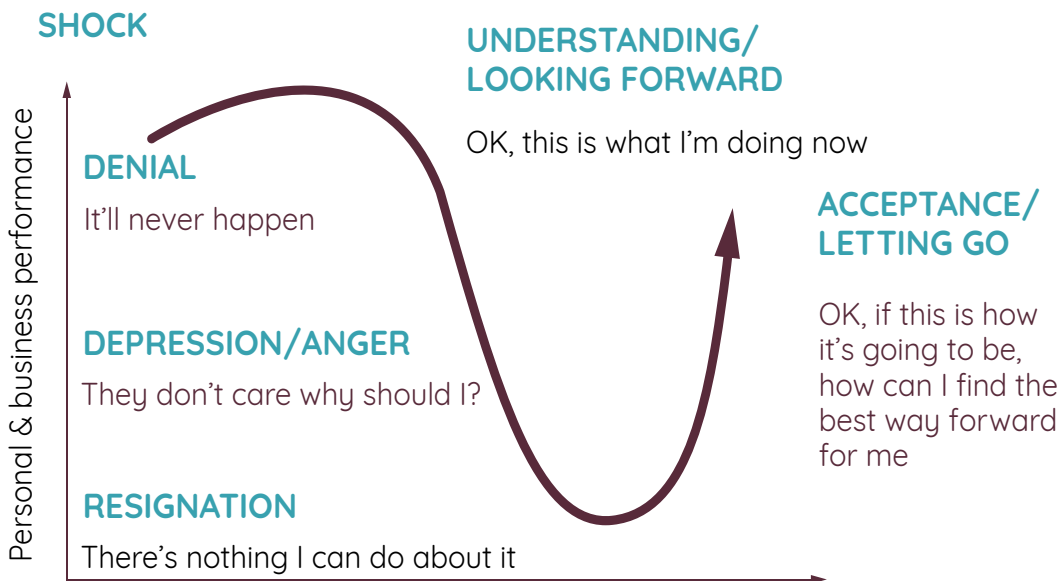




## Getting started

Life is full of events that come along and sometimes knock us off balance. Managing these life events effectively will help you to restore your balance and reduce their impact on your well-being. When a significant change occurs in our life we tend to go through the same process:



- Shock that this event has happened to us and denial that it is happening;
- Confusion and anger as we realise it actually is happening to us;
- Resignation when we believe there is nothing we can do.
- Then as, the healing process starts, we begin to accept what has happened and eventually start to look forward and rebuild.

Firstly, we should stop trying to juggle everything, and choose something to focus on.

There are four key coping strategies you can employ:

- Talk to others about it
- Create time for yourself
- Simplify your life
- Look after your health and wellbeing

This 4-week plan is incredibly simple to follow. All you need to do is include these simple coping strategies into your daily life.

Use the personal training plan each week to chart your progress. You don't have to complete all 4 strategies straight away in week 1. At the start of each week, plan what you are going to do and then,

week-by-week, try to gradually build up the amount of actions you complete. Print it off and put it on your fridge, or in a visible place.



# Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Talk to others							
Create time for myself							
Simplify my life							
Look after my health and wellbeing							
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Talk to others							
Create time for myself							
Simplify my life							
Look after my health and wellbeing							
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Talk to others							
Create time for myself							
Simplify my life							
Look after my health and wellbeing							
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Talk to others							
Create time for myself							
Simplify my life							
Look after my health and wellbeing							
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
I feel better able to cope this week Enter 'Yes' or 'No'				

## After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

## After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.