Daily anchors

Fixed times for getting up, meals, movement, contact and winding down.

Name _____ Date _____

When mood is low or life has lost its shape, days blur together. A handful of fixed points gives your body clock and your mood something steady to work with. Keep them the same every day, weekends included.

Anchor	My time	What exactly I will do
Get up		
Get dressed and eat something		
Get outside or to a window for daylight		
Move my body		
Midday meal		
Contact with someone		
Evening meal		
Wind down for bed		

Which anchor matters most for me?

What will help me keep it on a bad day?

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