

Mental Health Maintenance Plan

Just as you would regularly tune up your car to keep it running smoothly, your mental, emotional, and physical well-being also require care and maintenance. Much like maintaining your vehicle ensures it operates at its best, nurturing your mental health involves practices that help you function at your optimum level. In our final session, we will explore and assess your unique mental health needs and the strategies that can help you sustain your emotional well-being.

Keeping your mental health in check involves a combination of self-care practices, effective coping strategies, and recognizing when it might be time to reach out for professional support.

The first step is to spot mental health risks. **Triggers** are situations, people, thoughts, activities, or things that evoke strong emotional or psychological responses, often leading to heightened stress, anxiety, or other symptoms. Triggers can vary widely and may be associated with past traumatic experiences, phobias, specific thoughts, memories, or external events. Recognizing and managing triggers is important to maintain your well-being and effectively cope with emotional responses. Once you know your triggers, you can manage or avoid them.

List 5 of your triggers.

1. _____
2. _____
3. _____
4. _____
5. _____

Tip: To avoid triggers, you may need to make changes to your habits, lifestyle, or relationships.

For each of the above 5 triggers, write down ways you can manage or avoid them.

1. _____
2. _____
3. _____
4. _____
5. _____

Warning signs are symptoms—such as thoughts, feelings, and behaviors—that indicate your mental health might be at risk. Examples include sleep problems, social isolation, and stress.

List 5 of your warning signs.

1. _____
2. _____
3. _____
4. _____
5. _____

Tip: Knowing your warning signs allows you to begin managing symptoms before they become severe.

Self-care activities are the things you do regularly to maintain your mental health. Examples include eating well, exercising, socializing, and engaging in hobbies.

List 5 self-care activities you can practice regularly.

1. _____
2. _____
3. _____
4. _____
5. _____

Tip: A healthy lifestyle makes you more resilient to stress. Choose self-care activities that can become habits, and a regular part of your day.

Coping strategies are skills that help you manage problems or symptoms when they arise. Examples include relaxation techniques, breathing exercises, or anger management skills.

List 5 coping strategies you can use.

1. _____
2. _____
3. _____
4. _____
5. _____

Tip: Regularly practice coping strategies so you are prepared to use them in an emergency.

It is normal to occasionally experience problems or uncomfortable emotions, such as sadness, anger, or anxiety. When your problems become too intense, or last for too long, you may need professional help. What are some signs that it may be helpful to return to therapy?
