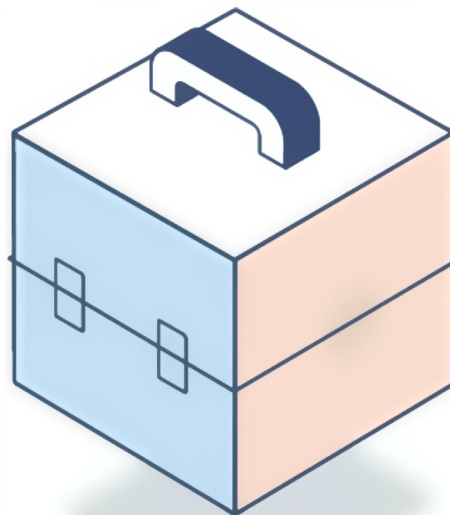
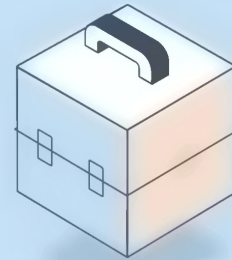


SET OF PLANS



blueprint

WELCOME TO *blueprint*



We know that a lot is happening in your life. *blueprint* is your plan to recover faster—and to gain a greater sense of well-being.

Why me—and why now?

You're reading this because you probably experienced a major stressor or a serious illness. These experiences often cause symptoms like stress, sleeping problems, pain, breathlessness, or fatigue. Stressors and illnesses can also change our routines, plans, and relationships. And they often cause us to worry about work, family, and what to expect in the future. The bottom line is that these issues make it harder for us to get the most out of the things that are important to us.

What is the purpose of *blueprint* ?

Blueprint is a self-guided program delivered by a mobile app that was built with the help of people who also experienced major stressors or had serious illnesses. **Blueprint** gives you 6 tools that you can use to manage nearly any challenging situation—and that can make the good times even better.

Blueprint was designed to help you:

- Increase confidence in managing symptoms and tough situations
- Manage stress
- Improve your quality of life
- Help you to feel better overall

...and **Blueprint** takes only a few minutes each day.

Aim your cellphone camera at the square below to see a **2-minute summary** of the **Blueprint** study on YouTube:



The video is also on the web at:
bp.duke.edu

Does *blueprint* work?

The skills you will learn in the **Blueprint** program have reduced symptoms and stresses for all sorts of people, including Army veterans, athletes, students, and those dealing with conditions such as cancer and diabetes. The benefits of these programs have been reported in scientific studies as well as in national media.



How could this study help others?

The purpose of this research study is to help us understand if **Blueprint** works well for a variety of people from different walks of life. Your involvement in this study **could help others**. **Blueprint** could represent a way for hundreds of thousands of people across the country to recover faster.



How to get help

Blueprint mobile app: Email: support@pattern.health Call: 844-877-7827

Surveys, study procedures, compensation—or anything else:

Email us: blueprintstudy@duke.edu. Call us: 919-613-7321

Blueprint website: bp.duke.edu

I am really having a hard time and need help:

Duke: 919-681-4410 or 919-681-1316 (24 hrs/day, 7 days/week)

Oregon: 503-988-4888 (24 hrs/day, 7 days/week)

Colorado: 303-602-7221 (24 hrs/day, 7 days/week)

UCLA: 310-825-0768 (24hrs/7 days)

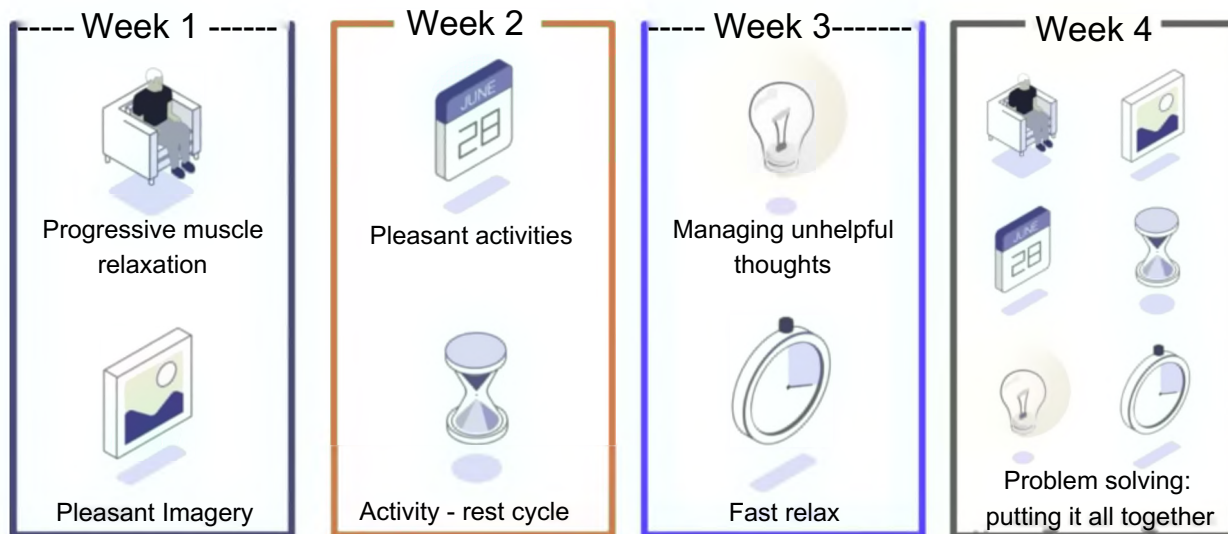
Anybody: 800-273-TALK (8255) is a free, 24-hour hotline for anyone in distress

Frequently asked questions (FAQs)

What do I need to do in the Blueprint study?

Participating in the **Blueprint** program is pretty easy.

- You just use an app for 10 minutes a day for 4 weeks, whenever and wherever you feel like it. This will help you learn how to use **6** tools that are designed to help people move forward faster.
- We will measure how well **Blueprint** works for you with a few very short surveys you do in the app itself. These only take a few minutes.

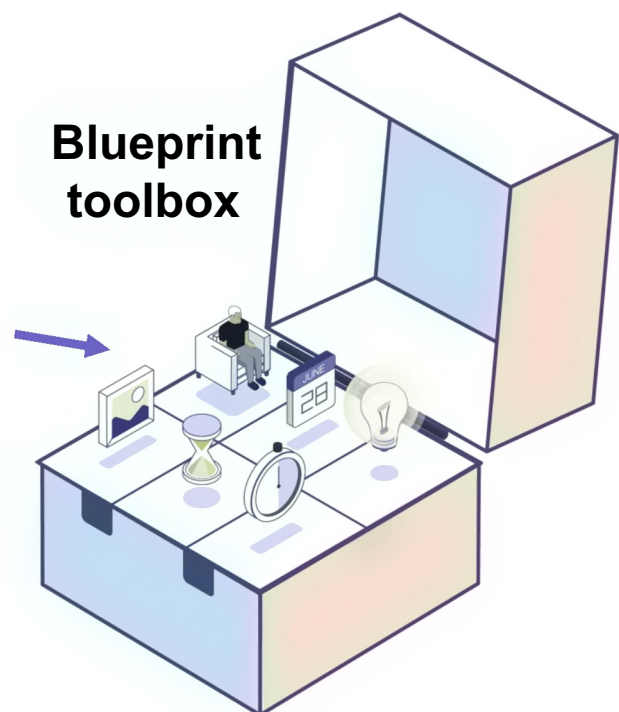


What is this workbook for?

Each week, the **Blueprint** mobile app will teach you to use 2 new skills, or tools, through videos, audio files, and text. There are even video tips from patients. This workbook will help you to master the new skills you are learning with the app—so you can use these tools in the **Blueprint toolbox** effectively in your daily routine.

Remember, it's confidential!

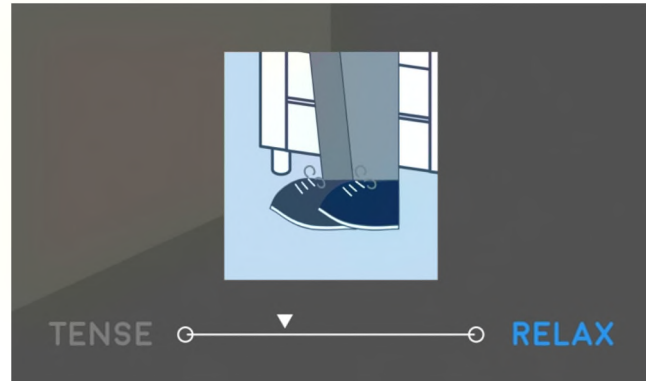
Blueprint is confidential. Your family, friends, or doctor will not see anything. A study team member may contact you to check on how you are doing, especially if you seem to be having a difficult time.



WEEK 1: PROGRESSIVE MUSCLE RELAXATION



Progressive Muscle Relaxation (PMR) is a technique that involves **tensing** and then **relaxing** specific muscle groups throughout the body. PMR helps you notice tension and release it on command so that you can relax quickly. To learn how to relax, you need to pay attention to the feelings of tension in your body that you might not have noticed before.



PMR induces a state of deep relaxation in your body. It's a very helpful skill when dealing with pain, shortness of breath, stress, or anxiousness. Here are some **benefits you will get** from practicing PMR regularly:

Reduces pain. Muscle relaxation reduces pain related to muscle tension.

