

# The Things You Do That Help

## Checklist – Sheet 1

Are you:

Eating regularly and healthily?

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Tick

Giving yourself time to sleep?

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Tick

Keeping up with routine things like keeping up with the house?

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Tick

Doing things with other people?

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Tick

Doing things that cheer you up?

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Tick

Sharing problems with trusted friends and family?

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Tick

Finding out more about how you feel?

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Tick

Letting upsetting thoughts just be?

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Tick

# The Things You Do That Help Checklist – Sheet 2

Are you:

Facing your fears?

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Doing exercise / going for walks / swimming etc?

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Using your sense of humour to cope?

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Planning time for you as well as for others?

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Regularly taking the medicine prescribed by your doctor?

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Relaxing - with music, a film, a book or whatever works for you?

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Asking for help from people around you?

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Doing the essentials like paying bills?

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

Tick

Tick

Tick

Tick

Tick

Tick

Tick

Tick