

# Symptom Management Plan

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

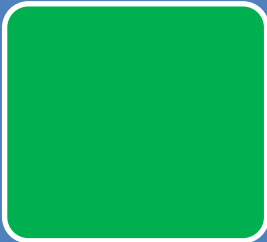
## Symptoms



## Skills

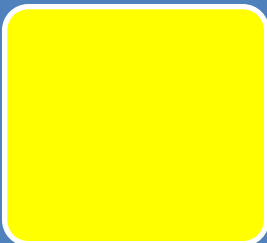


## Support



### Symptoms are manageable

- continue daily healthy life style:
  - exercise and healthy diet
  - meditation and journaling
- take daily prescribed medication \_\_\_\_\_



### Symptoms are bothersome

- use skills as above
- take as needed medication \_\_\_\_\_



### Symptoms persist after above intervention -and/or- suicidal thoughts

- contact supports as above
- contact therapist or physician \_\_\_\_\_
- call 911 or go to the emergency department