

THE THINGS YOU DO THAT HELP

CHECKLIST - SHEET 1

ARE YOU:

TICK BOX

**EATING REGULARLY
AND HEALTHILY**

Taking time to enjoy
the food.

**GIVING YOURSELF
TIME TO SLEEP**

It's a good start to any
day.

**KEEPING UP WITH
ROUTINE THINGS**

Ironing, housework,
gardening.

**DOING THINGS
WITH OTHER
PEOPLE**

Spending time with family &
friends, or by phone/letter/
email.

**DOING THINGS THAT
GIVE YOU A BOOST**

Examples: hobbies, listening to
music, having a bath, activities
that give you fun/pleasure.

**SHARING PROBLEMS
WITH TRUSTED
FRIENDS & FAMILY**

It can really help.

**FINDING OUT MORE
ABOUT HOW YOU
FEEL**

Example: attending a voluntary
sector self-help group.

**LETTING
UPSETTING
THINGS JUST BE**

Stopping thinking & reflecting
on things.

THE THINGS YOU DO THAT HELP

CHECKLIST - SHEET 2

ARE YOU:

TICK BOX

FACING YOUR
FEARS

Using slow, steady steps.

DOING EXERCISE /
WALKING /
SWIMMING, ETC.

It can give you a boost.

USING YOUR
SENSE OF
HUMOUR TO COPE

Laughter always helps.

PLANNING TIME FOR
YOU AS WELL AS FOR
OTHERS

Not giving all the time.

TAKING ANY
PRESCRIBED
MEDICINE REGULARLY

It can be part of the
recovery process.

RELAXING

CDs, DVDs, baths,
whatever works for you.

USING THE
PEOPLE AROUND
YOU

Your practitioner, family,
friends - get them all on the
job.

DOING THE
ESSENTIALS

Don't let unpaid bills
build up.

AM I DOING OTHER
THINGS THAT HELP?
WRITE IN WHAT YOU
ARE DOING HERE: