Stay well plan

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| **Setting goals/ building confidence**  |  |
| **My triggers**  |  |
| **My ideal response**  |  |
| **Things I like to do to keep myself well**  |  |
| **Things I must do to keep myself well**  |  |
| **Things I notice about myself when I am becoming unwell**  |  |
| **Things others notice about me when I am becoming unwell**  |  |