

# self-management plan



What are the signs that tell me I am becoming unwell (depressed or manic) and need to do something about myself?

What can I do to prevent myself from becoming unwell?

What situations are potential problems for me?

What are some things my friends and/or family may say to me if I am becoming unwell?

How can I respond to what they say?

What strategies/techniques have I found most helpful and would continue to practise?

## **Thought Management:**

Common unhelpful thoughts when my mood is <b>depressed</b>	What I can say to myself in response (balanced thoughts)
Common unhelpful thoughts when my mood is <b>elevated</b>	What I can say to myself in response (balanced thoughts)

## **What are my support options?**

GP/Psychiatrist:

Counsellors/agencies:

Friends:

Family:

Other: