

## **APPENDIX E:**

### **PARTICIPANT HANDOUTS**

The following pages include handouts for each of the PM+ strategies:








- Managing Stress
- Managing Problems
- Get Going Keep Doing
- Strengthening Social Support
- Weekly Calendar

You should use them while teaching a client a new strategy (e.g. when teaching Managing Problems, show them the corresponding handout). The Calendar can be used to record when a client will complete various activities (e.g. Managing Stress practice, activities from the Action Plans of Managing Problems, Get Going Keep Doing and Strengthening Social Support). Be sure to give the client the relevant handout at the end of each session so they can use them as reminders of the strategies between sessions and after PM+ has finished.

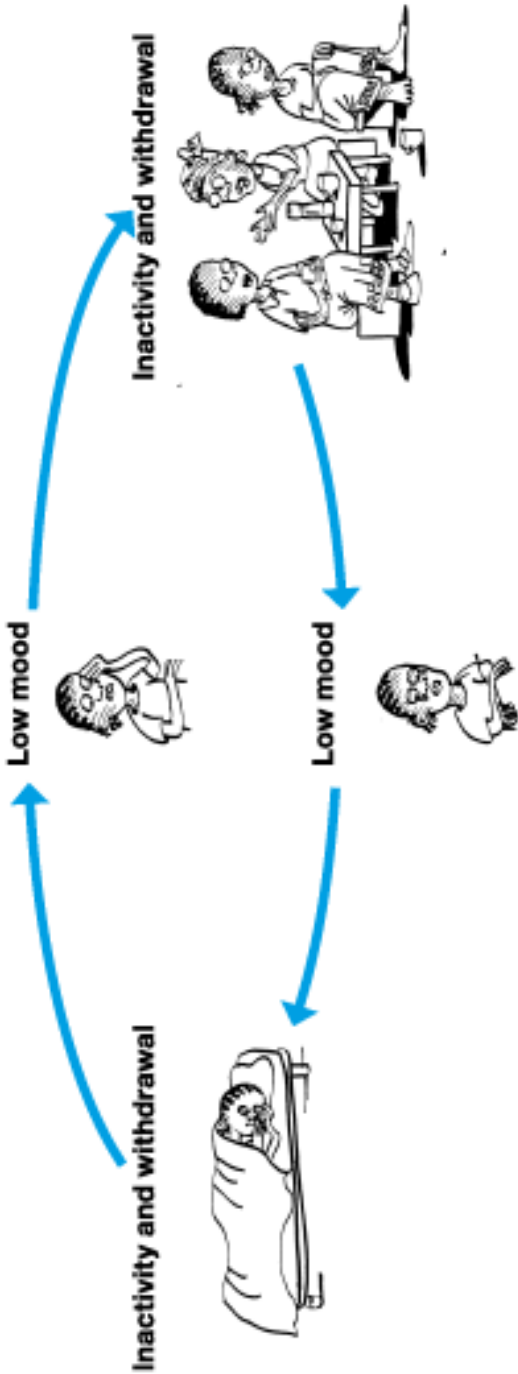
Practise Managing Stress



## Steps to Managing Problems

	List Problems
	Choose a Problem
	Define the Problem
	Think of Ideas
	Choose Ideas
	Action Plan
	Review







Get Going Keep Doing: The Inactivity Cycle



Strengthening Social Support



# Weekly calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time							
 Early morning 7am to 10am							
 Mid-morning 10am to 12noon							
 Lunchtime 12noon to 2pm							
 Afternoon 2pm to 5pm							
 Evening 5pm to 8pm							
 Late evening 8pm to 11pm							