Emotional distress is reduced because muscle relaxation helps people feel calmer.

Lets you be at ease while facing daily challenges of recovery.

Awareness of tense muscles and feelings of tension and anxiety increases. When you are aware of tension, you can catch it early and reduce it.

Xplore more benefits for yourself: for example, you may notice that you sleep better after PMR.

That is, R-E-L-A-X with PMR...and feel better!



Tips for success with PMR

Practice at least once a day.

Relaxation is a skill that can be learned just as any other skill such as driving a car, playing a musical instrument, or typing. It just takes practice! With practice, this technique will help you increase your awareness of tension in your body and keep your tension levels low...so it is worth the effort.

Use the Blueprint app to guide your PMR practice.

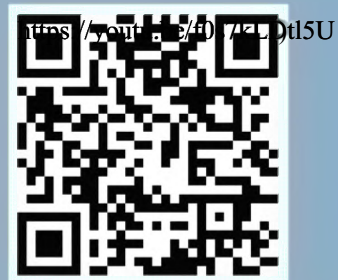
The **Blueprint app** has 2 great resources that can help.

- Step 1: there is a [video guide](#) that shows you how to do a full PMR exercise.
- Step 2: there is an [audio guide](#) that you can listen to *while you practice* PMR.

What helps to make practice better?

- First, find a quiet, comfortable place to practice. There should be no interruptions like phone calls and texts.
- Second, practice at a time when you are most relaxed. For most people this is usually early in the day.

Aim your cellphone camera at the square below to see a **2-minute video** introduction to Week 1 on YouTube:

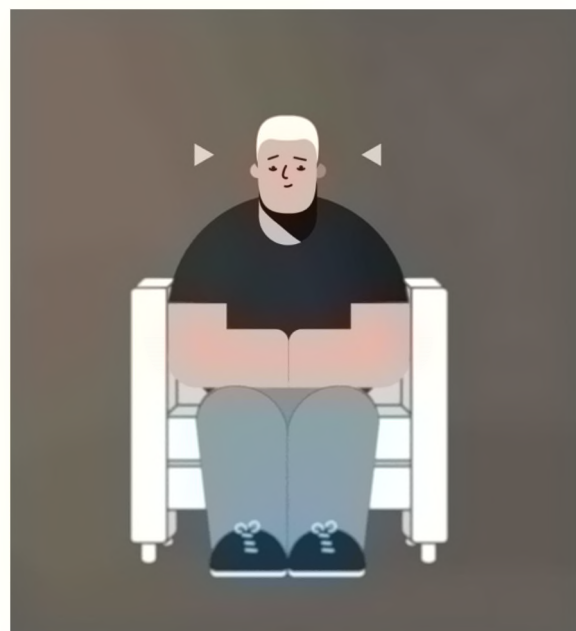


The video is also on the web here: bp.duke.edu/week1

How long does it take to learn PMR?

Many people feel some results fairly quickly—like in a few days. For others, it might take a couple weeks of daily practice with the app relaxation audio guide to get a really strong relaxation response.

It is normal to struggle at first! Don't be discouraged if it's difficult to relax completely at first. If you try too hard, you will interfere with the relaxation response. PMR will come naturally with practice.



WEEK 1: PROGRESSIVE MUSCLE RELAXATION



How to do PMR: Quick Guide for home practice

End: Take time to enjoy the feeling of relaxation.

61) Tense corners of mouth—then relax.

10) Squint with eyelids—then relax.

(R) Raise eyebrows—then relax.

(R) Move left ear toward shoulder—then relax
Repeat toward right.

(R) Chin to chest—then relax.

(R) Tense neck by raising shoulders
and tilting head back—then relax.

(R) Tense hands by bending fingers
backward at the wrist—then relax.

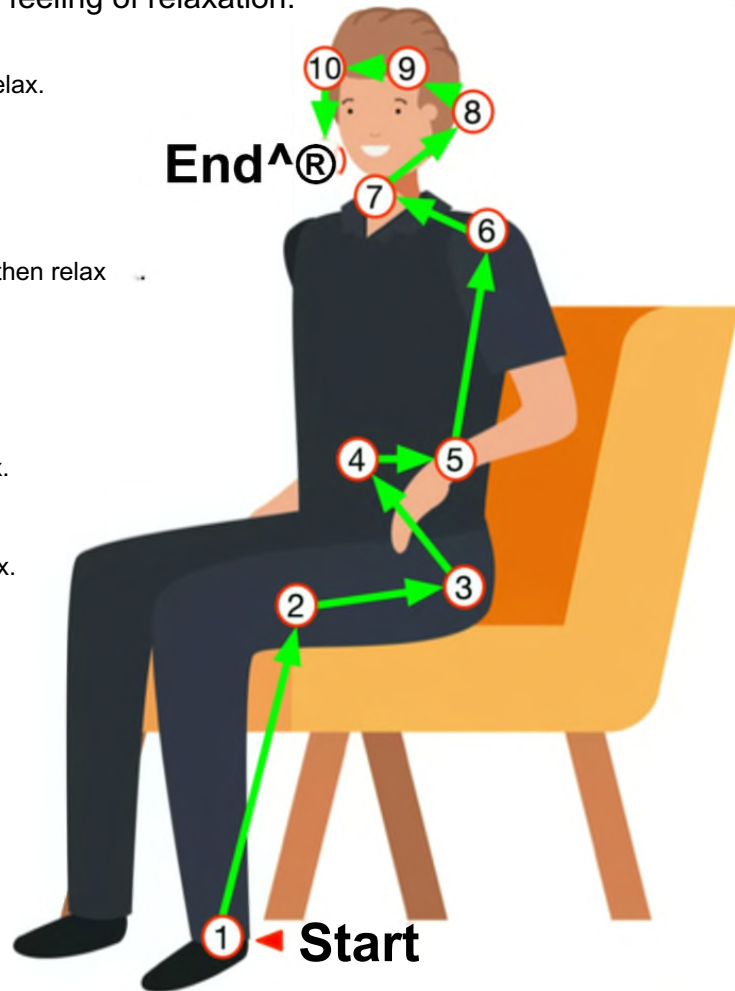
4) Tense stomach by pulling belly
button toward spine—then relax.

3) Tense buttocks, rolling legs
outward—then relax.

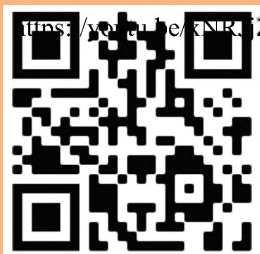
2) Tense thighs without lifting legs
or feet off ground—then relax.

1) Raise toes by bending
ankles—then relax.

Start

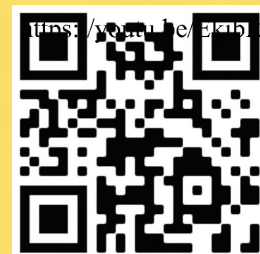


Aim your cellphone camera at the square below to go to a PMR **video** demonstration on YouTube:



The video is also on the web here: youtu.be/xNRJjZ0rFKw

Aim your cellphone camera at the square below to go to a PMR **audio** demonstration on YouTube:



The video is also on the web here: youtu.be/EkjbRgJmq1U

WEEK 1: PROGRESSIVE MUSCLE RELAXATION



① Raise toes by bending ankles
—then relax.



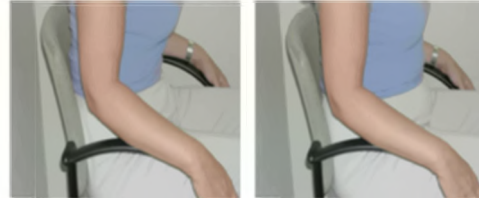
② Tense thighs without lifting legs or
feet off ground—then relax.



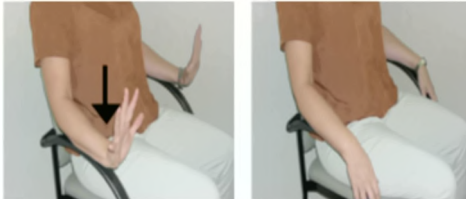
③ Tense buttocks, rolling legs
outward—then relax.



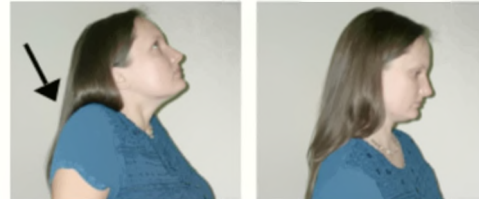
④ Tense stomach by pulling belly
button toward spine—then relax.



⑤ Tense hands by bending fingers
backward at the wrist—then relax.



⑥ Tense neck by raising shoulders and
tilting head back—then relax.



⑦ Chin to chest—then relax.



⑧ Move left ear toward shoulder—then
relax. Repeat toward right.



⑨ Raise eyebrows—then relax.



⑩ Squint with eyelids—then relax.



⑪ Tense corners of mouth—then relax.



End: Take time to enjoy
the feeling of
relaxation.

