

Key Concepts – Everyday Practice

- We actively encourage you to make time in your day and in your week to try out the coping skills we talk about in these videos.
- Diaries provide a useful tool which can help you think about the 3 P's and the Step-By-Step Approach, and to work out times when you can fit in the things like Diaphragmatic Breathing , Self Care , Grounding , Mindfulness  alongside the other demands in your day.
- Over time we hope this supports you in learning ways which help you look after yourself and develop the Green Zone in your Window of Tolerance; building and strengthening your ladders and safely managing or removing any snakes which may exist.

Green Zone	Example of Everyday Practice						
	MON	TUES	WED	THURS	FRI	SAT	SUN
a.m.	 				 	 	 
p.m.			 				 
evening							

Green Zone	Where can you fit in coping skills practice to help you develop your Green Zone?						
	MON	TUES	WED	THURS	FRI	SAT	SUN
a.m.							
p.m.							
evening							