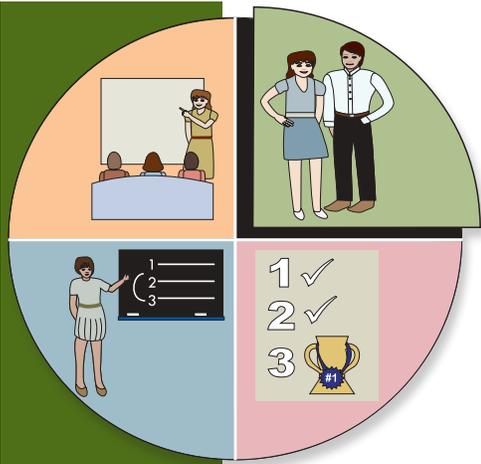


TAKING CARE OF YOURSELF

Being Calm & Relaxed



THINK

Set the Goal

Think about how to relax.



PLAN

Take the Steps

Create a way to be calm in stressful situations.



DO

Make it Happen

Try new exercises to be calm and do fun things to relax.



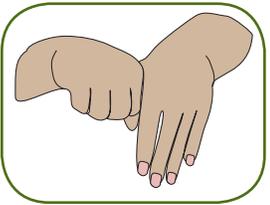
NAME



Krisi's Story



THINK: Krisi felt stressed a lot of the time. Her doctor told her it was not healthy. She wanted to be calm and not get angry. She did not know how to relax in stressful situations. She also wanted to take better care of her herself.

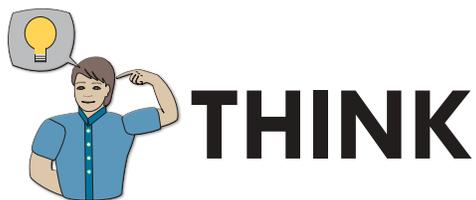


PLAN: Krisi asked her friends how they relax. A friend told her about breathing and holding her thumb. She decided to learn ways to relax on her own. Krisi also knew that being with friends and going places is another way to relax.



DO: Krisi tried the new thumb-holding exercise to help her feel calm when she went to the dentist. It worked! She also made new friends so they can go to the movies. Doing things that feel good and are relaxing helped Krisi reduce her stress.

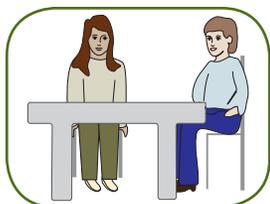
Setting the Goal



What makes me feel stressed?



Why does it make me feel stressed?

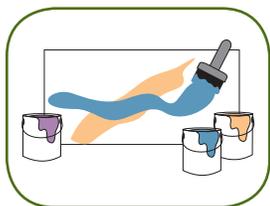


Ways I relax and have fun now:



- | | |
|---|---|
| <input type="checkbox"/> Exercise. | <input type="checkbox"/> Rest. |
| <input type="checkbox"/> Talk with friends. | <input type="checkbox"/> Watch a movie. |
| <input type="checkbox"/> Listen to music. | <input type="checkbox"/> Go out to eat. |
| <input type="checkbox"/> Other _____ | |

Something new I want to try:



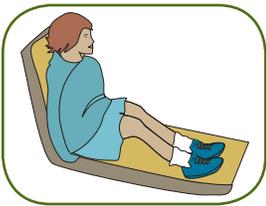
- | |
|--|
| <input type="checkbox"/> To relax _____ |
| <input type="checkbox"/> To have fun _____ |

Taking the Next Steps



PLAN

Something new to help me be calm and relaxed:



New ways to have fun:



Things to arrange:



Do I need money?

How will I get there?

Date: _____ Time: _____

Do I want to be with someone?

Making It Happen



I will start my plan:

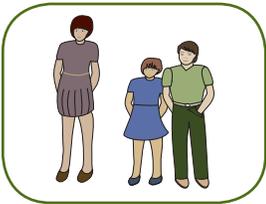
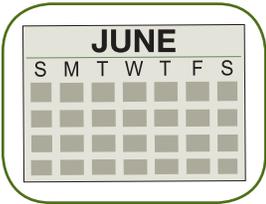


Date

I will start my plan to have more fun:



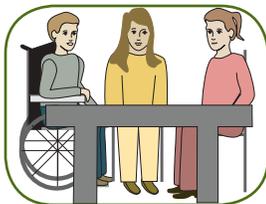
Date



Make arrangements:

- Transportation _____
- Money _____
- Time _____
- Friend _____

I will get support from:



- Friend
- Family
- Support Person

Name: _____