**Playbook to Heal the Undercurrent of High Stress**

*Unhealed Wound Seed*

**My Life “De-Stressing” Plan**

***I will do the following each day so that I can prevent difficulties in the following areas: thinking clearly, remembering things, managing stress, managing my feelings and frustrations (i.e. yelling, screaming), sleeping restfully, “shutting down” and avoidance of talking about important things.***

**Who:**

* **John and his Support System - Aunt Kathy, Pastor John, Rick (YMCA Worker), Michael (Biological Dad), Ms. Daly (Teacher), Mom**

**What:**

* **Talk to one person in his support system each day (Monday through Saturday)**
* **Do 25 sit-ups each morning before leaving the house**
* **Take “me time” in my room if I feel like I am struggling to manage my emotions in the moment (“me time” is 15 minutes of alone time in his room)**
* **Add two positive notes about myself each day to my “self-worth” jar to be read aloud by someone in my support system each Sunday (additional positive things can be added by anyone in John’s support system at any time)**
* **John and his entire support system will meet together for 4 weeks on Sunday evening to review the week and John’s Self-Worth Jar**

**When:**

* **For his “talk” with his support person –** 
  + **John will make sure he has called/talked to his support person each day before he goes to bed at night**
  + **John will make sure he communicates to his mom who he spoke with for that day on the same day of his talk**
* **Sit-ups**
  + **John will make sure he does his sit-ups in the morning before leaving the house for that day. If he is staying home that day, he will do his sit-ups before lunch**
* **Self-Worth Jar**
  + **John will add two positive notes about himself daily before going to bed (Mom can give John one reminder)**

**How:**

* **John’s mom will keep track of each check-in call John does and with who each day on a calendar hanging on the kitchen refrigerator**
* **John agrees to not call the same person more than 2 days in a row**
* **Mom will keep a supply of note paper next to the “Self-Worth” Jar for use**
* **Mom will agree to honor John’s request for “me time” but John agrees to return back to mom after 15 minutes to resume the conversation**