WEEK 1: PROGRESSIVE MUSCLE RELAXATION

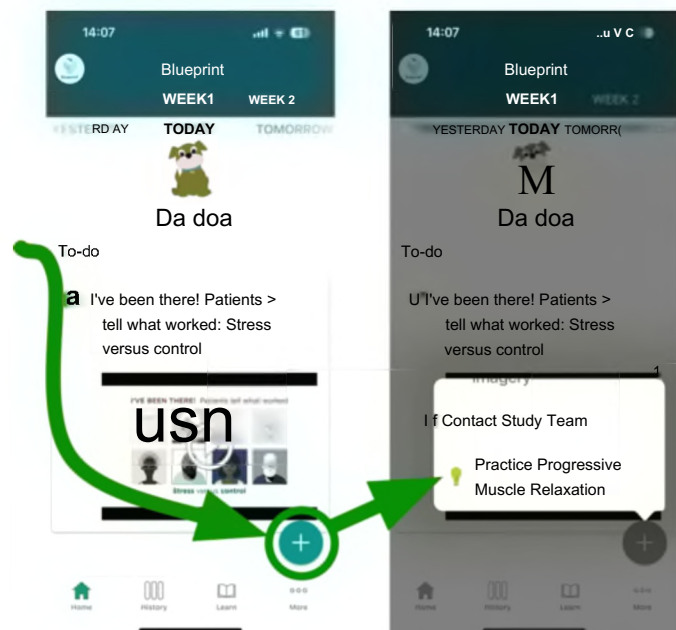


PMR checklist for Week 1

- Day 1
After practicing, I felt: _____
- Day 2
After practicing, I felt: _____
- Day 3
After practicing, I felt: _____
- Day 4
After practicing, I felt: _____
- Day 5
After practicing, I felt: _____
- Day 6
After practicing, I felt: _____
- Day 7
After practicing, I felt: _____

Remember, you get bonus points in the **Blueprint** mobile app for extra practice!

Just press the **green + button** at the bottom of the app screen to register your extra work.



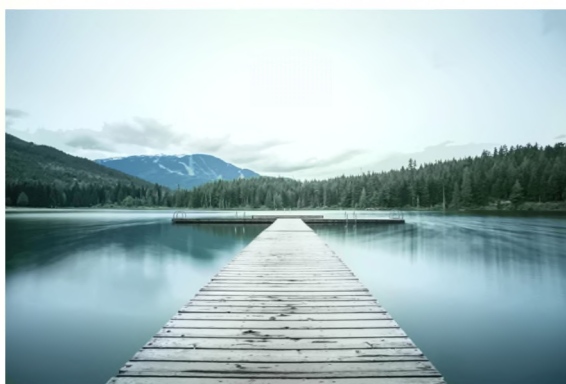


Pleasant Imagery is a powerful relaxation tool

Pleasant imagery is using your imagination to create a pleasant scene. It's kind of like an intentional daydream.

Pleasant imagery works by helping you concentrate on something pleasant. When you're thinking about the image, you can't pay as much attention to discomfort or unpleasant thoughts. Research shows that using pleasant imagery reduces stress, worry, pain, and many other symptoms.

Pleasant imagery can be used with PMR. You can use imagery along with progressive muscle relaxation (PMR) to increase the benefits of relaxation. Some people may prefer using pleasant imagery alone, while others find PMR works better. Any of these strategies is OK.





How to use Pleasant Imagery

1. **Choose an image** like a photo of a person, place, animal, or object that makes you feel calm and peaceful. A good memory can work also.



2. **Get comfortable.** Start by sitting down, taking a deep breath, closing your eyes, and allowing yourself to relax.

3. **Picture the image in your mind.** Try to imagine that you are actually there in the scene, not just looking at it. Try to involve all your senses—imagine what you see, hear, feel, taste, or smell.

At first, it may help to listen to this short **audio guide** to pleasant imagery by going to this link: <https://youtu.be/XA7naEOIEFw> or aiming your cellphone camera at the black and white square here >.



There is also a **video guide** that is available at this link: <https://youtu.be/rlkyHCCfuLzY?si=yZtLLZqeYawo4brw>. or by aiming your cellphone camera at QR code here >.



4. **Practice for a specific period of time.** At first, you might want to start with 1 minute. Then work up to 5 minutes.

5. **Slowly end** pleasant imagery by counting backwards from 10 to 1 very slowly (or taking 3 deep breaths). Take a moment to notice how relaxed you are.



Tips for success: how others use Pleasant Imagery

Jenni and Rafaela from Blueprint:

Jenni: 'I grew up in the mountains. I have a lot of good memories of walking around in the forest like the one shown here. I imagine it's a warm afternoon and I'm hearing a stream in the distance.' Rafaela: 'Images of the mountains are my comfort place. This photo really works so well for me.'



Ally from Blueprint:

'I am a dog fanatic! When I'm feeling stressed or frustrated, I just imagine my dog Kirby. I picture her looking up at me and then licking my hand. Then I try to imagine how it feels to pet her. This imagery helps me a lot!'



Thanh from Blueprint:

Once I went on a vacation to the beach. I felt like I was far away from any worries there. So I try to imagine the feel of walking on the sand, the sound of birds calling in the air, and the sight of the sun setting in the distance. This image helps me when I'm feeling overwhelmed with all the things I have to do.



WEEK 2: PLEASANT ACTIVITY PLANNING



Pleasant Activity Planning improves well-being

Pleasant activities are the **important activities that we really enjoy and value**...like taking a walk, visiting with family & friends, or going out. These activities give us pleasure, a sense of accomplishment, and make us feel happy.



Aim your cellphone camera at the square below to see a **2-minute video introduction** to Week 2 on YouTube:



<https://youtu.be/z2b3-1knE31Y>

The video is also on the web here: bp.duke.edu/week2

Many people have **challenges** doing important activities after experiencing a serious stressor or illness. These 2 situations are common:

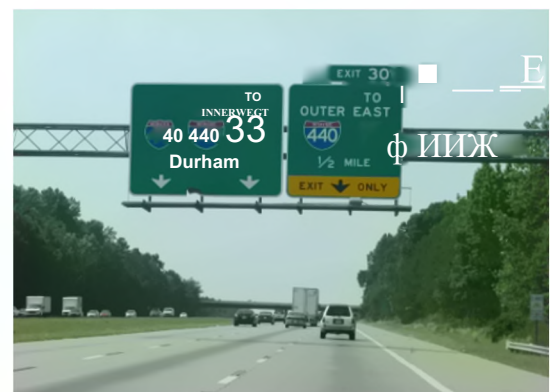
- * **We cut back on activities.** This can happen if we have less energy. Then we don't experience the enjoyment that these activities bring, and we may worry that we can't do the things we want or need to do.
- * **We overdo activities.** We push ourselves too hard, and then need to rest for a long time. This can cause frustration and more severe symptoms and may lead us to avoid activities in the future.

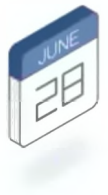
Although these are normal reactions, **this can be frustrating.** And when we can't do important activities, we can get stuck in a rut. Pleasant Activity Planning can help us to **get out of a rut and feel better**-faster.

Planning regular things? This sounds too simple...

Many people have told us that a serious stressor or illness makes you feel like you've **taken an exit from the main road.**

There can be many challenges that make it hard to get back on track. And one of the most important challenges can be convincing ourselves to find the time and effort to do pleasant activities we enjoy. But once we do, it's easier to get back on the main road again.





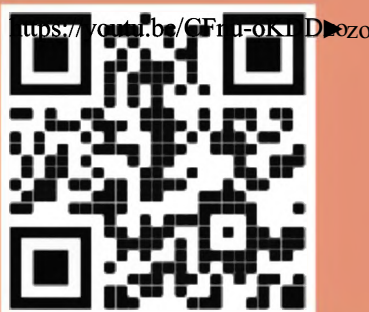
How to do Pleasant Activity Planning

- 1. Make a list of activities that you enjoy.**
There are suggestions on the next page that can help you get started.
- 2. Schedule a day and time to do the activities.**
This makes you accountable—and makes it more likely you will follow through. The more you follow through, the better you will feel.
- 3. Set a goal for doing at least 2 pleasant activities each week.**

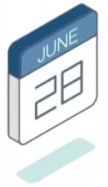
Tips for success with Pleasant Activity Planning

- 1. Anything goes.**
Open your mind to all possibilities and consider all options.
- 2. The more the better.**
The more ideas you put on your initial list, the better. You can always cut things out later. There may be ways to modify activities you don't think you can do.
- 3. Mix and match.**
Think about combining different activities. For example, read while enjoying fresh air—or talk to a friend while going for a drive.
- 4. No criticism!**
Don't criticize or reject any ideas initially. It's all good.

Aim your cellphone camera at the square below to see **2 minutes with an ICU doctor: Pleasant Activities** video on YouTube:



WEEK 2: PLEASANT ACTIVITY PLANNING



A list of Pleasant Activity ideas

Ideas

Listen to music
Watch a sunset / sunrise
Laugh at yourself
Take a walk
Watch animal videos
Look at the clouds
Go fishing
Enjoy a cup of hot tea
Get up early and enjoy the quiet
Read a good book
Watch a funny movie
Eat by candlelight
Sit by a fire
Take a long bath
Talk on the phone with a friend
Go to a concert
Go to a ballgame
Buy a present for someone
Sit in the grass
Look out a window
Watch the rain
Listen to a story

My list of pleasant activities

'Need to do it' activities that are important (but less fun)

Ideas

Cleaning the house
Washing clothes
Taking out trash
Getting groceries

My 'need to do it' activities

FEEL BETTER ♦ MANAGE STRESS



WEEK 2: ACTIVITY-REST CYCLE



We often overdo it instead of pacing ourselves

Before we get to the **Activity-Rest Cycle**—the helpful tool of the week—we need to think about the problem it targets: the **overactivity cycle**.

