

# Mental Well-being Preparedness Plan

The best way to manage feeling stressed, lonely, anxious, or any mental or emotional challenge is to plan ahead. This sheet will help do just that. Please take a moment to complete both sides of this form, and store it in a place where you can easily access it should you start feeling lonely, depressed, or isolated.

Things I can bring from home to make my environment comfortable:

Things I currently do to manage stress/boredom:

Place a check next to ways you can manage your thoughts, feelings, and behaviors when you are feeling

- |  |  |
|--|--|
| <input type="checkbox"/> isolated: Listening to music that uplifts my spirits  | <input type="checkbox"/> Coloring/drawing/painting   |
| <input type="checkbox"/> Reading a book  | <input type="checkbox"/> Maintaining a virtual social life   |
| <input type="checkbox"/> Exercising  | <input type="checkbox"/> Checking out Silvercloud  |
| <input type="checkbox"/> Using mindfulness skills (such as deep breathing and relaxation exercises)  | <input type="checkbox"/> <a href="https://gwu.silvercloudhealth.com/">https://gwu.silvercloudhealth.com/</a> |
| <input type="checkbox"/> Listening to a favorite podcast that improves my mood   | <input type="checkbox"/> Creating a study group  |
| <input type="checkbox"/> Reaching out to CAPS  | <input type="checkbox"/> Eating nutritional foods  |
| <input type="checkbox"/> <a href="https://healthcenter.gwu.edu/counseling-and-psychological-services">https://healthcenter.gwu.edu/counseling-and-psychological-services</a> | Joining a student organization   |
| <input type="checkbox"/> Volunteering/helping others   | Doing a hobby (list):  |
| <input type="checkbox"/> Taking time to self-care  |  |
| <input type="checkbox"/> Checking the GWU activities calendar  |  |
| <input type="checkbox"/> Practicing sleep hygiene  |  |
| <input type="checkbox"/> Joining a virtual book club   |  |
| <input type="checkbox"/> Playing games or completing a puzzle  |  |
| <input type="checkbox"/> Going outside   |  |
| <input type="checkbox"/> Writing/scribbling in a journal   |  |
| <input type="checkbox"/> Creating a schedule or routine  |  |

Create a list of people you can reach out to when feeling isolated (include both on campus and off campus resources). Friends, family, religious/spiritual leaders, etc:

Many people find that planning and scheduling help them feel better. You may have so many ideas that it is hard to get anything done, especially those things that help you feel better. Creating a schedule can help you do the things you know will help you feel the best you can. Feel free to use this as an example to create your own.

This schedule was gathered from: [mentalhealthrecovery.com/info-center/sample-plan-and-schedule-for-depression-workbook/](http://mentalhealthrecovery.com/info-center/sample-plan-and-schedule-for-depression-workbook/)

Time	Planned Activity	Actual Activity	How it Felt
7-8am	Get up, shower, dress, walk the dog	(as planned)	Fine
8-9am	Cook, eat breakfast, wash dishes	Also cleaned bathroom	Kind of speedy
9-10am	Meditate for 1/2 hour, go to post office	(as planned)	Fine
10-11am	Peer Counseling with Sue	(as planned)	She is very understanding
11-12pm	Clean hall closet	(as planned)	Food to get organized
12-1pm	Eat sandwich in the park	(as planned)	Played on swing
1-2pm	Relax then read for 1/2 hour	(as planned)	Hard to relax but it helps
2-3pm	Write a list and shop for groceries	(as planned)	Hard to stick with list, bought extra
3-4pm	Put away groceries, clean kitchen	Also swept porch, sidewalk	Cycling up this time of day
4-5pm	Counseling appointment	(as planned)	Hard to sit still
5-6pm	Fix stir-fry & rice dinner, eat dinner	Also watched PBS news	Ate too fast, want to slow down

The best way to keep feelings from overwhelming you, is to recognize them early and take action. Take a minute to identify the ways you would know if you were to start to feel lonely, isolated, or depressed. Place a checkmark next to the below warning signs that apply to you. As soon as you realize you are feeling or doing any of the things checked below, that is when you could do the other things outlined on this form.

#### Thoughts/Feelings:

- ☐ Aches and pains
- ☐ Headaches
- ☐ Illness or worsening of medical conditions
- ☐ Lack of energy
- ☐ Loss of motivation
- ☐ Increased anxiety
- ☐ Increased self-critical thoughts
- ☐ Feeling worthless or hopeless
- ☐ Thoughts of suicide
- ☐ Experiencing social anxiety
- ☐ Feelings of intense loneliness
- ☐ Feelings of irritability
- ☐ Persistent sadness
- ☐ Restlessness
- ☐ Lack of patience
- ☐ Difficulty concentrating
- ☐ Feelings of distrust toward those around you
- ☐ Feeling shut down or numb
- ☐ Other thoughts/feelings:

#### Behaviors:

- ☐ Increased use of alcohol, smoking, medication, or drugs
- ☐ Limiting social interaction
- ☐ Decrease in self-care activities
- ☐ Increased crying spells
- ☐ Spending extended periods of time alone
- ☐ Decreased contact with important social and professional relationships
- ☐ Loss of schedule or routine
- ☐ Eating less or more than normal
- ☐ Experiencing panic attacks
- ☐ Experiencing changes in sleep habit: fatigue, insomnia, wanting to sleep all the time
- ☐ Engaging in behaviors that harm myself or others
- ☐ Reduced engagement with life
- ☐ Neglecting personal responsibilities
- ☐ Neglecting personal hygiene
- ☐ Other behaviors:

If you find the strategies listed above aren't working, here are some community resources that can help:

Counseling / CAPS: 202-994-5300

National Suicide Prevention Hotline: 1-800-273 TALK (8255)