

## ***Transition Planning - Take-Home Strategies***

Client Name \_\_\_\_\_

### Quick Fixes for dealing with an immediate stressor

1. Breathe deeply
2. Relax your muscles
3. Make a change – take a walk, meditate, dance
4. Laugh

### Long-Term Strategies

1. Recognize what you can change
2. Reduce the intensity of your reactions
3. Re-examine your attitude and obligations
4. Organize yourself
5. Develop emotional supports and use them
6. Let it go!

### Leading a Healthier Life Style

1. Exercise regularly
2. Adopt a hobby
3. Stop smoking
4. Eliminate or reduce caffeine
5. Eat healthy
6. Sleep regularly, and get enough sleep
7. Utilize relaxation techniques
8. Avoid over-using drugs and alcohol
9. Be grateful

Know your strengths \_\_\_\_\_

Work on your needs \_\_\_\_\_

Utilize your abilities \_\_\_\_\_

Benefit from your preferences \_\_\_\_\_

Additional services and other information that you may need \_\_\_\_\_

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Upon planned discharge, you will be given a copy of your Transition/Termination Form, indicating progress on your identified goal(s) and medication needs.

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