

# EVENING & WEEKEND PLANNING WORKSHEET

LA CHEIM BEHAVIORAL HEALTH SERVICES

**Areas of Concern:** *(circle all that apply)*

Loneliness/Isolation      Tension/Stress      Craving/Drinking/Using      Boredom/Restlessness      Depressed/Unstable Mood  
Relationship Troubles      Commitments/Obligations      Impulsiveness      Unhealthy Thinking      Self-Harm

**Goals I *want* to accomplish:**

**Goals I *need* to accomplish:**

**Key interpersonal/social supports to engage:**

**My learning and growth today at La Cheim:**

**Self-care I do every day:**

**Self-care I wish I were doing:**

**Self-care I don't normally do but will do at least once before bed:**

# ***Making the Most of Your Time while ‘Sheltering in Place’***

**Squeeze in a healthy workout.** We need to stay put right now, but you can find lots of fitness videos online. Take some time to raise your heart rate and release your stress!

**Eat on a schedule.** Make a point to eat breakfast, lunch and dinner while sitting down. Try not to watch TV while you’re eating. Pack snacks for when you're on the go and follow a schedule just like you would during the week.

**Stick to your usual sleep schedule.** Staying up late and sleeping throws off your schedule and makes things feel less “normal.” Stick to a schedule and use the program to help you get up on time!

**Stay sober and skip the sugar.** Alcohol pulls a nasty bait-and-switch routine. You feel euphoric while you’re drinking, then more and more depressed as you’re coming off of it. Sugary drinks similarly offer a high followed by a crash.

**Plan for fun and relaxation.** Whether it's practicing your favorite hobby, watching a movie at home, or even meditating quietly, do something every day that recharges you. You'll not only feel better, but also beat stress.

**Ask for the help you need.** Remember your resources!

Alameda County Crisis Line:	(800) 309-2131	Contra Costa County Crisis Line:	(510) 833-3900
National Hotline:	(800) SUICIDE	Kaiser Call Center:	(925) 372-1103
Grief Crisis Hotline	(800) 837-1818	WARM Line:	(855) 845-7415