The **overactivity cycle** is common when people experience an illness. They want to get back to normal as fast as they can. But they often push themselves too hard.

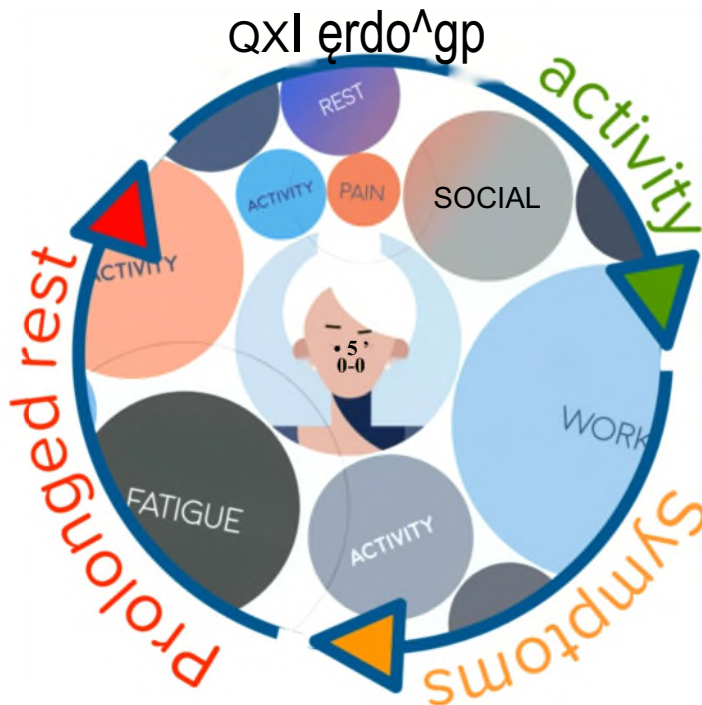
In the Overactivity Cycle:

- We **overdo activities**.
- This can cause severe **symptoms** like pain, fatigue, and breathlessness.
- These symptoms often force us to take **prolonged rest** periods to get over them.

In other words, the Overactivity Cycle is not helpful.

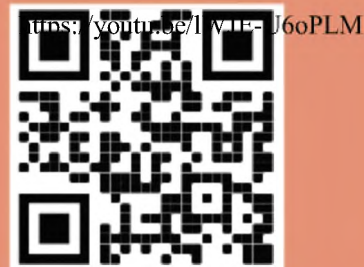
Yet it's so easy to get caught up in this unhelpful cycle and feel bad from the **frustration, worry, and stress** it causes.

Overactivity Cycle



Write down **examples** of when you experience the Overactivity Cycle in your daily routine—and how it makes you feel:

Aim your cellphone camera at the square below to see **2 minutes with an ICU doctor: Activity-Rest Cycle** video on YouTube:



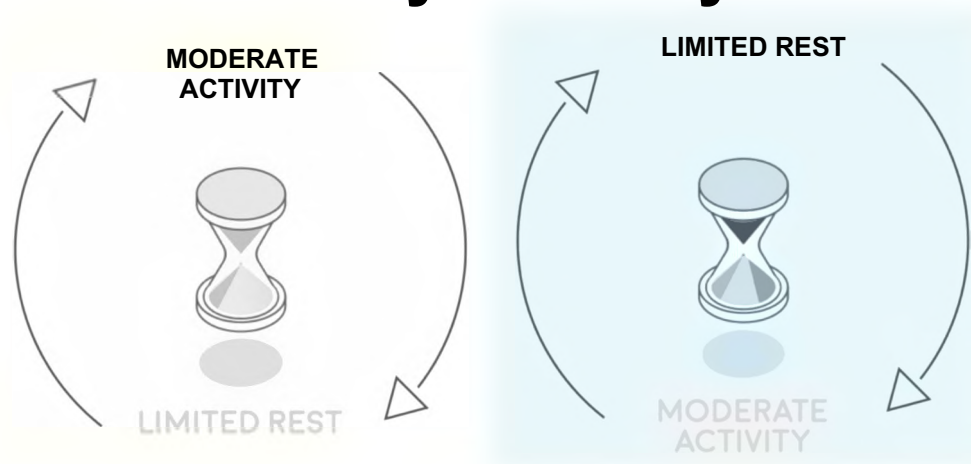
WEEK 2: ACTIVITY-REST CYCLE



Activity-Rest Cycle fixes the Overactivity Cycle

The **Activity-Rest Cycle** is a way to pace your activities where you let the clock be the guide—instead of your body. It lets **YOU** control the symptoms instead of the **SYMPTOMS** controlling you.

Activity-Rest Cycle



Start by setting a **time limit** for doing as much of an activity as you can **BEFORE** you normally feel worsened symptoms. At first, just do a **moderate amount** of activity. When you start to feel symptoms, **rest a little bit**. Over time, increase your level of activity and decrease the amount of rest.

What are the benefits of the Activity-Rest Cycle?

The **goal** is to stay ahead of the symptoms by taking a break from activity before the symptoms appear.

Many **benefits** can come from this plan ▶



**THE ACTIVITY-REST CYCLE
CAN HELP!**

**HELP AVOID
SHORTNESS OF BREATH**

**AVOID AN INCREASE IN
PAIN OR EXHAUSTION**

**CAUSE FEWER AND
SHORTER FLAIRUPS**

**HELP YOU BE
MORE PRODUCTIVE**

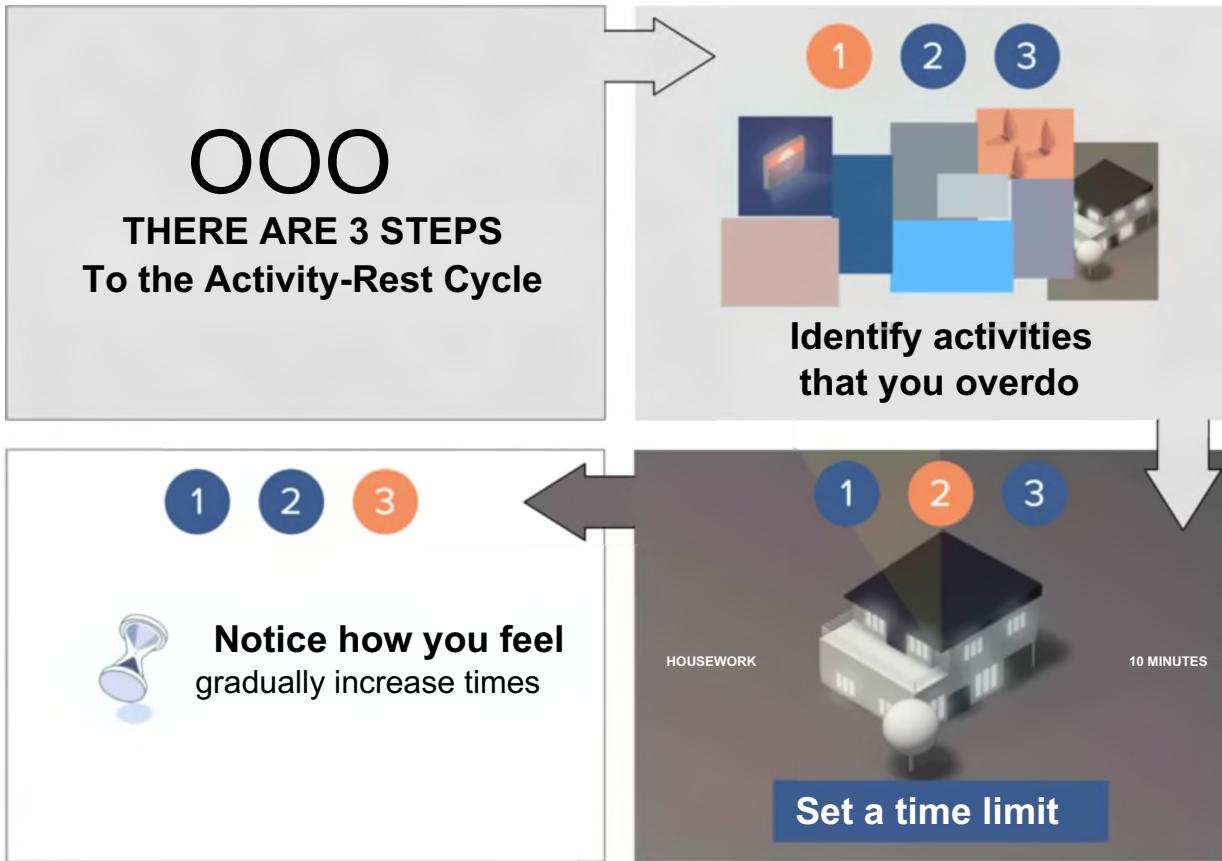
**BECOME
MORE STABLE**

**CAUSE LESS
TENSION AND FATIGUE**

WEEK 2: ACTIVITY-REST CYCLE



How to use the Activity-Rest Cycle in real life



Exercise

STEP 1: What is one **activity** you tend to overdo frequently?

