



## SELF-MANAGEMENT PLAN



**What are the early warning signs** that tell me I might have started to worry or ruminate again and need to do something about it myself? (e.g. when my sleep is disrupted, when I notice concentration problems, when I have trouble making decisions, when I feel nervous or down)

**What situations are potential problems for me?** (e.g. times of stress at work, when assignments or projects are due, family events)

**What strategies/techniques have I learned** that I could apply to prevent a setback or when I notice some early warning signs? (e.g., postponement, active coping, mindfulness attention training, scheduling, use my worry flowchart)

**What are some coping statements or helpful phrases** that I can use to interrupt my worry or rumination and get back on track?