



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



Are there any potential situations that might lead to a setback for me?

What are the early signs of a setback for me?

E.g., Thoughts, feelings or actions I may have.

When I notice these early signs, my first steps will be:

If these symptoms continue, my next steps would be:

For further support, I would contact:

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



Using the 5 Ways to Wellbeing

What activities will you include to get your '5 a day' for your mental 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 Managing Moods 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: