## AGITATION ACTION PLAN

### A guide for managing agitation related to schizophrenia

Take a couple of minutes to answer the following questions about your past experiences with agitation episodes. It can help you and your loved one better understand what to look out for and how best to cope. Discussing this together can help you prepare for potential future episodes. Everyone's experience is different. You might not experience all the symptoms listed below.

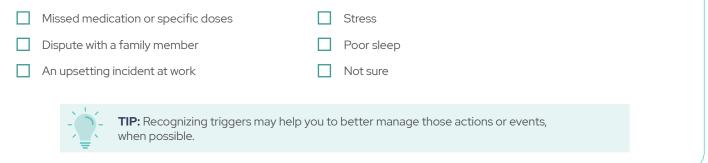
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Here is a list of some common symptoms that may indicate an agitation episode. Which symptoms have been experienced in the past? Check all that apply.

Restlessness	Irritability	Hostility
Uneasiness	Fidgeting	Feeling uncooperative
Nervousness	Feeling wound up	Aggressiveness
Feeling tense	Feeling overexcited	Violence
Inability to sit still	Feeling short-tempered	
	symptoms can happen at different tim In important step in managing agitation	nes. Being able to quickly identify these n.

#### 2. Familiarize yourself with possible triggers

Some specific actions and events could spark symptoms. Can you recall specific reasons or situations that may have triggered an agitation episode? Check all that apply.



#### 3. Try shifting the focus elsewhere

What activities have helped reduce agitation in the past? Check all that apply.

Ш	Reading		Listening to music
	Writing in a journal		Painting, sculpting, or another creative activity
	Meditating		Nothing. I wait for it to pass
	Exercising		Other:
	Speaking to friends or fa	mily	

**TIP:** If attempted early enough, these activities may help. If symptoms don't improve, it may be time to seek medical attention.

4. Allow	family and friends to help		
What actions fr	om others seem to be most helpful c	during an ep	isode? Check all that apply.
Being lister	ned to	🗌 Sp	eaking to the doctor on your behalf
Being left a	lone or given space to cool off	l de	on't know
Being taker	n to seek medical attention	Ot Ot	her:
-	a loved one experience agitation a of emotions, including worry, frust	associated w tration, and e ve (such as y	are often present during an episode. Watching with schizophrenia can leave you feeling a range even helplessness. And while actions or behavior elling or cursing), responding in the same manner wir lowed one's agitation
	may make the struction worse and		
As agitation syr	ch as possible, try to stay s	safe	
As agitation syr yourself or othe	<b>ch as possible, try to stay s</b> nptoms worsen, it's important to avo	safe Did a situatio	n that might be dangerous to
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As agitation syr yourself or othe What safety me Being giver Putting awa	ch as possible, try to stay s nptoms worsen, it's important to avo ers. asures could a family member or frie a space to cool off ay sharp objects to prevent from leaving	safe bid a situatio end take to I Be Ca thoughts, ca	n that might be dangerous to help? Check all that apply. ing taken to seek medical attention Iling 9-1-1

# To learn more about agitation related to schizophrenia, speak with a healthcare provider

This content is for educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a healthcare provider with any questions you may have regarding agitation associated with schizophrenia.

