

Staying well plan

Written at the end of treatment, for the version of you who needs it later

Anxiety problems tend to come back in patches, particularly under pressure, after illness, or at a change of routine. That is not treatment failing. The old learning is still there and can be retrieved; what protects you is knowing early and acting early.

What I learned

What was keeping the problem going

What actually helped

The thing I would tell someone else with this

My early warning signs

- The first situation I would start swerving
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- The first small ritual or check to creep back
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- What I would notice about sleep, temper or concentration
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- What someone close to me would notice before I did
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What I do about it

The first three things I do if I see those signs

The practice I would restart, in detail

When I would get back in touch, and with whom

A worksheet, not treatment, advice about your situation or a diagnosis. It is best used alongside a qualified clinician. If using it makes things worse, stop and speak to your GP or clinician, and in an emergency call 999. Written by Anxiety CBT Ltd and free to print for personal or clinical use, unchanged and with this footer left on. Not for sale. © 2026 Anxiety CBT Ltd · Dr Daniel O'Rourke · anxietycbt.co.uk/resources/staying-well-plan