

# RELAPSE PREVENTION PLAN

## Worksheet

Name \_\_\_\_\_

### Relapse Signature

*Mental illness comes in many forms, and everybody's experience of mental illness is different. The term "relapse signature" refers to the specific thoughts, feelings, and behaviors that you experience when you are becoming unwell. Recognizing the signature will give you time to get the help you need when you need it.*

Thoughts

Feelings

Behaviors

### Staying Well

*It is now widely accepted that unwanted stress can contribute to mental illness, and therefore stress needs to be managed and limited. Identifying stressors is the first step to managing them.*

My Stressors

What can I do about them?

How will I change my life?

If I begin to feel unwell, I will...