

# Lifeback Action Plan

Complete these steps now, so you have a plan to deal with any times you're feeling anxious or stressed.



## Talk

### friendCONNECT

Confide in someone you trust. Tell them honestly how you're feeling and communicate your thoughts

### buddySYNC

Make sure you can call that person 24/7 during your worst periods of sadness/depression

### medicalHELP

Visit your GP. We advocate getting a referral to a psychiatrist and psychologist

Who are 2 friends you can confide in, and can call 24/7?

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## Exercise

- Cardio vascular
- 30 minutes minimum
- Do it daily

What is your chosen exercise?

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## Reduced alcohol

- 3 R's - Reduce, Rest, Remove
- Switch to zero/low alcohol drinks

What is your pre-planned reason for not drinking?

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## Sleep

- Get good, consistent, ongoing sleep
- Prepare for sleep
- Avoid TV, screen time, other stimulants

What two things could help you sleep better?

1. ....

2. ....

## Notes

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