

RESILIENT CHANGE PLAN

Maintaining your goals requires practicing self-care and awareness of your stressors and warning signs. Regular practice of self-care increases your resilience and decreases your vulnerability to stressors. Coping skills can be used to help mitigate stressors when they naturally arise.

Name:

Date:

Goals: things you are working towards and what have gained and do not want to lose.

Triggers/Stressors: are things that can dysregulate you. Some can be avoided some cannot.

Warning Signs: thoughts, feelings or activities that show you might be at risk

Support system: people you can reach out to distract yourself or talk about your stressors.

Self-Care Activity: things you can do by yourself to maintain your mental wellbeing.

Coping Skills: therapy skills that you can use to help manage any stressors that come up.

When to reach out?: What are the indicators they may need to reach out for professional help?