

The top 5 coping skills and self care I will do regularly to manage my health are

1. _____
2. _____
3. _____
4. _____
5. _____

My Triggers (internal/external) are:

Trigger:

Coping Strategy:

Trigger:

Coping Strategy:

Trigger:

Coping Strategy:

Trigger:

Coping Strategy:

Trigger:

Coping Strategy:

My Self Talk:

Negative/self defeating thought:

Positive/rational coping statement:

Negative/self defeating thought:

Positive/rational coping statement:

Negative/self defeating thought:

Positive/rational coping statement:

Negative/self defeating thought:

Positive/rational coping statement:

Negative/self defeating thought:

Positive/rational coping statement:

Wellness/Relapse Prevention Plan

<p>Stage 1/Green Flag (what I'm like when I'm feeling well- use descriptive words like "talkative", "outgoing", "calm", etc.):</p>	<p>Action Plan (what I plan to do on a regular basis to maintain wellness- daily, weekly, monthly self care activities):</p>
<p>Stage 2/Yellow Flag (early warning signs that indicate I need to take action- such as: anxiety, lack of innovation, increased irritability, etc.):</p>	<p>Action Plan (what coping skills I plan to use):</p>
<p>Stage 3/Red Flag (signs that things are breaking down or getting worse- such as: isolation, sleep disturbance, self destructive thoughts and behaviors):</p>	<p>Action Plan (immediate action I can take to reduce symptoms and prevent a crisis):</p>