

## Maintaining Progress Plan

What I have learned:				
What was most useful:				
The changes I have made already so far:				
Over the next 3 months, I would like to achieve:				

## Preventing Setbacks

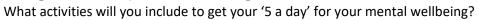
italk	

Are there any potential	situations that might lead t	o a setback for me?	
	-		
What are the early signs			
E.g., Thoughts, feelings	or actions I may have.		
When I notice these ear	rly signs, my first steps will l	20'	
Willell i Houce these car	ly signs, my mac aceps win i	Je.	
If these symptoms conti	inue, my next steps would b	oe:	
For further support, I w	ould contact:		
Name	Number	Name	Number
		My GP:	

Name	Number	Name	Number
		My GP:	
		NHS out of hours:	111
		My local wellbeing	
		centre:	
		Samaritans:	116 123
		italk:	023 8038 3920
		Physical healthcare team:	



## Using the 5 Ways to Wellbeing



For more information on the 5 Ways to Wellbeing visit www.italk.org.uk/patient-area

Be active
Give
Keep learning
Take notice
Connect

## Monthly Review



Earlier you set some goals of what you'd like to achieve over the following three months, so use these questions to reflect each month on how far you've come and celebrate your achievements.

How I've been feeling since my last review:
Which Building Resilience skills I've been using:
What's been going well and helping me:
How I can keep doing these things:
Any warning signs I've noticed:
Situations that I will plan ahead for: