

Action Plan

"IF my triggers come up THEN I can do things to keep them from becoming more serious symptoms":

- Walk my dog
- Distract myself
- Get validation
- Go to church/pray
- Meditate
- Play an musical instrument
- Sing or dance
- Listen to relaxing music
- Go running, swimming etc
- Clean my kitchen
- Focus on something else
- Do something artistic
- Make sure I do everything on my daily maintenance programme
- Call a support person and ask them to listen while I talk through the situation
- Do some deep breathing exercises
- Work on changing negative thoughts to positive
- Get validation from someone I feel close to
- Talk to my therapist, care worker or psychiatrist
- Go to the library and read to kids
- Go to my special place in my house (clean, neat, orderly)
- Give myself permission to leave work early
- Take off 1 - 2 hours during the day to run a "fun" errand
- Take inventory of all the "gifts" I have in my life
- Make a plan
- Take the day off from work
- Socialise with supportive people
- Reflect, use positive self take
- Go to my support group