



# Week 16: Relapse Prevention

*Your Maintenance Plan*

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**Congratulations!** You've completed the 16-week curriculum. But mental health is a lifelong journey, not a destination. Setbacks are normal.

The goal isn't to never feel sad or anxious again. The goal is to have a plan for when you do.

## My Warning Signs

How do I know when I'm starting to slip? (e.g., skipping the gym, isolating, irritability)


## My Coping Tools

What skills from the last 16 weeks work best for me? (e.g., Thought Records, Behavioral Activation, Mindfulness)

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## My Support Team

Who can I call? (Friends, family, therapist)

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## A Note to Future Me

Write one sentence of encouragement to read when things get tough.

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