



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:

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