



# A Plan of Action

## DEPRESSION PLAN

**Risk Situations/ Triggers for Depression:**


My most significant **Early Warning Signs of Depression** are:


If I do notice early warning signs of **Depression** I will take the following steps:

<b>Step 1</b>	
<b>Step 2</b>	
<b>Emergency Plan</b>	

Some suggestions:

- 1) Schedule a balance of activities
- 2) Use a thought diary to challenge negative thoughts
- 3) Ask for support from friends and family
- 4) Check medication with doctor

## MANIA PLAN

**Risk Situations/ Triggers for Mania:**


My most significant **Early Warning Signs of Mania** are:


If I do notice early warning signs of **Mania** I will take the following steps:

<b>Step 1</b>	
<b>Step 2</b>	
<b>Emergency Plan</b>	

Some suggestions:

- 1) Check medication with doctor
- 2) Maintain regular sleep pattern
- 3) Limit overstimulating activities

## MAINTENANCE PLAN

What do I need to do regularly to keep well?


### Some suggestions ...

- Maintain regular exercise – walking, running, swimming, team sport
- Monitor my mood
- Maintain a regular sleeping pattern (or work on getting better sleep)
- Practise meditation, yoga or other relaxing activities
- Pay some attention to what I'm eating
- Spend time with friends once a week
- Attend regular medical appointments
- Take care of finances so I don't get so stressed by bills