

WISHFUL THINKING WORKS

"I am stronger than the tough stuff!"

What you have done to successfully face tough times in the past. Find ways to use them again.

PERSONAL

<input type="checkbox"/>	Took time by myself: Sat outside every evening. Got up early and had coffee in my favorite chair.
<input type="checkbox"/>	Began writing daily about what I was going through. Began exploring options to deal.
<input type="checkbox"/>	Listening to classical music at home and in the car.
<input type="checkbox"/>	Began praying. Going to church.
<input type="checkbox"/>	Dancing to music in my home.
<input type="checkbox"/>	Reading. Re-reading _____
<input type="checkbox"/>	Long drives in the country.
<input type="checkbox"/>	Took a trip to _____.
<input type="checkbox"/>	Tried at least one new thing a week.
<input type="checkbox"/>	Let myself cry. Set aside time to be sad. Allowed myself to feel happy when I was.
<input type="checkbox"/>	Began crafting, knitting, sewing.
<input type="checkbox"/>	Rearranged furniture, redecorated.
<input type="checkbox"/>	Be aware of my negative thinking and try not to let it go on too long! Redirect.
<input type="checkbox"/>	Went back to playing the _____
<input type="checkbox"/>	Began or returned to meditating.

Research reveals that writing can help us sort through our thoughts, and help us feel better. You can write about the problem you are facing, or about anything you like to help relax your mind.

HEALTH & EXERCISE

<input type="checkbox"/>	Began or returned to yoga. Started by stretching at home for 15 minutes.
<input type="checkbox"/>	Joined a gym. Worked out 5 days a week.
<input type="checkbox"/>	Went to bed earlier. Took hot shower or bath before.
<input type="checkbox"/>	Walked every day.
<input type="checkbox"/>	Began eating better.
<input type="checkbox"/>	Gave myself a special treat every night.
<input type="checkbox"/>	Began juicing.
<input type="checkbox"/>	Began playing softball, basketball, volleyball, soccer, football . . .
<input type="checkbox"/>	Talked with therapist.
<input type="checkbox"/>	Try seeing situation from a different perspective.

You can do this! Making this list is an important step. You are on your way!

SOCIAL & FAMILY

<input type="checkbox"/>	Called _____. Told him/her what I was going through.
<input type="checkbox"/>	Visited _____, _____, _____.
<input type="checkbox"/>	Joined Meetup. Tried new things, met new people. Quit ones I didn't like, found time for ones I did.
<input type="checkbox"/>	Met friends for coffee every Saturday.
<input type="checkbox"/>	Began baking and cooking for others.
<input type="checkbox"/>	Spent more time with my kids.
<input type="checkbox"/>	Spent more times with old friends.
<input type="checkbox"/>	Reached out to let others know I was hurting or needed help. Accepted help and support.
<input type="checkbox"/>	Began volunteering.

Friends and family can truly be a comfort. If not, do not stress about them, simply focus on your personal and health and exercise options to make you feel better.