

When a Date Comes Around

Make a plan for a date on the calendar that is hard, before it arrives.

WHEN TO USE THIS

Use this in the week or two before a date you know is going to be heavy.

You do not need to write about what the date is. This is only about how you want to get through it.

What have past years of this date been like for you?

A few words is enough.

Plan the day.

TIME OF DAY	WHAT I WILL DO	WHO I CAN CALL

What do you want that day to include?

- ☐ Time off work
- ☐ Being around people
- ☐ Being on my own
- ☐ Somewhere quiet to go
- ☐ Something to mark it
- ☐ No plans at all
- ☐ My phone off for part of it
- ☐ A way to leave early

What do you want the day after to look like?

You cannot skip the date. You can decide how you spend it.

CPMHT

There is no wrong answer here. Bring this to your next appointment if it helps.