## My maintenance plan

What strategy has helped me the most?

What activities must-I	nrecenve in m	u schadula to	maintain m	wallhaing and	my equilibrium?
vinal activities must-	preserve in m	y scheuule lu	IIIaiiitaiii IIi	y wenneing and	The 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:			

Translated by Emilie Labrie, Trainer in Psychosocial Intervention, from "*Check-ins Emotionels*" by Isabelle Soucy, Ph.D. (www.isabellesoucy.com/documents).