



How I Plan to Deal with My Anxiety, Stress or Worry!

Write Out A Schedule

Routines help us feel “normal” – it eases our fears about what’s going to happen next. If we have a schedule, we know what’s going to happen next! It is comforting.

Consider establishing times for:

- Eating
- Sleeping
- Physical Activity
- Connecting with Others
- Learning Something New
- Doing Something Fun
- Helping Someone Else
- Talking to a Family Member, Friend or Therapist About Your Anxious Feelings

Sample Schedule*

**Be kind to yourself – it's ok not to always follow the schedule!*

- | | |
|---|---|
| <input type="checkbox"/> 9:00-10:00 am | Fix and Eat Breakfast |
| <input type="checkbox"/> 10:00-11:00 am | Get Dressed, Make Bed |
| <input type="checkbox"/> 11:00-12:00 pm | Play Video Game |
| <input type="checkbox"/> 12:00-1:00 pm | Take a Walk Outdoors or Do Yoga |
| <input type="checkbox"/> 1:00-3:00 pm | Read a Book or Magazine |
| <input type="checkbox"/> 3:00-4:00 pm | Do a Virtual Online Safari with a Zoo (or some other fun online activity) |
| <input type="checkbox"/> 4:00-5:00 pm | Check in on a Friend (call or online) |
| <input type="checkbox"/> 5:00-6:00 pm | Eat Dinner |
| <input type="checkbox"/> 6:00-8:00 pm | Watch TV |
| <input type="checkbox"/> 8:00-9:00 pm | Give Yourself a Spa Treatment (<i>think warm bath, lotion, a warm or cool washcloth over your eyes while laying down and listening to soft music</i>) |

Your Schedule

- | | | |
|--------------------------|-------|-------|
| <input type="checkbox"/> | _____ | _____ |
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