Mental Health Maintenance Plan

MENTAL HEALTH MAINTENANCE PLAN

Much like your body requires a balanced diet and exercise to maintain its health, your mental health also needs attention. Maintaining your mental health involves practicing self-care, using coping strategies, and knowing when to seek professional help. Use this worksheet to review your mental health needs and the strategies you can use to maintain wellness.

SPOTTING MENTAL HEALTH RISKS

TriggersA trigger is anything that can bring back mental health issues. Triggers can be activities, thoughts, people, places, or things. Once you know your triggers, they can be avoided or managed. List 4 of your triggers.Tip: In order to avoid triggers, you may need to make changes to your habits, lifestyle, and relationships.

Trigger 1

Trigger 2

Trigger 3

Trigger 4

Warning SignsWarning signs are symptoms - such as thoughts, feelings, and behaviours - that indicate your mental health might be at risk. Examples include sleep issues, social isolation, and stress. List 4 of your warning signs.Tip: Knowing your warning signs allows you to begin managing symptoms before they become too severe.

Warning Sign 1

Warning Sign 2

Warning Sign 3

Warning Sign 4

PREVENTING AND DEALING WITH PROBLEMS

Self-CareSelf-care activities are the things you do regularly to maintain your mental health. Examples include eating well, exercising, socialising, and engaging in hobbies. List 3 self-care activities you can practice regularly.Tip: A healthy lifestyle will make you more resilient to stress. Choose self-care activities that can become habits, and a regular part of your day.

Self-Care Activity 1

Self-Care Activity 2

Self-Care Activity 3

Coping StrategiesCoping strategies are skills that help you manage problems or symptoms when they arise. Examples include relaxation, communication, and anger management skills. List 3 coping strategies you can use.Tip: Practice your coping strategies regularly so you are prepared to use them in an emergency.

Coping Strategy 1

Coping Strategy 2

Coping Strategy 3

Returning to TherapyIt's normal to experience problems or uncomfortable emotions, such as sadness, anger, or anxiety. However, when your problems become too intense, or last for too long, you may need professional help. How will you know if you should return to therapy?

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