mandatory reconsideration, do not lose hope. Over 50% of PIP appeals are overturned, so a rejection does not mean you are ineligible.

- It is important to know that your feelings are valid and to process them.
- Avoid overthinking about what you have said and what went wrong.
- When re-visiting PIP documents, it might be helpful to have a safe person with you for reassurance and support.



# Affirmations

Affirmations are positive statements to say and repeat to yourself. They can help improve self-esteem and challenge negative thoughts.

I am allowed to advocate for my needs.

I am not a burden to anyone.

It is okay to take a break and rest.

I am a valuable member of society.

The PIP assessment does not determine my worth.

It is okay to ask for help.



# Other guides in the series:

## Core Guides:

Guide 1: Starting Your PIP Claim

Guide 2: How Your Disability Affects You

Guide 3: Assessments

Guide 4: Understanding Your PIP Award

Guide 5: Appeals

Guide 6: Renewing PIP

## Supplementary Guides:

- Definitions
- PIP Evidence
- Reasonable Adjustments
- Mental Wellbeing Through the PIP Process ←



**The  
Advonet  
Group**

Providing Independent Advocacy