

QUICK REFERENCE

- (A)

Accumulate Positive Experiences

→ Do small things that bring joy and connection.
- (B)

Build Mastery

→ Accomplish something, big or small, to boost confidence.
- (C)

Cope Ahead

→ Prepare and rehearse how you'll handle future challenges.
- (PI)

Physical Illness

→ Treat it; don't ignore it.
- (E)

Eat Balanced Meals

→ Fuel your body regularly.
- (A)

Avoid Mood-Altering Substances

→ Avoid Mood-Altering Substances.
- (S)

Sleep Enough

→ Aim for quality, consistent rest.
- (E)

Exercise Regularly

→ Move your body to reduce stress and boost mood.

PART 1. PLANNING MY ABC PLEASE

Think ahead about how you can integrate ABC PLEASE into your daily life.

Category	What I Could Try
Accumulate Positive Experiences	
Build Mastery	
Cope Ahead	
Physical Illness	
Eat Balanced Meals	
Avoid Mood-Altering Substances	
Sleep Enough	

PART 2. ABC PLEASE IN REAL LIFE

Track what you actually did and reflect on how it affected you.

What I Did	How I Felt Afterwards

Remember This:

- Even small efforts count. You don't have to do all parts of ABC PLEASE every day.
- Even one positive action — or just trying — builds resilience over time.