

My maintenance plan

What strategy has helped me the most?

What activities must-I preserve in my schedule to maintain my wellbeing and my equilibrium?

What are my indicators or warning signs of my state declining?

What situations or contexts can contribute to my state declining?

Who can I reach out to in my social network if my state declines?

Name: _____ Number: _____

Which professional or service can I reach out to in order to feel better, if ever I need it?

Name: _____ Number: _____

Name: _____ Number: _____

Name: _____ Number: _____