



RELAPSE PREVENTION PLAN

IDENTIFY TRIGGERS FOR STRESS,
ANXIETY, AND DEPRESSION.
LEARN HOW TO COPE EFFECTIVELY
THROUGH EARLY INTERVENTION.

BY MATT HEMSLEY
THE COACH COLLECTIVE

RELAPSE PREVENTION PLAN

A note from your coach...

Everyone has good days and bad days. What do you do however when those bad days turn into weeks or months? How do you cope and what do you do to turn things around to feeling positive again?

It can be extremely helpful to recognise the triggers for those bad days, weeks, and months, and identify what maintains them. By having a plan in place to look after yourself when you notice negative changes to your mood you can identify and intervene early in order to avoid or at least reduce their impact.

By working through the questions in this activity, you can establish your own Relapse Prevention Plan.

Start by identifying the types of situations that trigger you. Connect to what these may you think and feel and how this makes you react.

IN WHAT SITUATIONS DO I FEEL MOST VULNERABLE TO A SETBACK?

WHAT ARE MY THOUGHTS? HOW DO I FEEL?

HOW DO I BEHAVE?

Create a plan of action on how you can react differently, learn from what you have done before which has helped.

HOW CAN I STAY IN CONTROL?

WHAT HAVE I DONE BEFORE THAT'S HELPED?

WHAT ELSE WOULD WORK BEST FOR ME IF I AM STRUGGLING?

Now, take some time to identify things that you usually do that do not work well for you. These are something you can avoid in the future.

WHAT IS NOT HELPFUL?

HOW CAN I THINK DIFFERENTLY ABOUT THE SITUATION?

CREATE A SUPPORT LIST OF RESOURCES AND PEOPLE WHO CAN HELP YOU:

PERSON I TRUST AND RELY ON FOR SUPPORT:

NAME:

MOBILE:

OTHER CONTACTS WHO WOULD SUPPORT ME:

OTHER SOURCES OF SUPPORT E.G. NETWORKS, COMMUNITIES:



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