

WEEKEND PLANNING WORKSHEET

LA CHEIM BEHAVIORAL HEALTH SERVICES

Areas of Concern: *(circle all that apply)*

- Loneliness/Isolation Tension/Stress Craving/Drinking/Using Boredom/Restlessness Depressed/Unstable Mood
- Relationship Troubles Commitments/Obligations Impulsiveness Unhealthy Thinking Self-Harm

Goals I want to accomplish:

Goals I need to accomplish:

Key interpersonal/social supports for the weekend:

My learning and growth this week at La Cheim:

	FRIDAY	SATURDAY	SUNDAY
8 AM - 10 AM	<i>La Cheim</i>		
10 AM - 12 PM			
12 PM - 2 PM			
2 PM - 4 PM			
4 PM - 6 PM			
6 PM - 8 PM			
8 PM - 10 PM			

Making the Most of Your Weekend

Squeeze in a healthy workout. Use the weekend to go for a walk at a beautiful park nearby. Or go to the gym to try a new class. Use the weekend as a time to raise your heart rate and release your stress!

Eat on a schedule. Make a point to eat breakfast, lunch and dinner while sitting down. Try not to watch TV while you're eating. Pack snacks for when you're on the go, and follow a schedule just like you would during the week.

Stick to your usual sleep schedule. Staying up late and sleeping in on weekends throws off your schedule. It makes it harder to fall asleep on Sunday night, which could set you up for a tired Monday.

Get outdoors. The weekend provides a nice opportunity to get outside, see the sun and connect with nature. Studies show that people are happier when they spend time in nature. So, get out there and enjoy the great outdoors!

Stay sober and skip the sugar. Alcohol pulls a nasty bait-and-switch routine. You feel euphoric while you're drinking, then more and more depressed as you're coming off of it. Sugary drinks similarly offer a high followed by a crash.

Plan for fun and relaxation. Whether it's practicing your favorite hobby, seeing a movie with friends or even meditating quietly, do something every weekend that recharges you. You'll not only feel better, but also beat stress.

Plan for the week ahead. What better way to stay healthy on the weekend than by using your extra time to continue to set yourself up for a successful week? On Sunday, get ahead on cooking, laundry, etc.

Balance alone time and social time. Except in times of crisis, we all need a balance of alone time and social time. Just be sure that your alone time doesn't turn into isolation! Contact with others helps keep us balanced.

Ask for the help you need. Remember your resources!

Alameda County Crisis Line:	(800) 309-2131	Contra Costa County Crisis Line:	(510) 833-3900
National Hotline:	(800) SUICIDE	Kaiser Call Center:	(925) 372-1103
Grief Crisis Hotline	(800) 837-1818	WARM Line:	(855) 845-7415