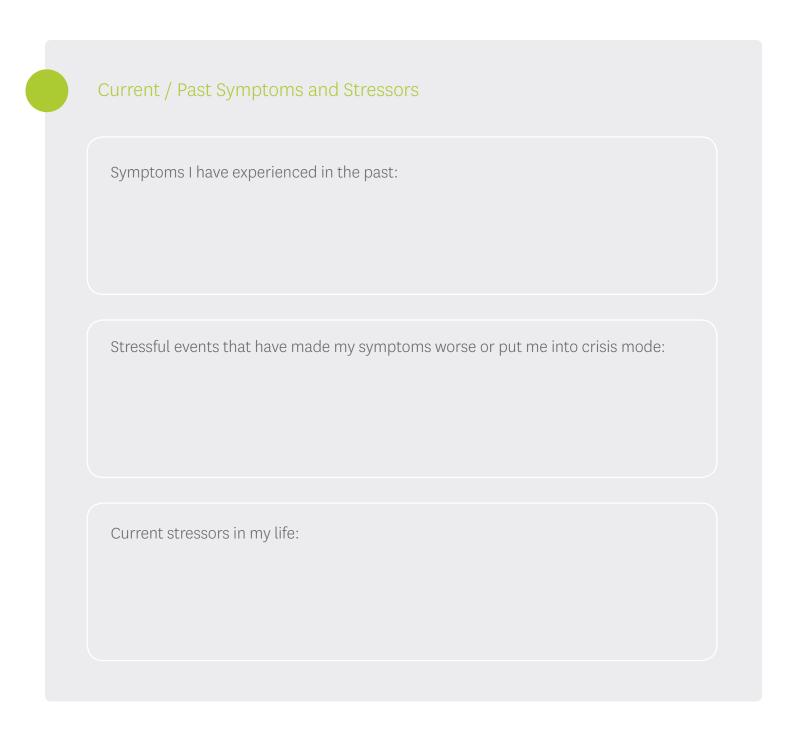


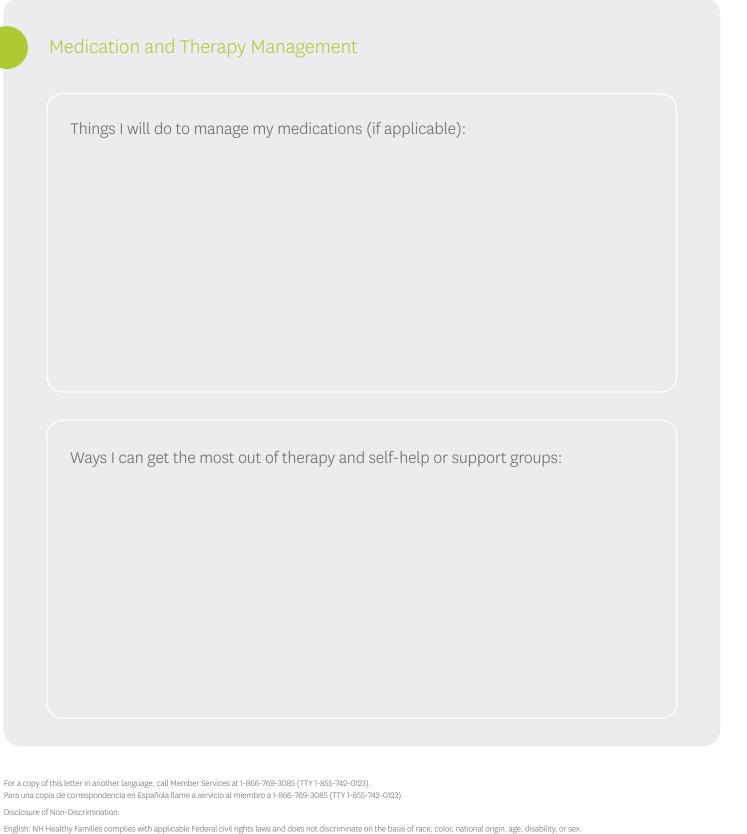
Wellness Plan



Coping Skills

Things I can do to handle stressful events in the future:
Ways I can reduce my stress:
My strengths / positive qualities:
Some examples of daily pleasant activities that I will engage in to maintain my health:

Activities that I definitely need to avoid: Symptoms / warning signs that things are getting worse for me: When I begin to notice things getting worse I will: Support System Support team of family / friends / others that I can call on a regular basis: Name Phone Number						
When I begin to notice things getting worse I will: Support System Support team of family / friends / others that I can call on a regular basis:	Α	ctivities that I defini	tely need to avoic	d:		
Support System Support team of family / friends / others that I can call on a regular basis:	Sy	ymptoms / warning	signs that things	are getting wors	se for me:	
Support team of family / friends / others that I can call on a regular basis:	W	Vhen I begin to notic	e things getting v	vorse I will:		
	Supp	oort team of family /	friends / others t			



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