



Stay Well Plan

Engaging in activities has helped me feel better. I will continue to keep positive activities in my life even if I don't feel like it because it does improve my mood by taking action.

Here is a list of categories for activities that are known to be helpful. I will write down what has helped me already and add to this list as I discover more ways to keep my mood stable.

Physical Activities	Social Activities	Solo Activities	Personal Warning Signs
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
Spiritual Activities	Relaxation Activities	Other Activities	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	

MEDICATION MANAGEMENT:

1. _____; _____ tablet(s) of _____ mg _____ Take at least until _____
2. _____; _____ tablet(s) of _____ mg _____ Take at least until _____
3. _____; _____ tablet(s) of _____ mg _____ Take at least until _____
4. _____; _____ tablet(s) of _____ mg _____ Take at least until _____

ALLERGIES: _____

Call your primary care provider or your care manager with any questions (see contact information below).

MY CONTACTS:

	Medical Provider(s):	Phone No: _____	Email: _____
	Name: _____	Phone No: _____	Email: _____
	Family or Friend(s):	Phone No: _____	Email: _____
	Name: _____	Phone No: _____	Email: _____
	Support Group(s):	Group Name: _____ Meeting Frequency / Time: _____	