STEP 2: Set a **time limit** for the activity (when you usually experience symptoms). Stop, rest, and relax when you reach the time limit.



My time limit for the activity is: _____

When I reach my time limit, I will stop, rest and relax for the following length of time: _____

STEP 3: Keep track of **how you feel** when you use the activity-rest cycle.

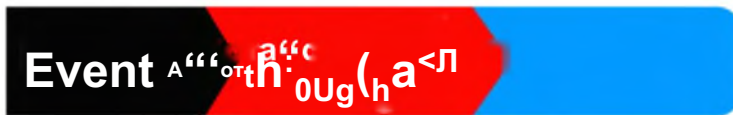
I noticed: _____



We often don't notice our automatic thoughts

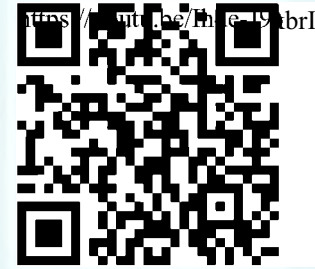
As **events (A)** happen to us, thoughts are constantly going through our heads. These **automatic thoughts (B)** are like reflexes that we often don't even notice. Automatic thoughts can **impact (C)** how we feel and act.

ABC



These impacts can have unhelpful or helpful consequences.

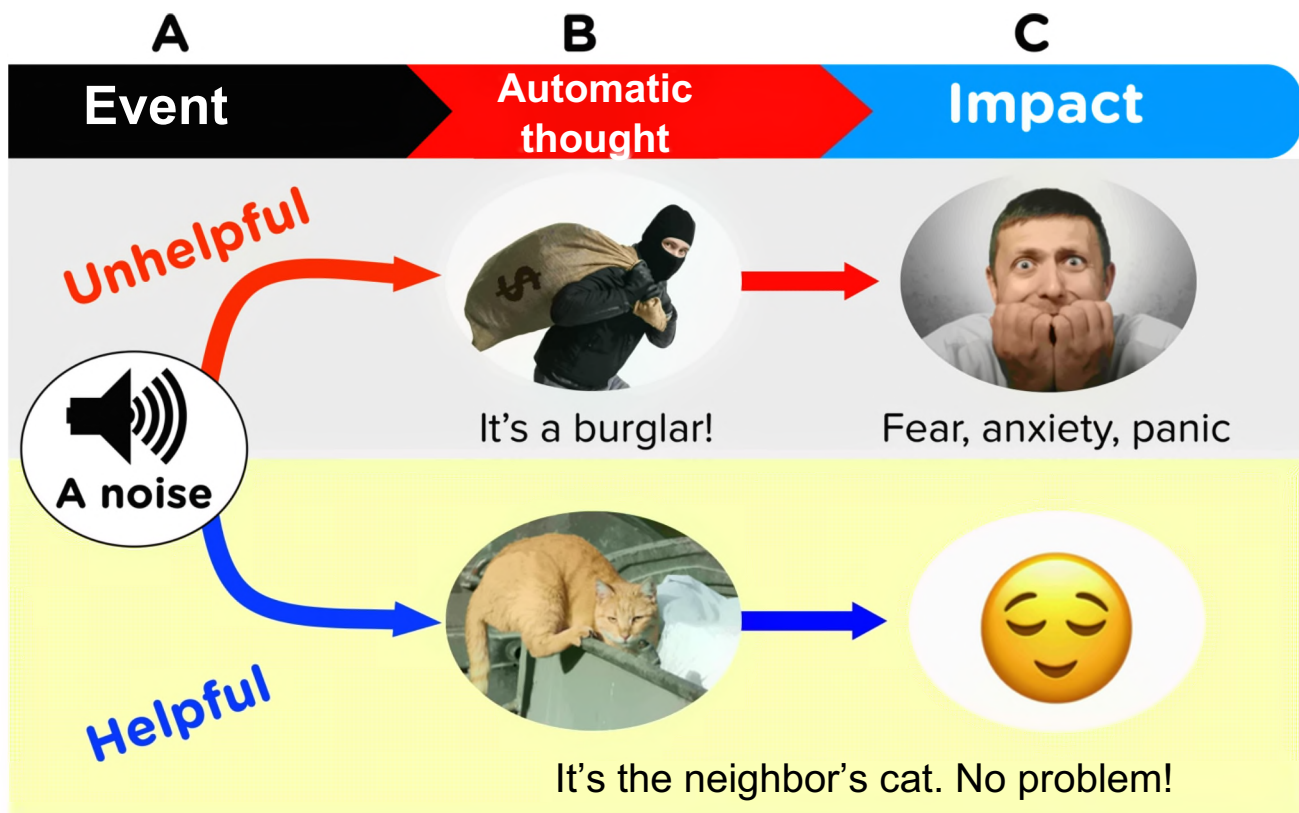
Aim your cellphone camera at the square below to see a **2-minute video introduction** to Week 3 on YouTube:



The video is also on the web here: bp.duke.edu/week3

Automatic thoughts: unhelpful vs. positive impacts

The same **event (A)**, hearing a noise outside late at night, can trigger different **automatic thoughts (B)**. It's easy to see that unhelpful negative thoughts can cause very different **impacts (C)** than more helpful yet realistic positive thoughts.



How can we change unhelpful negative thoughts to helpful positive thoughts?

Step 1: Recognize when your thoughts are working against you.

It's surprising how often we all have unhelpful thoughts. Start becoming aware of how your thoughts are working **for you** or **against you**. If we don't recognize and change unhelpful thoughts, they can snowball—that is, simple unhelpful thoughts can become stronger, more negative thoughts.



Tips for recognizing when your thoughts are working against you:

1. You're feeling a difficult emotion—sadness, worry, fear, anger—and feel caught in it.
2. Your mood changes quickly.
3. You feel like you can't act...like you are trapped or stuck.
4. Red flag words come to mind: can't, always, every, all the time, never, no one



Tips for understanding the negative thought better:

1. Ask yourself: "What is the situation that is going on?"
2. Then ask: "What is going through my mind? What might be making me feel this way?"
3. Think about the consequences. That is, how you feel and are behaving—and what's happening in your body in response (like worry or fear).
4. Try to challenge the thoughts that are working against you. Come up with other more helpful thoughts that are realistic and work for you.
5. Record helpful thoughts on coping cards, and use them when you are faced with challenging situations. See the **next page** to learn more about helpful coping thoughts.

WEEK 3: UNHELPFUL AUTOMATIC THOUGHTS



How can we change unhelpful thoughts to helpful thoughts (continued)?

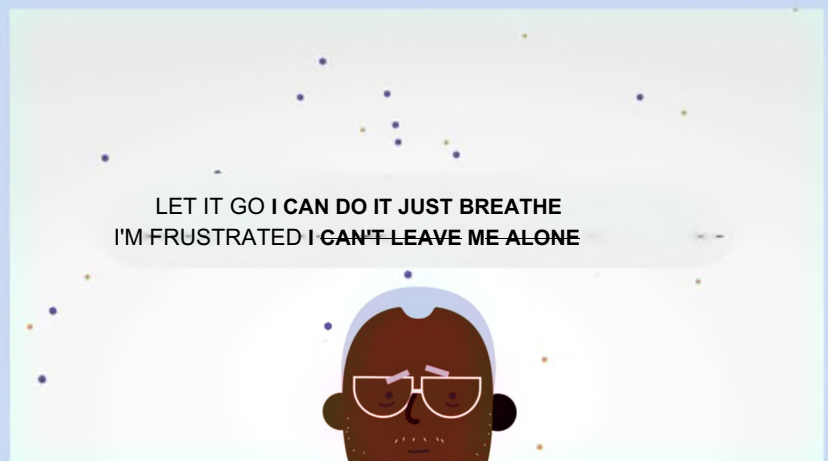
Step 2: Use helpful yet realistic coping thoughts to replace the unhelpful negative thought. When you find that you're having unhelpful thoughts, the shift them to coping thoughts that are more helpful and work for you. These helpful thoughts are realistic, yet more positive, and can help you cope with challenging situations. They change the scene.

Coping thoughts are helpful statements that are like your own personal cheerleaders. Coping thoughts can be anything: a short phrase, song lyrics, a famous quote, or a scripture verse. They can improve your mood and make you feel better. This can help you to:

- Feel more in control of your life
- Believe in yourself
- Manage your symptoms
- Live better with your symptoms

Here are some examples of positive coping thoughts:

- Focus on the things you can control—and let go of the things you can't.
- I can do this.
- Let it go.
- Just breathe.
- Take it one day at a time.
- This too shall pass.
- I'm doing my very best.
- It is what it is.
- Give it some time.



