



# Intensive Outpatient Program





“Challenges make life interesting, however overcoming them is what makes life meaningful”

-Mark Twain

Week 1:

Date:

Group/Date/Time	Room #	Time	Mon	Tue	Wed	Thurs	Fri
Stress Management							
Chair Yoga							
DBT informed							
Wellness/Self-Management							

Goal of next week: \_\_\_\_\_

Barrier to apply the recovery strategies:

\_\_\_\_\_

Action Plan: \_\_\_\_\_

Note:

Below the recovery strategies: check the strategies you have learned this week:							
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Physical health</b>							
• Exercises regularly							
• Health diet							
• Get a good night's sleep							
• Find stable place to stay							
• Others							
<b>Mental Health</b>							
• Stress Management skills							
• Mindfulness/prayer							
• Seek help when needed							
• Help and support others							
• Connect to nature							
• Express creativity							
• Keeping appointment							
• Take medication daily							
• Others							
<b>Social</b>							
• Attend peer support activities/ self-help group							
• Spend time with friends and family							
• Avoid harmful situation/drug/alcohol							
• No conflict with others							
• Others							
<b>Emotion</b>							
• Express and deal with negative feelings							
• Express anger/sadness/frustration appropriately							
• Made time for recreation							
• Goal accomplishment with achievement							
• Others							



“You have to believe in yourself. That's the secret of success.”

- Charles Chaplin

Week 2:

Date:

Group/Date/Time	Room #	Time	Mon	Tue	Wed	Thurs	Fri
Stress Management							
Chair Yoga							
DBT informed							
Wellness/Self-Management							

Goal of next week: \_\_\_\_\_

Barrier to apply the recovery strategies:  
\_\_\_\_\_

Action Plan: \_\_\_\_\_

Note:

Below the recovery strategies: check the strategies you have learned this week:							
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Physical health</b>							
• Exercises regularly							
• Health diet							
• Get a good night's sleep							
• Find stable place to stay							
• Others							
<b>Mental Health</b>							
• Stress Management skills							
• Mindfulness/prayer							
• Seek help when needed							
• Help and support others							
• Connect to nature							
• Express creativity							
• Keeping appointment							
• Take medication daily							
• Others							
<b>Social</b>							
• Attend peer support activities/ self-help group							
• Spend time with friends and family							
• Avoid harmful situation/drug/alcohol							
• No conflict with others							
• Others							
<b>Emotion</b>							
• Express and deal with negative feelings							
• Express anger/sadness/frustration appropriately							
• Made time for recreation							
• Goal accomplishment with achievement							
• Others							



“The greatest test of courage on earth is to bear defeat without losing heart.”

- Robert Green Ingersoll

Week 3:

Date:

Group/Date/Time	Room #	Time	Mon	Tue	Wed	Thurs	Fri
Stress Management							
Chair Yoga							
DBT informed							
Wellness/Self-Management							

Goal of next week: \_\_\_\_\_

Barrier to apply the recovery strategies:

\_\_\_\_\_

Action Plan: \_\_\_\_\_

Note:

Below the recovery strategies: check the strategies you have learned this week:							
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Physical health</b>							
• Exercises regularly							
• Health diet							
• Get a good night's sleep							
• Find stable place to stay							
• Others							
<b>Mental Health</b>							
• Stress Management skills							
• Mindfulness/prayer							
• Seek help when needed							
• Help and support others							
• Connect to nature							
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• Keeping appointment							
• Take medication daily							
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<b>Social</b>							
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• No conflict with others							
• Others							
<b>Emotion</b>							
• Express and deal with negative feelings							
• Express anger/sadness/frustration appropriately							
• Made time for recreation							
• Goal accomplishment with achievement							
• Others							



“The first wealth is health”

- Ralph Waldo Emerson

Week 4:

Date:

Group/Date/Time	Room #	Time	Mon	Tue	Wed	Thurs	Fri
Stress Management							
Chair Yoga							
DBT informed							
Wellness/Self-Management							

Goal of next week: \_\_\_\_\_

Barrier to apply the recovery strategies:

\_\_\_\_\_

Action Plan: \_\_\_\_\_

Note:



Below the recovery strategies: check the strategies you have learned this week:							
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Physical health</b>							
• Exercises regularly							
• Health diet							
• Get a good night's sleep							
• Find stable place to stay							
• Others							
<b>Mental Health</b>							
• Stress Management skills							
• Mindfulness/prayer							
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• No conflict with others							
• Others							
<b>Emotion</b>							
• Express and deal with negative feelings							
• Express anger/sadness/frustration appropriately							
• Made time for recreation							
• Goal accomplishment with achievement							
• Others							



“There is no one giant step that does it. It’s a lot of little steps.”

- Peter Cohen

Week 5:

Date:

Group/Date/Time	Room #	Time	Mon	Tue	Wed	Thurs	Fri
Stress Management							
Chair Yoga							
DBT informed							
Wellness/Self-Management							

Goal of next week: \_\_\_\_\_

Barrier to apply the recovery strategies:

\_\_\_\_\_

Action Plan: \_\_\_\_\_

Note:

Below the recovery strategies: check the strategies you have learned this week:							
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Physical health</b>							
• Exercises regularly							
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<b>Emotion</b>							
• Express and deal with negative feelings							
• Express anger/sadness/frustration appropriately							
• Made time for recreation							
• Goal accomplishment with achievement							
• Others							



“We take care of the future best by taking care of the present now.”

— Jon Kabat-Zinn

Week 6:

Date:

Group/Date/Time	Room #	Time	Mon	Tue	Wed	Thurs	Fri
Stress Management							
Chair Yoga							
DBT informed							
Wellness/Self-Management							


Goal of next week: \_\_\_\_\_

Barrier to apply the recovery strategies:  
\_\_\_\_\_

Action Plan: \_\_\_\_\_

Note:

Below the recovery strategies: check the strategies you have learned this week:							
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Physical health</b>							
• Exercises regularly							
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<b>Mental Health</b>							
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<b>Emotion</b>							
• Express and deal with negative feelings							
• Express anger/sadness/frustration appropriately							
• Made time for recreation							
• Goal accomplishment with achievement							
• Others							



Congratulations that you have completed the  
intensive training program!!!

