

WRITE DOWN 3 THINGS YOU CAN DO TO ADD MOVEMENT TO YOUR DAY



FIND TIME FOR SMALL JOYS. WRITE DOWN SOME OF YOUR FAVORITE SONGS, BOOKS, OR SHOWS THAT YOU CAN TURN TO WHEN YOU HAVE A MOMENT.



WHO ARE THE FAMILY MEMBERS AND FRIENDS YOU CAN TURN TO WHEN YOU NEED HELP OR SOMEONE TO TALK TO?



SET A GOAL TO GET MORE SLEEP ONE OR TWO NIGHTS A WEEK.

I PLAN ON WAKING UP AT ____:____ EACH MORNING TO KEEP A CONSISTENT SCHEDULE.

I WILL TRY TO GET TO BED BY ____:____ EACH NIGHT TO KEEP A CONSISTENT SCHEDULE.

THIS MODULE PROVIDED A LIST OF RESPITE OPTIONS AVAILABLE TO YOU AND THE VETERAN. MAKE NOTE OF THE RESPITE OPTIONS THAT COULD BE MOST HELPFUL TO YOU.

