Wellness Plan

What is a wellness plan? A wellness plan is a concrete plan that you can put together based on your identified triggers, coping skills, support systems and warning signs. A wellness plan requires that you do some deep and honest self-evaluation. This wellness plan will be highly individualized and it will help guide you along the process.

The areas in your life that require wellness are:

* Relationships
* Physical Health
* Work or School
* Relapse Prevention
* Insight
* Leisure
* Financial
* Spiritual
* Emotional

1. What might I look or act like when I am healthy or well?
2. What kinds of things might keep me from being well?
   1. Behaviors
   2. Core Beliefs
   3. Negative thoughts
   4. Symptoms
   5. Feelings
3. What kinds of signs might you see if I am regressing or not doing so well?
   1. Physical
   2. Emotional
   3. Behavioral
4. What are some problems or issues that get in the way of my wellness or keep me from functioning at my desired level of functioning?
5. What kinds of things trigger me to have negative emotions or responses?
   1. Situations
   2. People
   3. Events
6. What kind of skills can I put into place to effective manage or cope?
   1. Problems I encounter
   2. Warning Signs of relapse
   3. Things that trigger me
7. What are my short term goals?
   1. Social
   2. Emotional
   3. Spiritual
   4. Physical
   5. Living
   6. Work/School
   7. Financial
   8. Sobriety
8. What are my long term goals?
   1. Social
   2. Emotional
   3. Spiritual
   4. Physical
   5. Living
   6. Work/School
   7. Financial
   8. Sobriety
9. Thing that are positive about me are: