

UNIT TT: HANDLING THE TOUGH TIMES (10 lessons)

GOAL: Increased self-awareness and improved self-management skills.

This unit includes complete lesson plans, worksheets and participant activities.

1	TT3	What happened to you? Discussion starter: What do <u>you</u> think?	
2	TT4	What pushes your buttons? Discussion starter: What do <u>you</u> think?	
3	TT9	Living smarter. Living longer Discussion starter: What do <u>you</u> think?	
4	TT10	How am I doing today Discussion starter: What do <u>you</u> think?	
5	TT11	What to do when you are having bad feelings Symptoms management (assessing frequency, intensity, duration) Using the feelings rulers for triggers (anger version)	
6	TT12	Get yourself together Discussion starter: What do <u>you</u> think?	
7	Worksheet	Doing your time Discussion starter: What do <u>you</u> think?	
8	Activities	Trigger Events #1 Trigger Events #2 Trigger Events #3 Discussion starter: What do <u>you</u> think?	
9	TT18	How to be good to yourself Discussion starter: What do <u>you</u> think?	
10	TP3	The new <u>reinvented</u> you	This lesson provides the opportunity to explore giving yourself a fresh start. It helps participants clarify new goals, assess their strengths and assets, briefly summarize their new external support system, and clarify their commitment to change. It summarizes with a brief action plan.