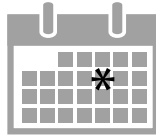


## The Wellbeing Action Plan

The other really helpful strategy we recommend you undertake is to develop a Wellbeing Action Plan to help you review your Toolkit. To do this you should set some time aside weekly, or at least each month, to become your **Wellbeing Day**. Having a Wellbeing Day will help you identify your red flags earlier, and ensure you keep on top of the techniques you have learned in this book so that, should you need them, they are still fresh in your mind.



Keeping an eye on my panic attacks

Review date:

What has my panic been like this week/month  
(delete as applicable)?

Reading through my red flag list of early warning signs, have I had any that concern me?

Have I got any signs of:

- Fearing having the intense and unexpected physical sensations? yes/no
- Actively monitoring or looking out for physical sensations in my body? yes/no
- Avoiding doing things or going places? yes/no
- Having thoughts that these physical sensations mean I am seriously ill or may even die? yes/no

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

If so, what helped before from my Toolkit?

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

If things are going well – what is it that’s been helping? Write in the vicious panic cycle things you’re doing in each area that are helping to keep you on track

