Personal Medicine Diary Card

Name:	Week Starting:
	8

In the boxes below, write down what you did to practice Personal Medicine Strategies each day of the week.

Personal Medicine	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ex: I will get 30 minutes of exercise five days of the week.	Did it	Did 45 minutes	Did it	Off Day	Did 15 minutes	Did it	Off Day

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

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