



COVID-19 Coping: Creating Structure

Step 1 - Ask yourself, am I:

- Hungry
- Angry
- Lonely
- Tired

HALT! Do nothing else before you attend to these needs first.

Next, assess your needs and priorities in the following categories:

My energy level is: _____

Particular stressors include: _____

My resources include: _____

SOCIALLY, I need _____

My GOAL is _____

I can best achieve my GOAL by	
1	
2	
3	

In my **LEISURE TIME**, I need _____

My GOAL is _____

I can best achieve my GOAL by	
1	
2	
3	

PRACTICAL THINGS I need to attend to include _____
My GOAL is _____

I can best achieve my GOAL by	
1	
2	
3	

A priority **PERSONAL ISSUE** is _____
My GOAL is _____

I can best achieve my GOAL by	
1	
2	
3	