

GriefPlan.com

with Dr. Jason Troyer



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First Things: Benefits of Structure

Overview

- Try to create a schedule where you arise at a similar time each morning and go to bed at a similar time each evening
- Create a few "anchors" in your week that are regularly scheduled activities. This can include time for your hobbies, regular time or meals with family or friends, worship time, journaling time, club or other meetings, etc.
- Try to find consistent days and times when you can work through this program without distractions
- Review the last few days and weeks to look for patterns of tough times of day or difficult times of the week. Fill these times with support and structure to help make them a little easier OR use these times to focus on your healing

Journaling Topics/Prompts

- When would you have time in the day/week to make use of the GriefPlan program?
- What days of the week are most difficult for you? What times of the day?
- What can you plan to do during those times to make them easier?
- How structured are your days and weeks now? Would you benefit from more or less structure?
- How has your sleep been? What time do you usually wake up? Do you need to make your waking time more consistent?