



# SELF-MANAGEMENT PLAN



**What are the early warning signs** that tell me I might be heading for a setback or relapse and need to do something about it myself? (e.g. when I find my mood getting low e.g. when my sleep patterns start changing e.g. when I start avoiding situations or people, e.g. when I notice my unhelpful thinking increasing.)

**What situations are potential problems for me?** (e.g. times of stress at work or study or in the family)

**What strategies/techniques have I learned** that I could apply to prevent a setback or when I notice some early warning signs? (eg. Breathing retraining, Thought Diary, Goal Setting, Active Coping)

**What are some of the coping statements or helpful phrases** (from flashcards or thought diaries) that I can use to get me through a setback or a stressful situation?