

Plan of Action

...for when I'm feeling extremely down or stressed.



EAT HEALTHY...EXERCISE...
SLEEP...RELAX

Plan of Action

...for when I'm feeling extremely down or stressed.

1. Did I fill out my mood rating scale?
2. Who will I call for help?
3. Where will I get help?
4. Will I try to solve the problem on my own?
5. Are my expectations realistic?
6. Do I want to get better?

Another option could be to fill out the *Wellness Recovery Action Plan (WRAP)* by Dr. Mary Ellen Copeland.