

Difficult Day Plan

1. First – DON'T PANIC. Stop and take charge of the situation. Avoid symptom-focused talk and behavior.
2. Breathe-slow, regular paced breathing is calming and helps to release tension and pain.
3. Say out loud, "This will pass."
4. Don't change current medications. Don't increase or decrease dosages. Don't drink alcohol.

5. Stay connected.

Call _____ Phone # _____

Call _____ Phone # _____

Call _____ Phone # _____

6. Daily activities to keep doing in spite of difficult days:

- _____
- _____
- _____

7. Specific things to avoid doing/saying:

- _____
- _____
- _____

8. Some positive points about myself:

- _____
- _____
- _____

9. Ways to relax:

- _____
- _____
- _____

10. Diversions to try:

- _____
- _____
- _____

11. Some past accomplishments:

- _____
- _____
- _____

12. List possible support groups/organizations

- _____
- _____
- _____

13. Review Differences between an emergency (acute situation) and a difficult day:

- _____
- _____
- _____