

Use Self-Rewards and Social Support

Rewarding Yourself

Just as it is important for you to take care of your loved one's well-being, it is even more important for you to do the same for yourself.

You can reward yourself in many ways. Select the rewards below that interest you and be sure to implement at least some of them. You can also fill in your own ideas.

Take a walk	Call an old friend
Take a bath	Go to church
Eat a favorite food	Go out for a cup of coffee
Buy myself a small item	Go to the movies
Read a book	Get a manicure
Listen to music	Go to the library
Visit family	Take a class (exercise, community center)

Getting Social Support

Identify your social support circle. Add names in each area. If you cannot identify anyone or if you want to increase your support, go to the next page to work on expanding your social support circle.

Practical Support	Advice or Information
Who would drive you to the hospital? Loan you something?	Who do you ask for advice if you are ill or don't understand how to do something?
Companionship	Emotional Support
Who is good company? Who will walk around the park with you, or share your joys?	Who do you share your feelings with? Who encourages you, or helps you feel less depressed?

Expanding Your Social Support Circle

One way to expand your social support circle is to revive positive past friendships. Enter a name in each section. Then, indicate how you can reconnect with that person in the space below.

Name:	Name:
Name:	Name:

Taking Care of Yourself Action Plan

Helping yourself is an important part of helping your loved one.

Self-rewards that I would enjoy (and deserve) include:

I should reward myself when I:

The first-reward I'm going to try is:

Things that may get in the way of rewarding myself:

(After implementing self-rewards) Here's what went well when I rewarded myself:

Next time, I will:

Social Support Action Plan

Social support is important. Having fun with others and receiving support from others is an important part of the CRAFT approach.

I am going to call the following people:

The first person I am going to call is:

I am going to expand my social circle by:

(After increasing my social support) Here's what went well when I increased my social support:

Next time, I will: