



## Reducing Vulnerability to *Depression* or *Anxiety* by Practicing the P.L.E.A.S.E. Skills

Name: \_\_\_\_\_

Week Starting: \_\_\_\_\_

**In the boxes below, write down what you did to practice the identified P.L.E.A.S.E. Skills each day of the week.**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Physical Care:</b> Good dental and personal hygiene; safe sex and other behaviors Plan _____							
<b>iLlness Treated:</b> Get medical, dental & psych help when needed. Take prescribed meds. Plan _____							
<b>Eat Effectively:</b> Balanced meals & snacks throughout the day. Limit caffeine, & sugar. (Nicotine too.) Plan _____							
<b>Avoid Isolation, Drugs &amp; Alcohol:</b> Work to keep your mood calm and predictable. Plan _____							
<b>Sleep Effectively:</b> Not too much or too little. 7.5 - 8 hours is good for most people.  _____ Hours per night							
<b>Exercise Regularly:</b> 20 minutes a day is an effective goal. _____ Minutes _____ Days							