

## Planner

By using a planner to plan your time in advance, you might be able to do more of what you enjoy, or have enjoyed in the past. This can improve your mood and how you feel about yourself. Do a web search for events happening in your area and see if there's anything you'd be interested in.

Just remember that it's important to pace yourself - you don't have to do everything at once.

Try to complete a plan for a week. You don't have to fill in every space, or complete it all at once. The planner can be quite flexible - it's okay for plans to change.

In your planner, include:

- one or two things that you used to enjoy
- something with other people - maybe an activity with friends
- exercise - something you've enjoyed in the past, like an exercise class
- things you have to do - like looking after yourself, making meals, and medical appointments
- a regular time to get up and go to bed - a regular sleeping pattern will make you feel better

The text you add to the planner will only be saved to your device.

	Day 1	Day 2	Day 3
Morning			
Afternoon			
Evening			