

Action Plan for Early Intervention

This activity is built for you to understand some of the early signs of a manic or depressive episode and write down actions to take to help you prepare.

This may include:

- A plan for what you will do depending on the situation such as a visit to your doctor, cognitive strategies and behavioral strategies.
- A plan for what you will say or ask your support system to do for you such as holding on to your credit card or having them visit or hangout with you.

In this activity it may be helpful to be specific about the best way to say things so it doesn't offend you. After this is completed keep this plan visible or accessible to you if the need arises. Remember to expect slip-ups, try to offer yourself forgiveness and compassion during these moments.

With this part it may be helpful to refer to the resources "Common symptoms of Depression" and "Common symptoms of Mania"

Most significant early warning signs:

Early Warning Signs of Depression

_____	_____
_____	_____
_____	_____

Early Warning Signs of Mania

_____	_____
_____	_____
_____	_____

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My plan of action for relapse prevention:

What I would do to help prevent a severe depressive episode

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Behavioral Strategies (increasing activities that would make you feel better, less tired, or distracted until symptoms pass)

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Cognitive Strategies (What are common thoughts that I have when I experience symptoms and can I accept these as thoughts that will pass or can I replace them with more helpful or compassionate thoughts)

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What I would ask my support system for.

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What I would ask my support system to say to me.

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What I would do to help prevent a severe manic episode

Behavioral Strategies (What are some activities that serve to slow you down, allow you to relax, and feel rested such as a slow walk or nice long bath)

Cognitive Strategies (What are common thoughts that I have when I experience symptoms? What questions can I ask to bring a more balanced perspective to these thoughts)

What I would ask my support system for.

What I would ask my support system to say to me.

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Reflection:

- How can I be compassionate with myself during and after
- What strategies/techniques did I find most helpful and would like to continue?
- Can I talk to my support system about ways to improve this plan?

Lim, L., & Smith, L. (2003). Keeping your Balance: Coping with Bipolar Disorder. Perth, Western Australia: Centre for Clinical Interventions.