

ACTIVITY 10: Connecting with others

On your phone, diary/journal, paper or using this worksheet, schedule a time during this next week to connect with a family member/friend or engage in a social activity. After you have completed the activity, check in and monitor with yourself on how you felt after.

Day	Activity	How did you feel after?
06/13/2023	Talking on the phone with my friend	More relaxed
06/14/2023	Attend a caregiver support group	Connected