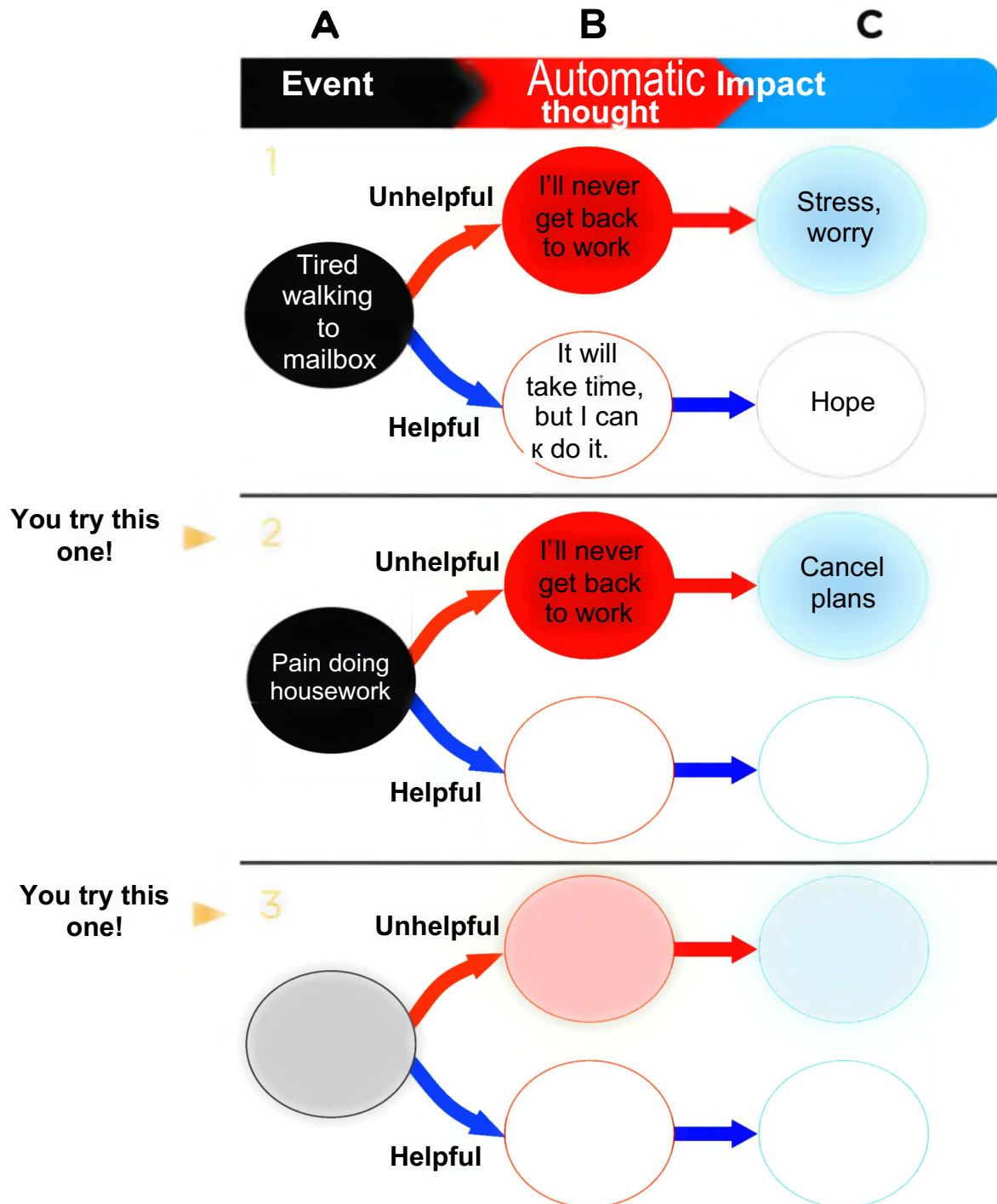
Can you think of any coping thoughts that you have used in the past or that you know that others use? Write some down here:

WEEK 3: UNHELPFUL AUTOMATIC THOUGHTS



Automatic thoughts: real life examples

- **Example #1** shows how different ways of thinking about a real life challenge can have very different consequences.
- For **Example #2**, try filling in a more helpful way to think about the challenge.
- For **Example #3**, think of a challenge you are experiencing. Fill in the ways that you can think about the situation differently.



WEEK 3: UNHELPFUL AUTOMATIC THOUGHTS



How thoughts affect responses in our lives

Think of a situation when you:

- Experienced difficult emotions like sadness, nervousness, worry, fear or anger.
- Had to cancel plans, rest more, isolate yourself from others, or caused conflict with others.

What thoughts went through your mind that may have contributed to the way you felt and how you reacted in that situation?

Now, what is a different more helpful way to think about that situation?
What are some thoughts that work for you?

Tips for success with automatic thoughts

Remember, your own thoughts can really influence:

- How you **feel**
- How you **act**
- How your body **responds**

Some thoughts work **for** you - and some can work **against** you.

HELPFUL TIPS



THINK ABOUT WHAT YOU MIGHT SAY TO A FRIEND OR FAMILY MEMBER

"Take it one day at a time"

"This too shall pass"

FOCUS ON YOUR STRENGTHS AND YOUR RESOURCES

"I've wade it through hard times before"

"I have tools to help me"

Aim your cellphone camera at the square below to see the **2 minutes with an ICU doctor: negative thoughts** video on YouTube:



WEEK 3: FAST RELAX



Fast Relax: a 30-second fix

You can use this skill **anytime** and **anywhere** to relax and feel at ease quickly. The **Blueprint** app has a short audio guide that can help you get started.

How to do Fast Relax:

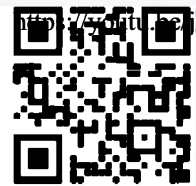
Start with a long deep breath in, and then think about the word **RELAX** as you slowly breathe out.

Let all the tension go and focus on sensations of relaxation. Allow sensations of heaviness to flow downward from your shoulders to the rest of your body.

Enjoy those sensations of relaxation. Then, move on with your day even if you aren't completely relaxed.

Aim your cellphone camera at the square below to see a **2-minute Fast Relax guided demonstration** on

YouTube: <https://youtu.be/1ljgearXU4k>



Tips for success with Fast Relax

You can remind yourself to do Fast Relax based on internal cues (like every time you feel tense) or based on external cues (like when the phone rings).

The most important tip is that you **practice frequently during the day**. This will help you get better at relaxing quickly on command. It also can keep stress and tension low throughout the entire day.

The **goal** is to do about 5 Fast Relax practices a day at first. Then you work up to 20 a day (about 2 times per hour—as needed).

WEEK 4: USING BLUEPRINT IN REAL LIFE



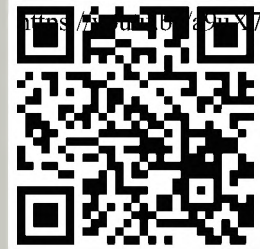
Problem solving in real life with Blueprint

Dealing with stresses, illness, or just life in general involves managing some challenging situations. It's **common** that stresses or symptoms come and go over time.

Still, when you're experiencing high levels of stress or symptoms, it can feel like a setback. This can often feel pretty overwhelming.

But it's important to remember that you **can** manage many problems if you have a **plan** for approaching them.

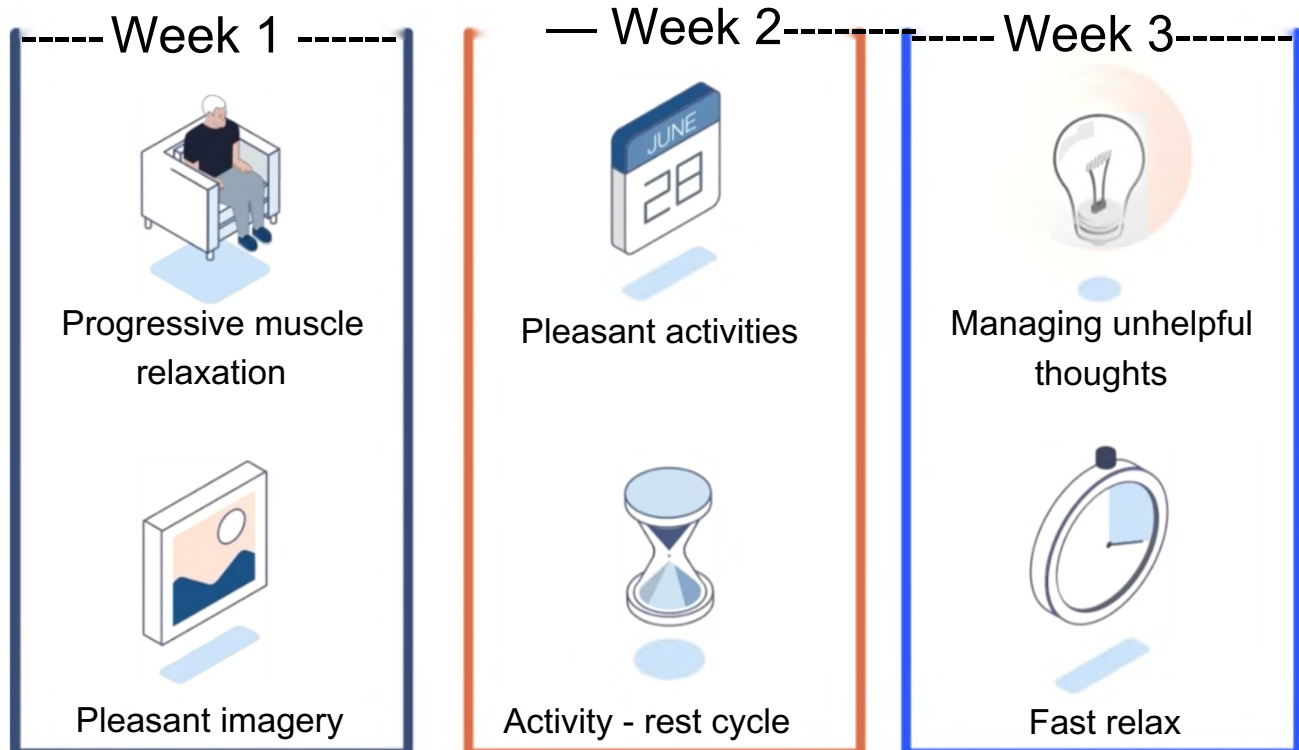
Aim your cellphone camera at the square below to see a **2-minute video introduction** to Week 4 on YouTube:



The video is also on the web here: <https://www.youtube.com/watch?v=49tX7TtU2KM>
bp.duke.edu/week4

The menu of Blueprint tools that you can use

Blueprint has **6 tools** for managing problems:



Good news: you can use any of the **Blueprint** tools for any variety of situations. Some may work better for you in general. Others may seem to work better for certain situations. This is completely OK. The important point is that now you have a lot of options!

