

Symptoms management mental health worksheet

What is the theory behind this symptoms management mental health worksheet?

One of the most crucial facets of well-being is mental health. Important components of health and illness that impair physical, mental, and social functioning are signs and symptoms. Symptom management is a crucial step in the recovery process. Cognitive behaviour therapy (CBT) plays an important role in teaching symptom management.

How will the worksheet help?

Symptoms management is important to prevent relapse and maintain mental health. This worksheet provides insight to the clients about their symptoms and helps them identify triggers and coping strategies that will be beneficial in symptoms management.

How to use the worksheet?

The therapist can provide this worksheet to the client during the session to make them able to manage their symptoms that will prevent relapse.

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List down the symptoms that you experience.

Triggers that elevate symptoms.

What will be your goals to manage the symptoms?

Which coping strategies will you use to deal with the symptoms?

Which strategies will you use to prevent the replase?



References

Self-management of mental ill-health. (2022, February 16). Mental Health Foundation.
<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/self-management-mental-ill-health>

You can find more wellness and mental health worksheets [here](#).