

CARE PLAN

Use the following blank graphic of **Care Plan** to start managing your worry.

There are lots of things you can try to help you better manage your worry. Make sure you have:

- a good sleep routine (because dreaming helps de-clutter the brain),
- exercise regularly (this reduces the hormones that cause ‘fight, flight, freeze’); and
- eat healthily (sugar and caffeine can contribute to anxiety).

Rate your sleep, exercise, and healthy eating on a scale of 1 (very poor) to 10 (excellent) below. Then, come up with one thing you want to change to improve your score. It does not have to be a big change, just a move in the right direction.

SLEEP									
1	2	3	4	5	6	7	8	9	10
Very poor									Excellent

EXERCISE									
1	2	3	4	5	6	7	8	9	10
Very poor									Excellent

HEALTHY EATING									
1	2	3	4	5	6	7	8	9	10
Very poor									Excellent



Now write at least one thing you can do each day, each week, and each month to enable you to reach your goals.

EACH DAY, I WILL...

EACH WEEK, I WILL...

EACH MONTH, I WILL...

It is almost impossible to achieve our goals without support from other people. Use this page to create a plan with a parent or care. Complete the top box yourself then ask your parent / carer to complete in the middle box, then complete the bottom box together.

I NEED HELP WITH ...

READING THE ABOVE, I COULD ...

TOGETHER WE AGREE THAT ...