

**The top 5 coping skills and self care I will do regularly to manage my health are**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**My Triggers (internal/external) are:**

*Trigger:*

Coping Strategy:

**My Self Talk:**

*Negative/self defeating thought:*

Positive/rational coping statement:

## Wellness/Relapse Prevention Plan

<p><b>Stage 1/Green Flag</b> (what I'm like when I'm feeling well- use descriptive words like "talkative", "outgoing", "calm", etc.):</p>	<p><b>Action Plan</b> (what I plan to do on a regular basis to maintain wellness- daily, weekly, monthly self care activities):</p>
<p><b>Stage 2/Yellow Flag</b> (early warning signs that indicate I need to take action- such as: anxiety, lack of innovation, increased irritability, etc.):</p>	<p><b>Action Plan</b> (what coping skills I plan to use):</p>
<p><b>Stage 3/Red Flag</b> (signs that things are breaking down or getting worse- such as: isolation, sleep disturbance, self destructive thoughts and behaviors):</p>	<p><b>Action Plan</b> (immediate action I can take to reduce symptoms and prevent a crisis):</p>