

Worksheet 11: Active coping, relaxation, and pleasant events

Coping with stress, relaxing deeply, and enjoying pleasant activities works better with a proactive plan than a reactive after thought. Write down some ideas that work for you. No examples are given because they range so widely, from lighting the aroma therapy candles to a trip to the zoo. Some should be recurring, so schedule them on specific days of the week.

Stress-busting Strategies:

- _____
- _____
- _____

Relaxation Practice:

- _____
- _____
- _____

Mood boosting Activities:

- _____
- _____
- _____

Schedule:

Day	Time	Coping/Relaxation/Pleasant Event
Sunday	_____	_____
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____