

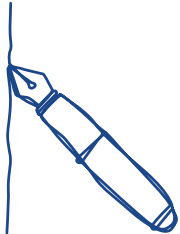


6.5 Module 2: My If Then plan

If I am feeling...

My If...Then... plan

Then I will...



The form consists of two large, rounded rectangular boxes. The top box is labeled 'If I am feeling...' and the bottom box is labeled 'Then I will...'. Three arrows point from the bottom of the top box to the top of the bottom box. To the right of the boxes, the text 'My If...Then... plan' is written vertically, with 'plan' in a larger font. Below this text is a simple line drawing of a pen nib writing on a horizontal line.



Then... Ideas

Make a list of the things you enjoy doing

Exercise and be active

Do something nice for yourself

Baking

Connect with others - old friends or new

Helpful thinking

Gardening

Take up a new hobby or return to an old one you've neglected

Get out of the house every day

Crossword puzzle