

The Things You Do That Help

Checklist – Sheet 1

Are you:

Eating regularly and healthily

Tick

Giving yourself time to sleep

Tick

Keeping up with routine things like keeping your room tidy

Tick

Doing things with other people

Tick

Doing things that cheer you up

Tick

Sharing problems with trusted friends and family

Tick

Finding out more about how you feel

Tick

Letting upsetting thoughts just be

Tick



The Things You Do That Help Checklist – Sheet 2

Are you:

Facing your fears

Tick

Doing exercise / going for walks / swimming etc.

Tick

Using your sense of humour to cope

Tick

Planning time for you as well as for others

Tick

Regularly taking the medicine prescribed by your physician

Tick

Relaxing - CDs, DVDs, baths whatever works for you

Tick

Asking for help from people around you

Tick

Doing the “should” stuff like homework

Tick

Q: Am I doing other things that help?
Write in what you are doing if this applies to you