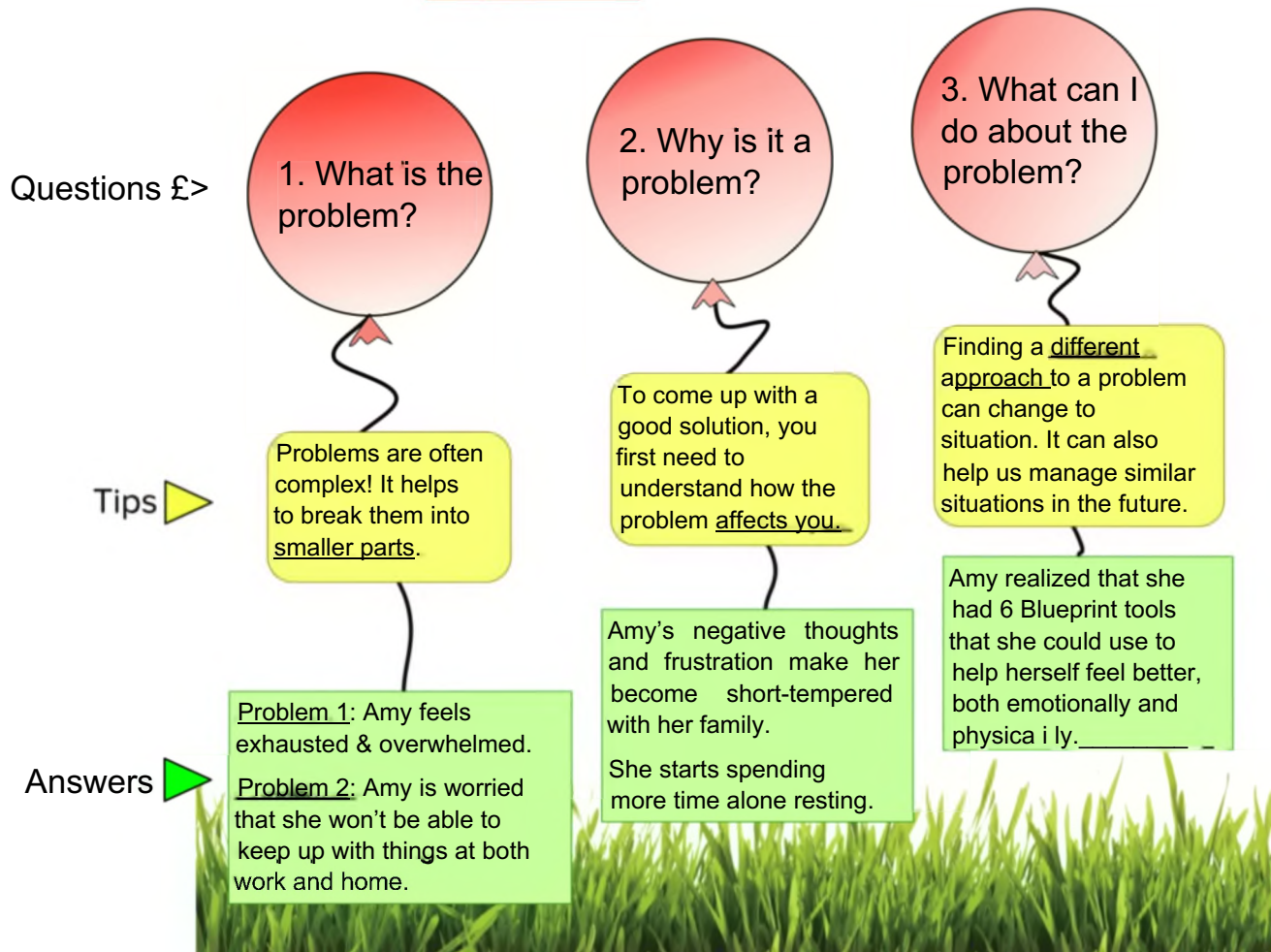
Blueprint problem solving example: Amy

Amy



Amy just went back to work after an illness. At home, she's also still trying to do all of the things she used to do with her family. At work she's pretty tired—and when she gets home, she feels even more exhausted and overwhelmed.

To deal with problems like this that can come up, remember to ask yourself **3 questions** like Amy did:



Look on the next page to see what could happen when Amy uses each of the 6 Blueprint tools to address her problems.



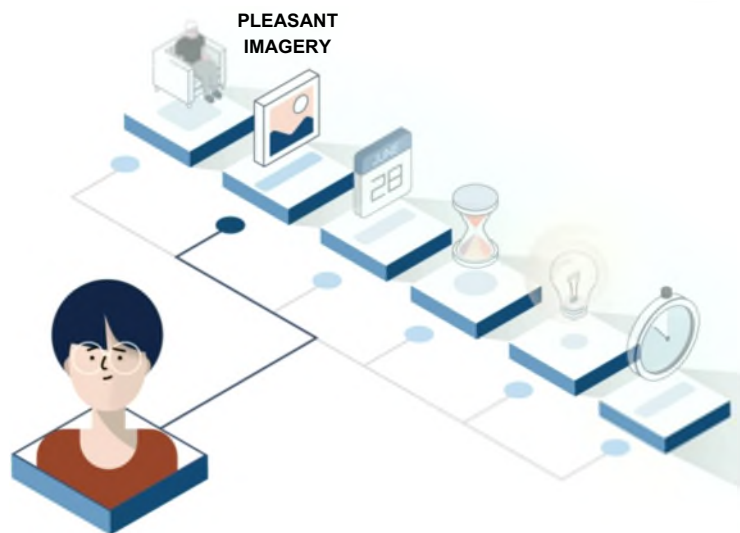
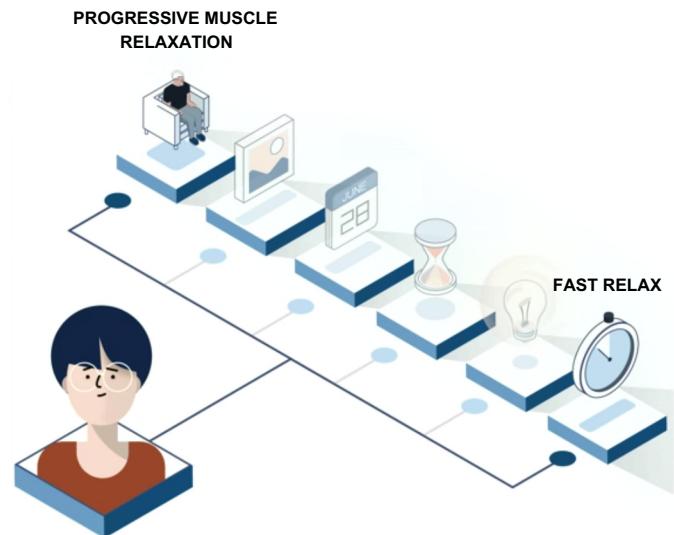


How Blueprint tools can help Amy right now

Solution 1: Relaxation skills

(Weeks 1 & 3) >>>

Amy could use Progressive Muscle Relaxation or Fast Relax. They can reduce stress and pain and decrease negative emotions such as frustration and irritability. Then she could focus more on her family.

