

# Self Management Plan

## What Keeps Me Healthy Well And Strong?

- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇

## My Triggers To Manage

- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇

## My 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

- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇

### Feelings

- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇

### Behaviors

- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇
- ◇

### 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: