

WHAT TO DO AND WHAT NOT TO DO CHECKLISTS

From the workbook
Planning for the future



Some things to do

Put a check in the box if this affects your life—even if just sometimes

1. Deal with things early if you start to feel worse.
Build on your strengths/resources.
2. Stop think and reflect on negative thoughts.
Don't let extreme and unhelpful thinking take over.
3. Keep doing things that boost how you feel (that is, those activities that you value, and give you a sense of pleasure, achievement and closeness to other people).
4. Face up to your fears—don't let avoidance take over.
5. Live reasonably—being active, eating, sleeping well, but not in an obsessive way.
6. Say no—balance demands you put on yourself.
Allow space and time for you.
7. Use guided relaxation techniques if you find them helpful, such as the Anxiety Control Training approach.
8. If you are prescribed an anti-depressant medication, take it regularly.
Discuss any changes you want to make with your healthcare practitioner.



Some things NOT to do

Put a check in the box if this affects your life—even if just sometimes.

1. Letting problems build up and not dealing with them.
2. Letting your thinking spiral out of control.
3. Avoiding things or putting things off. Remember, the less you do, the worse you feel.
4. Acting in ways that backfire/make things worse (e.g., taking on too much or setting yourself up to fail).
5. Drinking too much alcohol or blocking how you feel with drugs.