

Mental Health Self Management Plan

What Keeps Me Healthy Well And Strong?

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My Triggers To Manage

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My Mental Health Early Warning Signs

Thinking/perception

- ◇
- ◇
- ◇
- ◇

Feelings

- ◇
- ◇
- ◇
- ◇

Behaviors

- ◇
- ◇
- ◇
- ◇

Strategies For Early Warning Signs.

Dealing with Thoughts/Perceptions

- ◇
- ◇
- ◇

How can I stay Calm and deal with stress

- ◇
- ◇
- ◇

What Distraction strategies can I use

- ◇
- ◇
- ◇

My Support Network is

Red Flags of Relapse

Action Plan

Thinking /Perception

- ◇
- ◇
- ◇
- ◇
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- ◇
- ◇

Feelings

- ◇
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Behaviors

- ◇
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What Can I Do?

In the moment:

Short Term Mental Health Goals:

In the next 24 hours:

This Week:

Long Term Mental Health Goals:

What I wish others would do in crisis moments: -
the who, what where and when:

What is not Helpful from Others :

What Worked in the past:

Addiction Relapse Prevention Plan

What Keeps Me Healthy Well And Strong?

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My Addictions Early Warning Signs

Thinking/perception

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- ◇
- ◇

Feelings

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- ◇
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What Can I Do?

In the moment:

Short Term Addictions Goals:

In the next 24 hours:

This Week:

Long Term Addictions Goals:

What I wish others would do in crisis moments: -
the who, what where and when:

What is not Helpful from Others :

What Worked in the past:

Community Connections: Who can I contact or where can I go to when I need help?

Crisis services: - community agencies I can call in crisis

Addiction services :

Cravings Help :

Mental Health:

Social Supports:

Physical Health help:

My Addictions supports:

My Mental Health Supports :

Time Management

“Time management” is the process of organizing and planning how to divide your time between specific activities. Having Good time management skills can you help organize yourself in such a way that your are working smarter – not harder. It allows you to get more done in less time, even when time is tight and pressures/emotions are high. Poor time management decreases your effectiveness and causes stress.

How do you manage your time? Figuring out how to balance priorities and trying fit in multiple things in a day, can be stressful and over whelming.

Tips to help improve your time management

1. Prioritize- start with the important things be that work, school, appointments.
2. Create a schedule– write it down, map out how much time you have in a calendar or planner.
3. Set deadlines– realistic ones, I am going to accomplish this by this date.
4. Overcome procrastination– procrastinating is putting off things we would rather not do, the sooner we complete them the sooner we can do the other things we actually want to do.
5. Deal with stress effectively—practice self care regularly. Don’t forget to schedule down time, mindfulness practices or other selfcare activities.

Building an effective schedule means more than just updating your work or appointment schedule. The most important part of making your schedule is being honest with your self, realistic about time lines, and being flexible if something doesn't work out as planned. If you are not a morning person, don’t schedule all of your important tasks first thing in the morning. Be flexible , one hour may not be long enough to accomplish a goals or complete a set task. Schedule flex-time for unexpected events and tasks that didn’t get completed . Don’t forget to schedule those vital self care activities, sleep, meals, walks, Netflix, attending to hygiene or even taking medications.

Its also important to take time focus on your mental health and addictions. That might mean fitting in a doctors appointment, meeting or something recovery related in your day. and don’t get discouraged if things don’t go as planned! Making modifications to your schedule throughout the week is part of the process.