

THE THINGS YOU DO THAT HELP CHECKLIST



Are you:

Check here
if you have
noticed this—
even if just
sometimes

Eating regularly and healthily	Taking time to enjoy the food	<input type="checkbox"/>
Giving yourself time to sleep	It's a good start to any day	<input type="checkbox"/>
Keeping up with routine things	Ironing, housework, gardening	<input type="checkbox"/>
Doing things with other people	Spending times with family & friends, or by phone / letter / e-mail	<input type="checkbox"/>
Doing things that give you a boost	e.g. hobbies, listening to music, having a nice bath that give you fun / pleasure	<input type="checkbox"/>
Sharing problems with trusted friends & family	It can really help	<input type="checkbox"/>
Finding out more about how you feel	For example: attending a voluntary sector self-help group	<input type="checkbox"/>
Letting upsetting thoughts just be	Stopping thinking and reflecting on things	<input type="checkbox"/>
Facing your fears	Using slow steady steps	<input type="checkbox"/>
Doing exercise / going for walks / swimming etc.	It can give you a boost	<input type="checkbox"/>
Using your sense of humour to cope	Laughter always helps	<input type="checkbox"/>
Planning time for you as well as for others	Not giving all the time	<input type="checkbox"/>
Taking any prescribed medicine regularly	It can be part of the recovery process	<input type="checkbox"/>
Relaxing	CDs, DVDs, baths, whatever works for you	<input type="checkbox"/>
Using people around you	Your practitioner, family or friends - get them all on the job	<input type="checkbox"/>
Doing the essentials	Don't let unpaid bills build up	<input type="checkbox"/>



Q: Am I doing other things that help?

Write in what you are doing if this applies to you