



# Mental health maintenance planning

You can proactively manage your mental health and sustain emotional well-being by identifying your stressors, coping strategies, and warning signs as part of a mental health maintenance plan.

This worksheet helps you create your own personalized mental health maintenance plan.

## Identify stressors

List potential triggers or stressors that could impact your mental health.

Examples: Conflicts with my spouse, work or school deadlines, lack of sleep, financial concerns.

**My stressors are:**

## Coping strategies

Write down coping strategies that help you manage your stress levels and emotions effectively.

Examples: Deep breathing, journaling, talking to a friend, Opposite Action skill, attending therapy, STOP skill, and exercising.

**My coping strategies are:**



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## Maintenance activities

Identify regular weekly activities that support your mental health. These might include:

- **Prioritize self-care:** Sleep at least seven hours a night, exercise for 20 to 30 minutes most days of the week, and eat a balanced diet.
- **Practice mindfulness:** Engage in meditation, yoga, or reflective journaling to reduce stress.
- **Maintain social connections:** Stay connected with friends, family, or community groups for support.
- **Set boundaries:** Protect your time and energy by establishing healthy limits.
- **Monitor your mental health:** Keep a mood journal, thought record, or daily tracker to identify trends.

My maintenance activities are (also note the frequency you'll practice them):

## Recognizing warning signs

List early signs that your mental health might be declining.

Examples: Feeling more irritable, withdrawing from social activities, changes in sleep or appetite.

My warning signs include:



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## What to do when struggling

Create an action plan for what to do if you notice warning signs or feel overwhelmed.

Examples: Call your therapist or support person, use grounding techniques or distress tolerance skills (such as the STOP skill), and schedule an urgent mental health check-in.

**My plan for when I'm struggling:**