



## Worksheet 8 – My Early Warning Signs

Please write down your own early warning signs and how you could manage them.

My early warning signs are: (Changes in thoughts, feelings, behaviours)	If this happens I will:

### Helpful Tips:

In addition to recognising your early warning signs, it is important to monitor them regularly. You might choose to use a diary, a mood chart (on page 42) or smartphone app such as Daylio to record your mood and symptoms.

Tracking your signs and symptoms over time will help you review your experiences and decide if and when you need to take action.

Recognising when to act will reduce your stress and the likelihood of experiencing a relapse.

It is also important to review your coping strategies after experiencing early warning signs or a relapse to check if they were helpful for you.