

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.

ille all eac	iy and add to this	s iist as i uist	Lover more wa	ays to keep my	mood Stab	ie.	
_	rsical vities	Soci Activi		Solo Activitie	es		nal Warning Signs
Spir	ritual	Relaxa		Other			
Acti	vities	Activi	ties	Activitie	es		
	TION MANAG						
1		;	tablet(s) of	mg	Take at le	east until	
				iiig mg			
ALLERG	IES:						
Call your pr	imary care provider	or your care m	nanager with any	questions (see co	ntact informa	ition below).	
My Con	NTACTS:						
	Medical Provid	der(s):					
	Name:		Phone No	Phone No: Phone No:			
			Phone No				
000	Family or Frie	nd(s):					
	Name:		Phone No	Phone No:			
ШШ	Name:			Phone No:			
	Support Grou	p(s):					
	= = :		Meeting Frequency / Time:				
717 717							