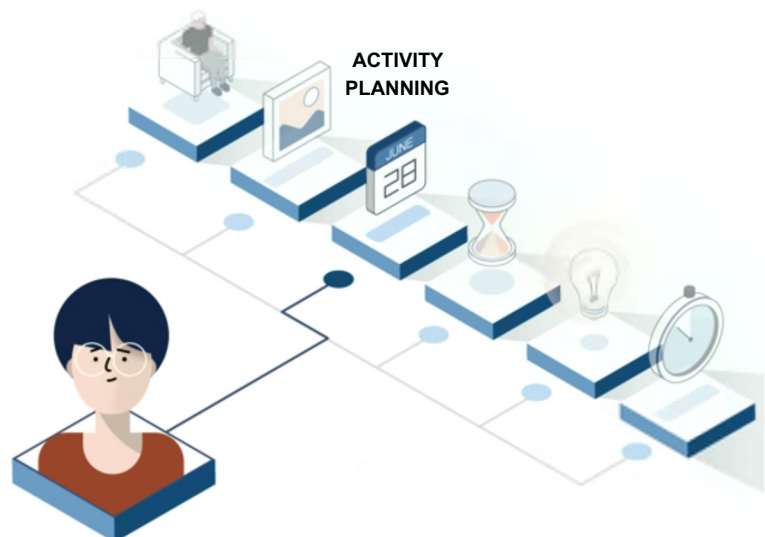


<<< Solution 2: Pleasant Imagery (Week 1)

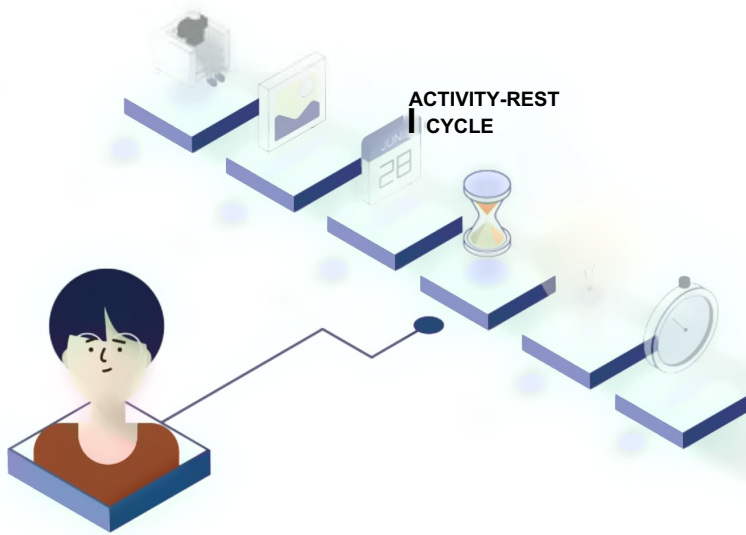
Pleasant Imagery could allow Amy to use a photo or memory to create a pleasant scene—like a “mini-vacation.” This relaxation can improve her mood and energy level at times she’s discouraged.

Solution 3: Pleasant Activities (Week 2) >>>

Planning some Pleasant Activities like a walk or a movie could help Amy connect with her family, improve her mood, and feel a sense of accomplishment.



WEEK 4: USING BLUEPRINT IN REAL LIFE

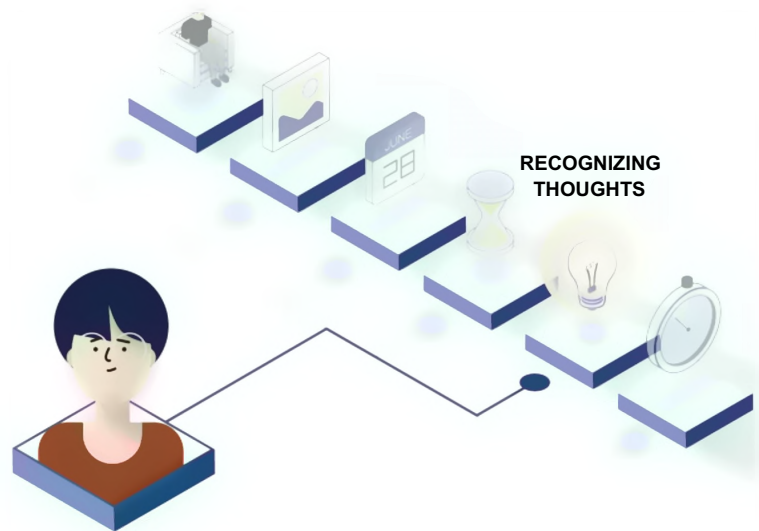


<<< Solution 4: Activity-Rest Cycle (Week 2)

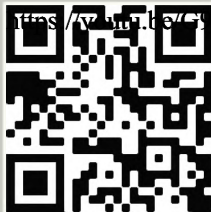
The Activity-Rest Cycle could help Amy set time limits for activities she tends to overdo (long meetings), and plan short breaks afterward. Then she can increase her activity level over time without increasing symptoms.

Solution 5: Recognize and replace unhelpful thoughts (Week 3) >>>

Amy might recognize that negative thoughts are working against her, and replace them with more positive yet realistic Coping Thoughts. This could give her confidence in dealing with a tough problem.

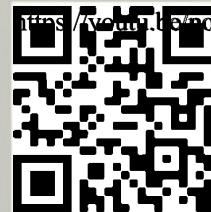


Aim your cellphone camera at the square to see a "Real patients tell what worked video 1 on using Blueprint day to day:



The video is also on the web here: <https://youtu.be/G9fgd57Nmig>

Aim your cellphone camera at the square to see a "Real patients tell what worked" video 2 on using Blueprint day to day:



The video is also on the web here: <https://youtu.be/noEAJPsSxD8>

WEEK 4: USING BLUEPRINT IN REAL LIFE



Practice recommendations for Blueprint tools



Fast Relax

≥5 times a day



Progressive muscle relaxation

1 time a day



Pleasant imagery

3-4 times a week



Pleasant activity planning 2 - 3 times a week



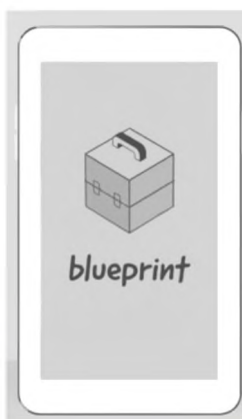
Activity-rest cycle

As needed



Notice & replace
negative thoughts

As needed



SET REMINDERS TO PRACTICE
CHECK IN WITH YOURSELF EACH WEEK
KEEP PRACTICING!
PAY ATTENTION TO INTERNAL CUES
PLAN AHEAD FOR CHALLENGING SITUATIONS



How to deal with setbacks as they happen

It's so common that stresses or symptoms get better...but then worse again. Although this is normal, it can feel like a setback. And as setbacks pile up, things can get pretty overwhelming.

So, it's important to remember that **you can manage** many problems if you have a logical method for approaching them. Here is one method:



Stop, look, and listen

Your reaction at this time can be viewed as a warning sign that you are in emotional danger. You need to identify what is going on for you at this point. What can you do to help yourself stop, look, and listen?



Keep calm with helpful coping thoughts

You have learned how to monitor your thoughts and reactions to situations and have realized that some thoughts work for you and some work against you. How can you apply this to dealing with a setback?



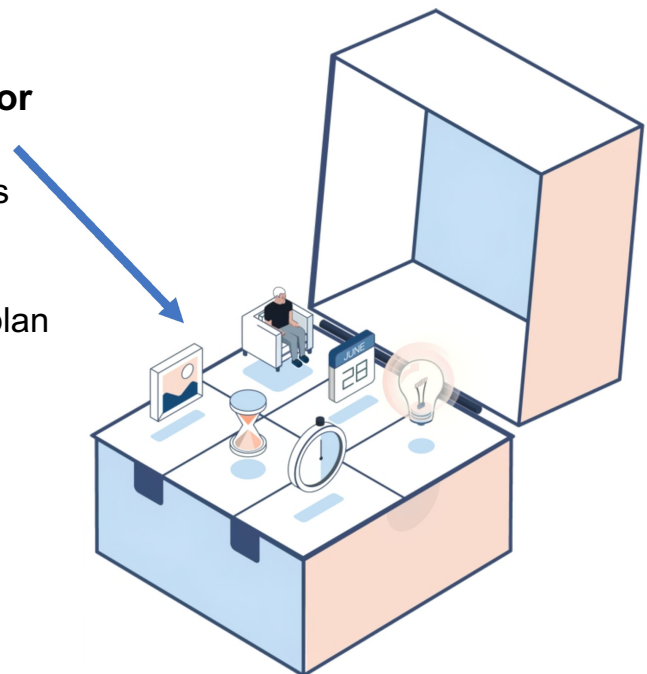
Review the situation leading up to the setback

Were there any warning signs or other factors that might have been important? Were you letting negative emotions build up? Were you slowing down on activities, relaxation exercises, etc? Are there different ways that you might have coped with events that led up to the setback?



Make an immediate plan for action using the tools

What are some of the methods that can help you at difficult times? Review the menu of **Blueprint tools** and make a plan to implement an appropriate skill.



WEEK 4: USING BLUEPRINT IN REAL LIFE



Maintaining your progress

This is the last week of the program and we hope you have enjoyed it. We've covered **6 skills**—the **Blueprint** tools—that can help you manage challenges and feel better overall. Congratulations on getting here!



Remember to use the app to make a plan to keep using your **Blueprint** tools so that you can maintain and increase their benefits.

Here are some tips for using the tools that have worked for others:

- Set reminders to practice
- Check in with yourself at a certain time each week
- Keep practicing the skills even if you're feeling good, so you'll have them when you need them
- Pay attention to internal cues such as having negative thoughts or emotions, tension, or fatigue
- Plan ahead for challenging situations

Aim your cellphone camera at the square below to see a **2 minutes with an ICU doctor** YouTube video on using Blueprint day to day:



<https://www.youtube.com/watch?v=P6a2B3k9K14>

THANKS SO MUCH for your participation in Blueprint!



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