



# A PLAN OF ACTION

My most significant early warning signs are:

<i>Early Warning Signs of Mania</i>	<i>Early Warning Signs of Depression</i>

My plan of action for relapse prevention:

<b>What I would do to prevent a full-blown <i>manic</i> episode</b>	<b>What I would do to prevent a full-blown <i>depressive</i> episode</b>
<b>What I would ask my friends or family to do for me</b>	<b>What I would ask my friends or family to do for me</b>
<b>What I would ask my friends or family to say to me</b>	<b>What I would ask my friends or family to say to me</b>