

## UNIT 6

# Build Your Action Plan

With all that is going on around us, it helps to have an action plan for the moments when things are overwhelming. You may be feeling this way now, or may have concerns as you look to the coming days or weeks. In the last toolkit we introduced some tools that support healthy eating, sleep, and daily routines. This week, we'll add to that set of tools, focusing especially on managing stressful times.

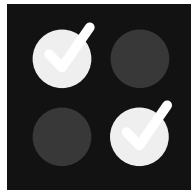


TOOL 1

## Go Back to the Basics (Again)

The tools we covered last week, including nutrition, sleep, and ACE activities ( Accomplishment, Connecting, and Enjoyment), are sometimes described as simple, but not easy. If your first week of practicing with these tools didn't go as well as you'd hoped, you are not alone! It is common to forget the basics of eating, sleeping, and daily routines, when you are facing many demands and challenges.

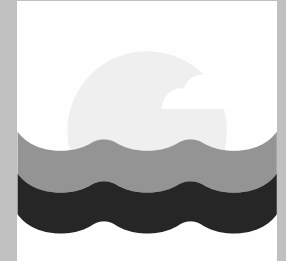
Select one of the "Back to Basics" tools to practice again this week, as a way to care for yourself during stressful times.



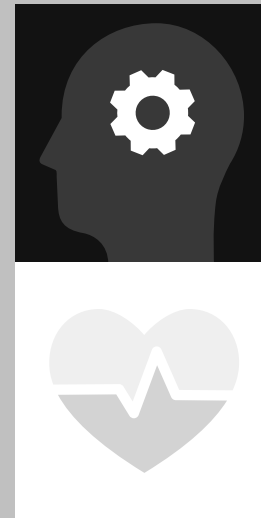
TOOL 2

## Focus on Soothing Moments

An action plan for stressful times can include things to do in moments that feel overwhelming.



During these times, it can be helpful to take a step back to let your body and mind "reboot."



You can practice this using the five senses when you are feeling overwhelmed.

Practice with at least one of the ideas on the following page, remembering that each practice is intended to last just for a few moments (though you can do them multiple times).

SIGHT

What images feel safe, calm, or happy for you? Imagine or look at photos of people, places, or experiences that make you smile.

Ask for what you want. Stating specifically what you want will increase the likelihood of getting help. Brainstorm in advance what will help you.

## START SCRIPT

Use the table below to write in your script to support you in getting a conversation started. You can use some of the specific statements suggested above or create your own.

S Say who you are and generally why you are calling/emailing:

T Tell the specifics:

A Ask for what you want:

R Repeat your ask:

T Thank them for their help:



Did you write a "START the conversation" script?

