



How To Have An A.C.E. Day

ACHIEVEMENT
CONNECTION
ENJOYMENT



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to Dr. Andrew Beck




HOW CAN A.C.E HELP ME?

At the moment, we are all living with uncertainty due to Covid 19. The necessary lockdown means that we are learning to live in new ways, and this will mean disruption to routines and our normal pattern of daily life.

This can be very difficult to manage and for many people, the lack of structure can be unsettling. At the same time, many people may be feeling overwhelmed by the situation, so any solutions need to be simple and flexible.

The A.C.E approach (Achievement, Connection and Enjoyment) looks at how we can find a new routine that ensures our needs are being met. Research has found that when people include the A.C.E components in their daily lives, it helps to develop a meaningful schedule, which helps to boost wellbeing and mood.





Everyone's ACE lists will be different, as we all have different interests and daily responsibilities.



Achievement

The first step is to think about what you need or would like to achieve over a week.

For some of you, there may also be things that you need to do for other people, such as children, parents, grandparents, friends or neighbours. Some of these may be challenging to do and so it will be an achievement to do them.

When thinking about achievements, there are no right or wrong answers, it is what feels like an achievement to you.

This may include tasks such as

- Getting up and dressed,
- Eating regular meals,
- Taking medication,
- Household tasks (such as the washing up).
- Doing the shopping,
- Checking on friends and neighbours.
- Meeting work or study deadlines,
- Regular exercise
- Learning something new during lockdown.
- DIY, painting and decorating.



Connection

The connection section of the chart includes how you connect with other people, (email, letters, text, phone, Zoom, Facetime, Skype, etc.) nature, animals and yourself. When you are thinking about this section, it is important to think about the different ways of connection and whether they give you more energy or lift your mood, or whether they are tiring and depleting. If some of them are important and tiring, then think about putting something enjoyable before and after you do the more tiring task.

Enjoyment

In this section you are thinking about activities that you enjoy which you are still able to do during lockdown. These activities are really important at the moment. At times of stress, it is important to do more things that we enjoy, while also still doing all the things we need to do.

If your mood is low, this section may be very hard to complete. It may feel like everything is a battle and nothing is enjoyable. That is the impact of low mood. It will help to lift your mood if you start to do things that you used to enjoy. If you can't remember what those things were, ask someone you trust who knows you well. Alternatively, you can have a look at the hand out on enjoyable activities for some ideas. Trying different things or bringing back previous activities will count as a big achievement. It is very hard to do this when your mood and energy levels are low and when you do it, it needs to be acknowledged.

What is the aim?

Once you have filled out your own chart, then you can use it to structure your days. You are aiming to have a mix of activities from each column, each day. Over the course of a week, this will enable you to get all the things you need to get done, as well as including the things that you enjoy and that connect you. If you notice that you are bored and unsure what to do, you can also go back to your lists for more ideas on what to do.

An Example A.C.E Chart Might Look Like This...

Achievement



Connection



Enjoyment



	Achievement	Connection	Enjoyment
Monday	Get dressed	Go for a walk	Dye your hair
Tuesday	Shopping list	Write someone a letter	Make a video
Wednesday	Get shopping	Teach the dog a trick	Try a new recipe
Thursday	Email work	Online quiz	Watch a movie
Friday	Practise guitar	FaceTime the girls	Play a game
Saturday	Clean bathroom	Family Zoom	Order pizza
Sunday	Go for a walk	Meditation	Do a puzzle

Or You Might Just Choose To
Take It One Day At A Time...



Do the
Laundry



Text Rosie



Play Video
Games

Here Are
Some Visual
Suggestions
Of Things
You Might
Need To
Achieve...





Here Are Some Visual Suggestions Of How You Can Feel Connected...



But you could also try:

Online Games and Quizzes

Group Chats

Social Media

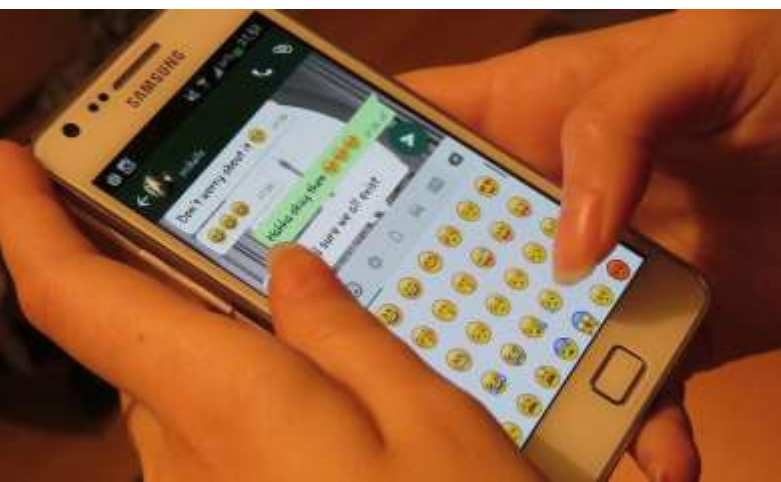
Photography

Walk the Dog

Play With Your Cat

Virtual Choirs and Orchestras

Send Letters and Cards



Here Are Some Visual Suggestions Of Things You Might Enjoy...



But you could also try:

- Singing
- Reading
- Board Games
- Dancing
- Drawing and Painting
- Baking
- Sewing



Have an A.C.E day!