

My well-being review (worksheet 13)

Review date:

What have my symptoms been like over the last month?

Any new activities that I can carry forward that have either been helpful to my mood or have helped me to progress towards my goals?

Reading through my red flags list (worksheet 10), have I had any experiences that have concerned me?

Do I need to take any action now to keep on top of my mood?

If so, what will be helpful to use in my toolkit (refer to your responses in worksheet 12 and the 'relapse prevention top tips' in this book)?

What do I need to do and when am I going to do it?

My PHQ score is:

The date of my next review is: