BA Maintenance Plan

Answer the following questions to help you with a plan for managing moods and feelings and remaining engaged following the completion of the program.

remaining engaged following the completion of the program.	
•	What situations increase my vulnerability to depression or anxiety?
•	What behaviors contribute to keeping the depression or anxiety cycle going?
•	What behaviors that decrease depression or anxiety do I need to maintain or increase?
•	What can I do to increase the chances that I will follow through on my helpful behaviors?