

Wellness plan for anxiety

A **wellness plan for anxiety** can help you understand your own warning signs for anxiety. These warning signs are different for each person. A wellness plan can also help you get help sooner and remind you what has worked for you to feel better.

- Fill out this form with your care manager.
- Put it where you see it every day.
- If you see signs of anxiety coming back, use this wellness plan.

My medicines:

Name of medicine	How much to take	When to take

My anxiety warning signs are:

- _____
- _____
- _____
- _____

Things that help me feel better:

- _____
- _____
- _____
- _____

If I start feeling worse or for any questions, I can call:

- my main doctor at _____
- my behavioral health provider at _____
- a hotline at 1-800-LIFENET or 1-800-543-3638