

My staying on track plan – Activity for young people



YOU'VE
BEEN
MISSED

The staying on track plan can help you identify and manage difficult feelings. By completing this plan you can have a system in place for when these difficult feelings become overwhelming or even how to stop them in the first place. You may find it helpful to look at some of the other resources on managing emotions before completing.

1 My early warning sign is ...

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2 This usually happens because of ...

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3 The best way for me to manage this feeling is ...

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4 The skills I need more time and practice to develop are ...

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5 The people who are going to support me to do this are ...

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For more activities, please check out #youvebeenmissed on the BWC website: <https://bwc.nhs.uk/youve-been-missed>