**Playbook to Inject the Healthy Undercurrent of Stress Management**

*Mental or Physical Impairment Seed*

**Our Stress Management Plan**

****

**Who:**

* **John’s mom (Carol) and dad (Jim), with Kathy’s (Carol’s sister) assistance when needed**

**What:**

* **Carol and Jim will engage in one exercise activity daily (6 out of 7 days each week) to manage their stress and spend time together**

**When:**

* **During the workweek, Carol and Jim will do their activity before going to bed each night; on Saturday and Sunday, they will do their activity before noon**

**How:**

* **Carol and Jim will take turns choosing their activity each morning before leaving their bedroom**
* **Each activity will be noted on the monthly calendar for tracking purposes**
* **Carol and Jim will commit to not choosing the same activity more than two consecutive days**
* **During the physical activity, Carol and Jim will commit to NOT discussing John or his behavior**
* **Carol’s sister will come to stay with John if the activity requires that Jim and Carol need to leave the house**
* **The activity list below can be added to as long as the activity is a cardio exercise**
* **Once Carol and Jim have done 20 consecutive activities together, they will treat themselves to a dinner out, just the two of them (Kathy will stay with John)**

**Activities List:**

1. **Walk together for one mile (if inclement weather, walk at the mall)**
2. **Dance together for 30 minutes to upbeat music**
3. **Weed the neighborhood garden together for 30 minutes**
4. **Go “Line Dancing” together**
5. **Do 10 specific cardio exercises together (research for effective cardio exercises on the internet)**